

The trusted **SERVICE GUIDE**
for a new generation of **JOY.**

joy
of
Serving



5 Volunteer Opportunities
More than 100 Volunteers

Service Opportunity Open House:

Friday, February 20th: 5:30 to 7pm

Saturday, February 21st: 10 to 11:30am

Location: 1123 Court Street, San Rafael



ST. PAUL'S
EPISCOPAL CHURCH

Introduction

Dear Neighbor,

Since the 1930s, Joy of Cooking has been an American standard for how to prepare good quality meals for the people we love—our family and friends. This brochure, Joy of Serving, is an invitation for you to extend love to your neighbors in San Rafael and beyond.

The following pages describe five ways you can join a small group providing friendly service to people who have a need. In each case, we have identified a group of people who lack a basic human need for food or companionship, and we found creative ways to meet that need together with other kindhearted people.

We invite you to flip through these “recipes” and see if one of these ways of serving might be a good fit for you. If we each do just a little more, together we will make our town of San Rafael, our County of Marin, and our state of California more humane, loving, and joyful.

Sincerely,



The Rev. Christopher H. Martin
Rector, St. Paul's Episcopal Church

Joy of Cooking taught many of us to show love to our family and friends through sharing food. Join us in showing love to our neighbors through service.” The Rev. Christopher H. Martin

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Find the service opportunity that is just right for your life.

- There are opportunities that require little time commitment.
- There is **NO COST** to volunteers
- All are welcome!

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Lunch for the Hungry

A team gathers and creates brown bag lunches. The lunch making is divided into several jobs such as sandwich making, bag opening, stuffing, etc., in an assembly line.

The hour goes by quickly as we chat and busily create 100 bagged lunches.”

Volunteer

INGREDIENTS

Time: 1 hour ~ Serving: 100 People ~ NO COST to volunteers

200 slices wheat bread	4 large jars of jam
4 large jars peanut butter	100 applesauce cups
200 bags chips, crackers, etc.	100 packs 4 - 6 cookies
100 sandwich bags	100 napkins
100 lunch bags (brown)	10 large shopping bags

PREPARATION

1. Set up preparation areas
2. Make 100 peanut butter sandwiches and pack in sandwich bags, pack 100 brown bags with snacks, cookies, apple sauce, napkins and sandwich, and pack 10 lunches into each shopping bag.
3. Refrigerate.
4. Clean up preparation areas.
5. Deliver lunches to St. Vincent's the following day.



Mike G.
415-456-4842

Dinner for the Unhoused

Dinner for the unhoused is about creating relationships of care through monthly dinners, making the experience about connection as much as food. Volunteers and participants describe the gatherings as a positive, heartfelt experience.

“Volunteers are really sharing their hearts.” Unhoused Neighbor

INGREDIENTS

Time: 2 hours ~ NO COST to volunteers.

Chef's Choice:

60 lb. protein

Starch

Bread

Fruit

Sweets

PREPARATION

1. At 4pm gather at San Rafael dining hall.
2. Prepare meal.
3. Serve.
4. Clean up.



Dennis B.
415-456-4842

Food for our Neighbors

Provide non-perishable food for Ritter Center Pantry clients by donating food.

It's a relief knowing we can get fresh food and basics to make family meals and keep us going." Family in Need

INGREDIENTS

Time: 1 minute during grocery shopping.

Any amount of non-perishable food

Peanut butter

Pasta

Cereal

Canned fruits & vegetables

Rice

Canned meats & fish

PREPARATION

1. Buy non-perishable item(s) during weekly grocery shopping.
2. Bring to church on Sunday and place in basket marked Ritter Center as you enter.
3. Basket is taken to Ritter Center to distribute the food.



Songs for the Lonely

We add a cup of joy at the healthcare center. We bring the residents music, love, and laughter. They clearly have a great time, and so do we! We're not sure who gets the most out of this ministry, the residents or those of us who bring music to them.

“It is so heartwarming to watch the residents spring to life as soon as we start singing.” Volunteer

INGREDIENTS

Time: 30 mins ~ Serving: 15 People ~ NO COST to volunteers.

Songbooks of familiar songs and prayers

Voices ready to sing (NO QUALIFICATION REQUIRED)

Musicians: Guitarist, pianist, violin and more

PREPARATION

1. Monthly, a team of volunteers visits a senior healthcare center to sing.
2. Schedule volunteer musicians to play guitar and piano.
3. Bring songbooks with familiar songs.
4. Prepare readings to lead the residents in prayers including The Lord's Prayer, Psalm 23 and special birthday prayers for the seniors.



**Janie B.
415-456-4842**

Letters for Prisoners

Mix compassion, empathy, curiosity, and a desire to share God's unconditional love with those most on the margins of the prison system including numerous trans and LGBTQ prisoners. Be prepared to be unexpectedly served with their warmth, friendship, and devotion!

Serves: 30 Condemned Prisoners and 25 Correspondents

NO COST to volunteers.

Combine:

- 1 Letter per prisoner, per month
- 300 Christmas Cards
- 150 Phone calls
- 30 Packages of food and hygiene supplies
- Pinch Texts and instant messages

Until you get:

- 1000 Total letters per year
- 4 Baptisms and Confirmation
- Numerous decades-long relationships

“Today I got so much mail. So that really touched me. Thank you all for your support to those of us in the land of the forgotten. Definitely not forgotten by you all.” Death Row prisoner



**Erin W.
415-456-4842**

How can we serve you?

After this quick look at how we serve others, we want to know - how can we serve you?

Living, working, and raising families in Marin County can be a challenge. We have a built-in community of individuals and families on that journey at St. Paul's, and we'd be honored to have you on that journey with us, too. That could mean considering the hard questions together, finding new friends, or being accountable to people who care about you.

We don't have all the answers, but we believe that God shows up when we walk together in community. How can we serve you?

What we do

We are blessed with one of the Bay Area's most beautiful sacred spaces. Our 1869 Carpenter Gothic church, with its warm wood, stained glass, and fine acoustics, is perfectly designed to worship God in the beauty of holiness. And we do just that every Sunday at 10 a.m.

We are a community of lifelong learners, and at the heart of what we learn to do is to pray. We have choirs, children's Sunday school, structured small groups for youth, vocation retreats for young adults, Bible Studies, Practice Groups for people of all ages, and several service opportunities.

Why we serve

As a Christian church, we look to Jesus as our Guide. One of His core teachings is, *“Surely as you did it to one of the least of these, my brothers and sisters, you did it to me.”* He then teaches that what we are to “do” is to feed the hungry, welcome the stranger, comfort the sick, and visit the prisoners.

In the spirit of Jesus’ words, the people we serve can be our teachers of life and love. Together, as we learn, we experience a particular kind of joy and satisfaction that only happens when we know in our hearts that we are doing a good thing.

There’s an even greater joy when serving together and not just as individuals. Our service is shared with others, and this sharing both lightens the burdens of responsibility and increases the joy as we build new friendships.

For us, serving is joyful because it has a deep spiritual purpose and because it is something we share together.

***“Real strength has to do
with helping others.”***

Mr. Rogers

Contact Information

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Instagram: stpaulssr

YouTube: St Paul's San Rafael

TikTok: saintpaulssanrafael

Sunday Service: 10am
or live-streamed on YouTube

**Our church is “following Jesus together in
worship, prayer, and service.”**

**Scan the QR code to tell us your interest.
We will contact you to get started.**



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