



ST. PAUL'S

EPISCOPAL CHURCH

A Sacred Space for Your Busy Life

Sunday, December 22, 2019, the Fourth Sunday in Advent

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)

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| Prelude | Prelude on Veni Emmanuel | John Schaffner |
| Opening Hymn | 56 vs. 1, 6, 7, 8 | Hymnal |
| Gloria | S-86 <i>(Service music found in front of hymnal)</i> | Hymnal |
| Psalm | 80:1-7, 16-18 | BCP p. 702 |
| Gradual | S-247 | Hymnal |
| Prayers of the People | Form VI | BCP p. 392 |
| Offertory Anthem | Ave Maria | Tomas Luis Victoria |
| 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> | |

All baptized Christians are welcome to receive communion. If you would like to receive a blessing instead, 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. Gluten free bread available.

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| Eucharistic Prayer B | | BCP p. 367 |
| Sanctus | S-124 | Hymnal |
| Fraction Anthem | S-161 | Hymnal |
| Closing Hymn | 66 | Hymnal |
| Postlude | Aria | Valentin Rathgeber |

The Altar Flowers are given by Alex and Larry to the glory of God and in gratitude for our forty years as one.

THIS WEEK'S ANNOUNCEMENTS

O Antiphons continue. These short, ancient prayers, which are texts from Isaiah that foreshadow Jesus, mark the Sundays leading up to Christmas. Today we recognize Jesus as the Morning Star.

Greening Party. Please join us to decorate the Church for Christmas this Sunday after the 10 a.m. service. We'll supply the poinsettias, greens, pinecones, ribbons, wreaths and garland – you supply the decorating talent! Alex Elliot and Holly Pritchard will be your fearless leaders!

Christmas Cards to Death Row. Please take a few minutes to fill out a few Christmas Cards to some of the 20 men we visit on Death Row. Please write a sentence or two in the card provided on a table in Duncan Hall. We will take care of all the rest.

Christmas Service Times. Christmas Eve services are at 5pm and 10:30pm. Christmas morning is at 10am followed by a Pot Luck Feast in Duncan Hall hosted by the Martins, who provide a ham to get things started.

The Epiphany Pageant will be at the 10am service on Sunday, January 12th. There's still room for more angels, sheep, wise ones and so on. Email Karin at karina.holsinger@gmail.com if you would like to sign up.

Learn to Pray. Christopher will be coaching small group of people to get into and maintain a rhythm of daily prayer starting on the weekend of January 12th. Possible times are Saturday morning and Sunday after church. Email him at c.h.mrtn@gmail.com.

SERVING TODAY

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| Preacher & Celebrant: | The Rev. Christopher H. Martin |
| Choirmaster/Organist: | Michael Struck |
| Acolytes: | Brigitte McCulloch, Chris Hammond, Demelza Rice |
| Readers: | Brigitte McCulloch, Chris Hammond, John Dury |
| Ushers: | Steve Avanzino, Katie Taggart |
| Altar Guild: | Michael Green, Judy Rowcliffe, Joy Moss, Al Petrie, Pamela Barnes |

CHRISTOPHER'S WEEKLY MESSAGE

PRAYER IN 2020

In less than 2 weeks the days start getting longer again. Soon, we'll be in Epiphany when we celebrate the spread of the light of Christ. One way to participate in that light is to pray.

I will be focusing on prayer in the first quarter of 2020. On Wednesday, February 26th, Ash Wednesday, right after the evening service, I will be teaching a daily prayer that has become the center of my spiritual life and the center of the spiritual lives of at least five other people at St. Paul's. It is **"O God, send me this day to do the work you have given me to do, to love and serve you with gladness and singleness of heart."**

The prayer is the first of 3 prayers, 3 games and a song, all of which are aimed towards living life "with gladness and singleness of heart." I will be teaching these seven practices through Lent.

The key to it all is prayer. If, by February, you are not yet in the rhythm of 20 minutes a day of prayer, I will ask you to tape the prayer to your bathroom mirror and say it after you brush your teeth in the morning. If you are in that rhythm, I will ask you to pray it at the end of each morning prayer time.

Backing up to the beginning of the year, I will be offering Basic Discipleship on Saturday mornings and Sundays after the 10am service. Basic Discipleship is when I coach people into the rhythm of 20 minutes of daily prayer.

I know, you're busy and distracted right now with all the things of December. But I hope this email has planted a seed that will bear beautiful fruit in the new year.

Christmas services are, as always, 5pm and 10:30pm Christmas Eve and 10am Christmas morning followed by a pot luck feast hosted by the Martins in Duncan Hall.

Blessings,
Christopher

REGULAR PRAYER AND STUDY - OPEN TO ALL

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| 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 Studies | Wednesdays at 10am in Duncan Hall Thursdays at 6:15pm in the Downing Library |

WHO'S WHO AT ST. PAUL'S

The Governing Board (called the Vestry)

Walter Tanner (Senior Warden), Buzz Wollam (Junior Warden), Libby Silvestri, 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 Bugatto and John McDermott

Music Michael Struck

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

Children's Ministry Karin Holsinger
Youth Group David Hardin

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| 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 |

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| 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

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|------------------------------------------------|-------------------------|---------------------------|
| Bishop Marc | Jaime K | Maynard W (surgery Dec.5) |
| Catherine C & Family | Joan Peterson | Mike A |
| Dale | Joseph Cook | Mike Z |
| David S | Joshua Lindsay & Family | Olivia Monforte |
| Dennis Rowcliffe | Justin Merriman | Sandy & Herbert |
| Earl | Laura Gordon | Susan Fischer |
| Eva Anderson | Linda Bartera | Susan Parkinson |
| Felicia D | Mark Hardin | Those In Border Cages |
| Hasan, Connie, Zachariah, Sienna & George Sume | Mary & Jim | Y.A.H. |