



ST. PAUL'S

EPISCOPAL CHURCH

A Sacred Space for Your Busy Life

Sunday, March 31, 2019, the Fourth 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	Carol	Gerald Finzi
Opening Hymn	149	Hymnal
Kyrie	S-86	Hymnal
Psalm	32	BCP p. 624
Gradual	S-102	Hymnal
Prayers of the People	Form IV	BCP p. 388
Offertory Anthem	Agnus Dei	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	439, 314	Hymnal
Closing Hymn	145	Hymnal
Postlude	Prelude in E minor	Gaston Dethier

THIS WEEK'S ANNOUNCEMENTS

Please Welcome. The Rev. Heather Erickson is our preacher for today's services. (Christopher is the celebrant at 10:00.)

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.

Holy Week Service Times:

4/14 Palm Sunday 8am & 10am

4/18 Maundy Thursday 7pm

4/19 Good Friday 12:00pm

4/20 Easter Vigil 7pm

4/21 Easter Morning 8am & 10am

SERVING TODAY

Preacher:	The Rev. Heather Erickson
Celebrant:	The Rev. Heather Erickson (8:00) The Rev. Christopher H. Martin (10:00)
Choirmaster/Organist:	Michael Struck
Acolytes:	Valerie Zander, Dawn Rice, Demelza Rice
Readers:	Valerie Zander, Dawn Rice, Demelza Rice, John Dury
Ushers:	Eric Guastavino, Larry Santucci
Altar Guild:	Michael Green, Judy Rowcliffe, Joy Moss, Al Petrie, Pamela Barnes

CHRISTOPHER'S WEEKLY MESSAGE

KEEP AT IT!

Two weeks from this Sunday is Palm Sunday and so the beginning of Holy Week. We are over the hump of Lent but still have some time to go.

30 of us filled out a card naming our Lenten discipline. This was in response to the RenewalWorks Team who invited us to become "spiritual leaders of our own faith" by, for the first time, sharing our practice. As I look at the list of practices, all submitted anonymously, I'm struck by the great variety of practices. These include things like fasting from meat, alcohol or chocolate; meditating on death, healing, or gratitude and daily practices like reading, singing and prayer. The reported disciplines are delightfully diverse.

As Lent comes to a close, the RenewalWorks Team will be offering us an opportunity to share our experiences and see if we've learned anything. I am still fasting from internet news and I have felt a great difference in my daily life. I am looking forward to sharing my thoughts with others and hearing what others have learned.

It's not too late to start something if you like. Even now, you can do a small thing as a way to prepare your heart for Holy Week.

Holy Week service service times are simple. For both Palm Sunday and Easter, our services are at their usual time, 8am and 10am. Both Maundy Thursday and Saturday night's Easter Vigil are at 7pm. (In the past they've been 7:30pm.) Good Friday is at noon. So...

4/14 Palm Sunday 8am & 10am

4/18 Maundy Thursday 7pm

4/19 Good Friday 12:00pm

4/20 Easter Vigil 7pm

4/21 Easter Morning 8am & 10am

Blessings,
Christopher

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	
Caravan in Mexico	Laura Gordon	Paradise Survivors	