



ST. PAUL'S

EPISCOPAL CHURCH

A Sacred Space for Your Busy Life

Sunday, March 17, 2019, the Second Sunday in Lent

We especially welcome visitors and newcomers today. Please fill out the newcomer card in the pew and place it in the collection plate or give it to a member of the clergy. Following the service, the clergy will be standing near the doors to greet you. We encourage you to join us for coffee hour in Duncan Hall. For more information about St. Paul's, please visit www.StPaulsSanRafael.org or call our office at 415.456.4842.

At St. Paul's we are all called to follow Jesus together in worship, prayer and service.

WORSHIP

The service begins on page 355 of the Book of Common Prayer (BCP)

Prelude	Ciacona	Dietrich Buxetehude
Opening Hymn	142	Hymnal
Kyrie	S-96	Hymnal
Psalm	27	BCP p. 617
Gradual	S-102	Hymnal
Prayers of the People	Form IV	BCP p. 388
Offertory Anthem	Kyrie	Hans Leo Hassler
Doxology	<i>Praise God, from whom all blessings flow; Praise God, all creatures here below; Praise God above, ye heav'nly host: Praise Father, Son, and Holy Ghost. Amen</i>	

Presentation

Celebrant: All things come of Thee, O Lord.
People: And of thine own have we given Thee.

All baptized Christians are welcome to receive communion. If you would like to receive a blessing, cross your arms across your chest when you are at the altar rail. Whoever you are, wherever you are in your journey of faith, you are welcome to receive initiation into the church through the sacrament of baptism.

Eucharistic Prayer B		BCP p. 367
Sanctus	S-124	Hymnal
Fraction Anthem	S-161	Hymnal
Prayer of Humble Access		<i>See third page</i>
Communion Hymns	620, 313	Hymnal
Closing Hymn	688	Hymnal
Postlude	Ciacona	Dietrich Buxetehude

THIS WEEK'S ANNOUNCEMENTS

Basic Discipleship+ On either Saturdays at 8:30am or Sundays at 11:30, starting March 9/10, Christopher leads a small group of people in the practices of prayer, telling their story, listening to others and doing the work God sends them to do with gladness and singleness of heart. Email him at c.h.mrtn@gmail.com.

Living Buddha, Living Christ. All are invited to join us in a convivial book discussion of the classic bestseller by Vietnamese Zen teacher, Thích Nhất Hạnh, as we seek to understand the common denominators between two great spiritual paths. We meet in the Upper Room, on the second floor, above Duncan Hall, Sundays between 11:30 and 12:30.

Book Launch. Come celebrate the publication of parishioner Karin Holsinger's book, *Candle Walk*, Saturday, March 23rd in Duncan Hall. It's a children's picture book that serves as an introduction to the beautiful evening service of Compline.

SERVING TODAY

Preacher & Celebrant:	The Rev. Christopher Martin
Choirmaster/Organist:	Michael Struck
Acolytes:	Michael Green, Demelza Rice, Dawn Rice
Readers:	Michael Green, Demelza Rice, Neville Armstrong
Ushers:	Neville Armstrong, Scott Hastings
Altar Guild:	Michael Green, Judy Rowcliffe, Joy Moss, Al Petrie, Pamela Barnes

ST. PAUL'S LENTEN PRACTICES

Here's what St. Paul's parishioners are doing this Lent...

- Basic Discipleship/Daily Prayer
- Fast: Give up Chocolate. Give one item to charity each day.
- Meditate Daily.
- Attend Bible Study and Discipleship Group. Read the Forward. Pray in silence for 20 minutes.
- Fasting from Internet News.
- To remember that there is but one path to the Father, and one Lord Jesus Christ – All else is false.
- Momento Mori/Daily Meditations/Journaling on my own death.
- Reading Liberation Theology.
- 7:30am Communion/LEM/increasing reading of scripture
- Studying the Acts of the Apostles to understand spiritual leadership. Studying the Epistles. Accepting involuntary “poverty.”
- Wednesday Bible Study/Increase pledge. Focus on discerning my call to serve Jesus.
- Reading “Mere Christianity” and “The Case for Christ.” Fasting from baked goods.
- Fasting from the Internet.
- Eating less sugar. Reading more Bible.
- Daily chants and church music - listening and practice. This helps build my faith core.
- Reading Richard Rohr's new book, “The Universal Christ”
- Meditating followed by daily reading from “The Paschal Mystery- A Journey Into Redemption and Grace” (Contemplative Outreach-Fr. Keating)/More mindful eating/Limiting screen time to mostly email and messaging and 30 minutes or less of news from all sources.
- Thank someone (anyone) daily – my son, my neighbor...
- Fast each Friday during Lent.
- Being more supportive and patient with people in need.

Prayer of Humble Access

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

REGULAR PRAYER AND STUDY - OPEN TO ALL

Spiritual Forum	Sundays at 9am in Duncan Hall
Book Group	Sundays at 11:30am in the Upper Room
Centering Prayer Group	2nd and 4th Sundays at 7pm in Duncan Hall
Morning Prayer	Tuesdays at 7:30am in the Church
Bible Study	Wednesdays at 10am in Duncan Hall

WHO'S WHO AT ST. PAUL'S

The Governing Board (called the Vestry)

Walter Tanner (Senior Warden), Buzz Wollam (Junior Warden), Libby Silvestri, Tom Witt, Richard Micheli, Katie Taggart, Michael Welcome, Patrick Bowen and Janie Burtch (Secretary)

Campus Care Steve Avanzino, Keatin Holly, Pat Curtis, David Hardin, Eric Guastavino and Larry Santucci

Finances Holly Pritchard, Lorrie Buggatto and John McDermott

Music Michael Struck

Acolytes and Readers	Dawn Rice
Ushers	Gary Towery and Larry Santucci
Altar Guild	Judy Rowcliffe
Altar Flowers	Alex Elliot

Children's Ministry	Kati Dombrosky
Youth Group	David Hardin

Downing Library	Tom Witt
Epistle (Monthly Newsletter)	Chloe Martin
Service Bulletins and Centering Prayer	Chris Olson
St. Anne's	Alice King
Monthly Book Group and St. Paul's History	Joy Moss

Death Row Ministry	Richard Olive
Teen Success Breakfast	Ginny Horton
San Rafael Health Care Worship	Sue Adamson
St. Monnica's Mutual Housing Community	Jacob Moody and Kati Dombrosky
Our Homeless Neighbors	Bobby Owen and Ginny Horton

PRAYER LIST

Abby	Cathy Westover	Mark Hardin	Rose
Alberta Buller	Jayne F	Mary Lou	Sandy & Herbert
Andrey	Kappen Family	Mike R	Sue Merriman
Anna, Marie & Donnie	Kevin Sobalvarro	Miriam	Wendy & Family
Beverly B	Larry W & Family	Olivia Monforte	William Olive
Caravan in Mexico	Laura Gordon	Paradise Survivors	