



ST. PAUL'S

EPISCOPAL CHURCH

A Sacred Space for Your Busy Life

Sunday, March 1, 2020, the First 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	Adagio	Johann Matheson
The Great Litany	S-67 <i>(Service music found in front of hymnal)</i>	Hymnal
Kyrie	S-91	Hymnal
Psalm	32	BCP p. 624
Gradual	S-102	Hymnal
Offertory Anthem	How Long, Dear Lord	Adam Gumpelzhaimer
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 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.

Eucharistic Prayer B		BCP p. 367
Sanctus	S-114	Hymnal
Fraction Anthem	S-158	Hymnal
Prayer of Humble Access		<i>See third page</i>
Communion Hymn	309	Hymnal
Closing Hymn	150	Hymnal
Postlude	Prelude and Fugue	Dietrich Buxtehude

THIS WEEK'S ANNOUNCEMENTS

Pack Flour on Thursday! For the second year in a row we will be packing bags of flour for our friends at Honore, who give the flour that makes our communion bread and the bread of many sister churches. Come to Duncan Hall on this Thursday, 3/5 from 10am to noon for flour covered fun.

Counters Needed. The counters meet after the 10:00am service to count and record the week's pledges, gifts and other income for deposit. The process usually takes a 1/2 hour. Contact Nan Marie at nmwollam@gmail.com if you're interested.

With Gladness and Singleness of Heart continues in the Wednesdays of Lent, through early April, at 7pm.

The **Mom's Mini-Retreat**, put on by the Martha Collective, is this afternoon from 3:00pm to 4:30pm. Childcare and a light dinner to take home to the family will be provided.

The **PrayWorshipServe Seminar** is Saturday, March 7th from 9am to 11am. We will be releasing the results of our Discipleship Groups survey and teaching on recommended steps forward.

SERVING TODAY

Preacher & Celebrant:	The Rev. Christopher H. Martin
Choirmaster/Organist:	Michael Struck
Acolytes:	Jacob Moody, Eric Guastavino, Pamela Barnes
Readers:	Jacob Moody, Eric Guastavino, Jack Beggs
Ushers:	Eric Guastavino, Larry Santucci
Altar Guild:	Brigitte McCulloch, Judy Rowcliffe, Alex Elliot

WEEKLY MESSAGE

LENT IS HERE AT ST. PAUL'S

Here are 5 ways you can observe Lent this year:

1. **Read the Gospel of John** either by yourself or in the 10am Wednesday or 6:20pm Thursday Bible Studies.
2. **Weekly Midweek Eucharist** on Wednesdays at 8am, starting tomorrow, Ash Wednesday.
3. **Weekly Morning Prayer** in the church at 7:30am on Tuesdays.
4. **Make a Light Fast** on Wednesdays and/or Fridays by either skipping dinner or having a very light dinner.
5. **Pray each morning by saying "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"- and come Wednesday nights at 7pm to learn the true power of those words.

The Mom's mini-retreat is this Sunday from 3pm to 4:30pm. Bagging flour to make communion bread is next Thursday, the 5th from 10am to noon. The PrayWorshipServe Seminar is Saturday, the 7th from 9am to 11am.

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

At St. Pauls...Giving is Easy!
<https://onrealm.org/StPaulsSanRafael/Give>
No login or Realm account needed



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 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)

Buzz Wollam (Senior Warden), Kati Dombrosky, Michael Green, Richard Micheli, Katie Taggart, Michael Welcome, Patrick Bowen and Alex Reynolds (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

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

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

Anne Wilms	Emily Monforte	Joshua Lindsay & Family	Sandy & Herbert
Australia	Erik von Buchau	Justin Merriman	Susan Fischer
Bill Osuna	Felicia D	Laura Gordon	Susan Parkinson
Catherine C & Family	Fredi Stevens	Marianne Y	Those In Border Cages
David S	Hasan, Connie & Kids	Maynard W	Timothy Yoke
Dennis Rowcliffe	Joan Peterson	Mike A	Trish M. Nelson
Don D	Joseph Brown	Norton Family	
Earl	Joseph Cook	Olivia Monforte	