



The Epistle

ST. PAUL'S EPISCOPAL CHURCH
SAN RAFAEL, CALIFORNIA 94901

Our Mission Statement

We are called to be a diverse and inclusive community of Christians in the Anglican tradition.

We offer a compassionate haven for reconciliation, spiritual growth, and commitment to social justice.

Thoughts from the Rev.

I hope you all are having a wonderful summer and staying cool when the heat waves hit. As most of you have noticed by now, I am pregnant and although I may look like I will be having the baby any day now, I am not due until October 2nd. I will be here throughout the summer and plan on taking maternity leave at the end of September. Fr. Hal will be back with us in time for our Homecoming celebration on September 15, and will also be making a "guest appearance" in July when I take my vacation.

St. Paul's is very alive and active even during the summer and I hope you continue to experience the warmth of St. Paul's along with the warmth of the days. One of the future events that I would like to mention is the upcoming **Women's Retreat on September 5-7**. The theme for the weekend is **Everyday Glimpses of the Holy**. We have borrowed the phrase from the author, Nora Gallagher, and there is a possibility that she will join us for the weekend. If you are interested in attending, please call Judy or me at the parish office so we may put you on the list. Space is limited and we need a full count of how many are going by August 5 so please let us know soon. The cost of the weekend, from Friday's dinner through Sunday's brunch will be around \$200 and financial assistance is available if you contact me. I will be going for the first time and am really looking forward to it! Please join us.

Another big event that I'm looking forward to is a **weekend camping trip at Olema Ranch campground on August 8-10**. We have spaces reserved for 30 people, and if you are interested in going, please contact me as soon as possible so we can reserve your space. If you have extra camping gear and do not want to go,

we may have parishioners who would like to go but do not have the supplies. Everyone in the parish is invited and if we have more people than spots reserved, with enough time, I can reserve more. This is a wonderful campground nearby and we will have our own worship service Sunday morning before we leave.

Parent's Time Off continues with two more dates and times this summer: **Saturday, July 26, 2-5 pm**; and **Saturday, August 23, 5-8 pm**. Take some time off and let us watch your kids while they have fun playing with many of the other children from St. Paul's.

Family Film Nights began in June with the showing of *The Wizard of Oz*, and continue on **August 2** with *Shrek* and on **August 16** with *Stuart Little*. We have an industrial sized popcorn machine and a projector for the films so as far as I'm concerned, you can't beat a free night at the movies with your kids.

We are not showing a movie in the month of July because on the date we had planned, **July 12**, Greg Mallozzi, (Maricela's grandpa) is having a **BBQ/Potluck/Pool Party**. This is intended especially for families and I hope you will be able to come. Please R.S.V.P. with Greg, or his wife Linda, for directions or information at greg@coastsidecommunication.com, or at 472-6119.

I hope you are having a peaceful summer and if you need to reach me and are unable to do so at the church, do not hesitate to call me at home at 258-9079.

Peace be with you,
The Rev. Lynn

IN THE KNOW:

St Paul's has an outreach ministry at the Fifth Avenue Convalescent Home. On the first and third Sundays of the month a team meets in the Church courtyard at 11:10 am and takes an abbreviated service to the residents, many of whom would be unable to participate in a worship service. The team returns to St. Paul's in time for all important Coffee Hour.

If you feel lead to participate or have questions about it, please call Susie Quenzer at 415-457-3229.

On August 17,2003, there will be a Curculio potluck together at 6:15 pm. Come for the food, stay for the camaraderie!

Looking for the best boss to work with? Flexible hours, work daily, weekly, monthly or on an occasional basis. Positions always open. Pay negotiable: None or none but satisfaction of assisting Judy Felton Church Administrator. There is *always* a need for volunteers in the Church Office, so step up to the plate and do you're part! Call Judy at the Parish Office 415-456-4842

More help needed. Office work not your thing? Perhaps teaching an ESL (English as a Second Language) class is. A volunteer is needed to teach an intermediate group on Tuesday or Friday evenings in the Canal Area if interested call Nancy Condy 415-868-2121 or the Church Office.

Dear God,
I have a problem.
Its me.

St. Paul's Church is responding once again to a request from the Canal Ministry Youth Education Development Program for school supplies. More than 100 students participate in these programs and volunteer hours, financial gifts and donations of supplies help to make the program viable. Canal neighborhood families often struggle economically and many are still learning the ways to support their children academically. Last year's donations of school supplies enabled re-stocking of students binders all year, increasing their ability to organize themselves and therefore to accomplish and achieve in school.

St. Anne's generously donated fully stocked binders last year many of the supplies came from individual contributions. The school supplies will be presented just before the fall school year. Anyone wishing to participate and wanting to know what items are needed can contact Beverly Armstrong, Social Ministries Canal liaison 415-454-4015

Several meetings of the "Interfaith Committee Exploring Winter Shelter for Homeless Adults" have been held at the Islamic Society of California in Fairfax. This is an elite group, and Mimi Begun and Beverly Armstrong feel privileged to be a part of it. Others are invited to participate in this endeavor to assist those less fortunate. Contact Mimi or Beverly 415-454-4015 if you have an interest.

Vacationers-have a wonderful time and please bring back those small shampoos, soaps and lotions for our Ritter House/Human Concerns Center of Marin basket. They're just the right size and can be very helpful to those less fortunate than ourselves. Thank you!

Social Ministries Committee

by Jack M. Beggs

One of the agencies St. Paul's promotes and funds is the Marin Abused Women's Service, (MAWS). We donate \$250.00 per year.

MAWS main thrust is to give refuge and help to women and their children suffering from domestic violence. A 12- bed shelter/home operates full time .

MAWS provides education, guidance with courts and police. Social Services are also provide.

The men's program for men who want to stop their violence is also run by MAWS.

There is a hot line which can be called 24 hours a day, staffed by women who have "been there" 415-924-6616. There is also a hotline for men staffed by men graduates of the MAWS program now volunteering help to others willing to stop their violence, 415-924-1070.

For program information, etc., call our offices, daytime number for women 415-457-2464, Men's 415-457-6760.

This all too human attribute includes both verbal and emotional abuse as well as the more obvious physical form. All forms are pervasive in all areas of society, most often hiding behind our walls and doors.

Parish Profile

by Marion Cedarblade

You have been accustomed, over the past year and half, to a parish profile each month. Purpose of the profile is to help members of our three congregations know each other. This month, I would like you to know something about an Episcopal priest, not a member of this congregation nor this diocese, but very much in the

news. He is the Rev. Cn. Gene Robinson, Diocese of New Hampshire, an openly gay priest. He was just elected Bishop of his Diocese. The first such election in the history of the Episcopal or Anglican Church.

I have known Gene for perhaps 20 years. First at General Convention and then thru the Province system. The Episcopal Church is divide into eight Provinces. I was president of Province Eight (Alaska thru Hawaii and the Intermountain states) and Gene was the power and mover behind Province One, the New England states. Even though I have not been involved in the Province for some time, I continue to receive and read the Province One newsletters, keeping up with their creative and important agendas.

Gene is thoughtful, studious, spiritual, well read and able to connect theology with local, national and international events. He is the church come alive. I believe any diocese would be fortunate to have Gene Robinson as their leader. I support him without reservation.

Because Bishops are consecrated for the entire church, there is an affirmation or rejection process that usually takes place by Standing Committees in the dioceses. With the closeness of General Convention, however, that vote will come thru the House of Deputies and the House of Bishops at General Convention, after hearings and recommendation by a convention committee.

I would ask those of you who feel strongly on this issue to join me in writing our Bishop and the Diocesan Deputation to General Convention, Diocese of California, 1055 Taylor Street, San Francisco Ca 94108 to ask them to cast an affirmative vote for the Rev. Cn. Gene Robinson. I ask your prayers for him and for General Convention.

“Volunteer anyway” Part II

by Ripley Hunter

So now I'm ready to volunteer. What's available? Plenty!

Clergy: Read lessons, be a LEM...

Call the Rev.

Parish Office: Phone, fax, copy and...

Call Judy Felton.

Music: Sing in choir, play an instrument?

Call Mike Struck

Altar: join the Guild: silver, linen, flowers...

Call Ann (Moochie) Hanson

St. Anne's: All women, luncheons, bazaar, book sale...

Call Pat Riggs

Hospitality: Greeter, Coffee Hour goodies, coffee cleanup...

Call Nancy Dods

The Epistle: Write articles, type, fold, mail...

Call Marilyn Thompson

Finance: Help count coins after service...

Call Susie Quenzer

Facilities: Home repair skill? Always projects

Call Greg Alexander

Stewardship: Pledge drive in October...

Call Mike Green

Fundraising: Wine & Sprit Fall auction...

Call Charles Redinger

Nurturing: Newcomers, Sunday School

Call Rev.

Pastoral: Nursing or Prison Ministries help

Call Maggie McCarthy Baxter

Empowering: Healing, Prayer, HopeKeepers..

Call Marilyn Thompson

Small Groups: Christians in Recovery, Inner Peace, etc...

Call Neville Armstrong

Others: Bible Study, Soup Suppers, etc

Call Ronnie Dodds

Form your own group, join others, tell your story. We are listening. Join us for service then come volunteer for the Ministries of your choice. See you at St. Paul's.

St. Paul's Family Campout



When: Friday, August 8 -

Sunday, August 10

Where: Olema Ranch
Campground

Who: Anyone who wants
to go camping

Why: To have fun together
as a community

Space is limited. Questions? R.S.V.P.
Call Lynn at 456-4842.



PLEASE REMEMBER THE FOLLOWING PEOPLE IN YOUR PRAYERS:

Harold; Mimi; Carol; Chuck and Sue; Dennis and Marisa; Debbie; Della; Ellie; Harold; Linda; Larry and Norah; Kennedy Family; Jeff; Barbee; Loretta; Kelly; M. Milner; Chris; Elizabeth; Jim; Nancy; Marge; Steve T.; Robyne; Brianna and Matt

FOR THOSE WHO HAVE DIED: Claude Kennedy; Bryce Swartz; Linda Hiatt; Fr Matthew Regan.

CONTEMPLATIVE PRAYER

The first kind of thought that regularly comes down the stream of consciousness when one begins to practice centering prayer is woolgathering. This may consist of things that we were doing or thinking about prior to our time of prayer. Or again, an outside sound, a vivid memory, or some plan for the future may attract our attention. These thoughts are like boats floating down the stream of consciousness.....let the boat go by. When another boat comes down, let it go by. If a whole fleet comes down, let them all go by.

Father Thomas Keating:
Open Mind, Open Heart

Please join us for centering prayer each Wednesday evening at 6:00 pm before the 6:30 pm Holy Eucharist. Both beginners and experienced participants are welcome.

Instruction in centering prayer is available at 5:45 pm **by prior arrangement with Chris Olson, 415-479-0409** for those with questions or who are new to contemplative prayer and meditation.

RECENTLY SPOTTED BUMPER
STICKER:

I DON'T QUESTION YOUR
EXISTENCE!

—GOD

HEALING HAPPENS

By Nancy Skinner

Robert Webber and Tilda Norberg in their book, *Stretch Out Your Hand* note that about two thirds of the Gospel healing stories lack any mention of faith. (See Mark 1:40, Mark 1:23-26, and John 5:2-9). What bothers the healing team and others in the healing ministry is that many people who still cope with pain and suffering after healing prayer and anointing say, with great sadness, "I guess that my faith was not strong enough".

Faith often has very little to do with healing. To assume that God withholds healing unless faith is present is not consistent with how the disciples viewed Jesus in the Gospels. "Faith healing" is not good theology or good ethics.

St. Paul's Healing Team

St. Paul's has healing prayer and laying on of hands every Wednesday after the 6:30 pm Holy Eucharist, (approximately 7:00 pm) and also part of the 10:30 am Holy Eucharist Service on the second and fourth Sundays of the month.

Healing Team members are: **Nancy Skinner, John Surinchak, Marilyn Thompson and Nancy Condry**. We warmly welcome **Maureen Zeuss** to your Healing Team at St. Paul's.

In addition to offering the laying on of hands and healing prayer at the Services. Team members are also available for one-on-one prayer, healing prayer with those in the hospital or homebound.

If you have questions or would like to schedule private healing prayer, speak to any member, or call Marilyn, who coordinates for the Team 415-457-6709 or 415-457-6247.

HOW TO I LOVE THEE....

“What Have You Done For Me Lately?” Remember that song, Janet Jackson? 1980’s? No matter, its just one of those songs that often bounces around my head with uncomfortable frequency. Now though, when it crawls into my consciousness, I rarely picture the music video or the way the dance floor emptied to watch us dance. No, today, usually at least once a day, those words come to mind and I see the face of Jesus (some artist’s rendition).

So what **have** I done lately? Well...perhaps I should see what it is Jesus **wants** me to do. It’s clearly stated in the Bible, by Jesus Himself:

Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment.

And the second is like it: ‘Love your neighbor as yourself.’
[Matthew 22:37-39 NIV]

Right now, do I love the Lord my God? Well sure, isn’t that a no brainier for any Christian? Even those who worship God using a different name, Buddha, Allah, Higher Power, whatever works for them.

Well, I guess I love, but how do I love God? Like I love my parents, or my partner...? Let’s look at that.

In Greek there are three words that when translated into English all are called “love.” Do I feel *Eros* for God? I certainly don’t think so! *Eros*, not even found in the New Testament, suggests a sensual desire.

Phileo, is the love I feel for my friend I call brother. It’s the love of families (at least **functional** ones!), friends and I like to believe, even pets. It conveys a sense of loving someone because you believe they are in some way, worthy of love.

Finally there is *Agape*, God’s love, the purest, deepest kind of love, an act of one’s own will. *Agape* is God’s unconditional love for us, demonstrated by our Lord’s suffering and death on the cross for our sins. It is supernatural love God wants produced in and through you to others by God’s Holy Spirit. *Agape* is given because of the character of the one loving, rather than “worthiness,” or “lovability” of the object of the love.

continued on page 7

DATE: _____

PRAYERS OF THE PEOPLE

PLEASE PRAY FOR: _____

Please leave on prayer list: ____30 days ____60 days ____90 days ____6 mos.--

Person submitting request (required): _____

Phone Number : _____ E-mail _____

Phone or e-mail required

All names will be dropped from the Prayer List when requested time is up.

Continued from page 6

Its loving "in spite of," rather than Because of." Paul, in his letter to the Corinthians, writes that much loved passage that distills down to say that no matter what you have, what you do, what you say, for God or others, it is **without value** if it is without love.

Changes the slant on the first part of the great commandment a bit, doesn't it?

God loves YOU with that *agape* love. To paraphrase a dear friend. God loves you right now, right where you are reading this. You didn't earn it, you don't deserve it, and you can never lose it no matter what you do. Do you love God in the same way? I must be honest, I just don't know. It is the brass ring to seek.

Just when you think you are off the hook, I have to remind you and I that there is a second part to the great commandment: Love the guy or gal with you as you love yourself. That opens another can of worms doesn't it?

Before we can even begin to make excuses why we can't, shouldn't have to or just won't, love our neighbor, let's peek at the end of the Commandment...no, the very end---"as yourself." Oh, we went through the "me" decade, prior to that there was EST and any number of programs to teach us to get in touch with our feelings, to love ourselves. Did it work for you? Do you have that supernatural, unconditional love for yourself? You do? So no matter what you do, yell at the kids, speed in a school zone and get caught, contemplate what life would be like without you as Paul did in Philippians when he is torn between life and death [Philippians 1:21-24], no matter what you do you love yourself unconditionally? I congratulate you; take my hat off to you to turn a phrase. I haven't learned that *agape* love for myself. No, I haven't. How many times a day do I berate myself? Do things that are physically, emotionally, mentally or spiritually dangerous?

How do we, assuming anyone reading this is like me, occasionally quick tempered, over-sensitive, judgmental....How do we resolve this quandary? I don't know. I'm not a religious scholar, but I believe what works for me is faith. Simple. Although some might say otherwise, (however it's doubtful)

in very many ways in my life I am embarrassingly childlike. And so it is with my faith.

I spent many years putting my faith everywhere but in Jesus. I found myself in great trouble and very alone, even in a crowded room. Then I was so beaten down, so sick and bloodied, I had to place my faith in God. It didn't happen overnight, I still don't have it "24/7" as they say. I do have it though. That little piece of faith enables me to occasionally love myself. Am I able to love myself unconditionally, as God loves me? As Jesus showed his love for me on the cross? Yes, for a moment or two a day.

Back to the Great Commandment. Jesus tells me to love you as I love myself, which we've established I don't do to well. Faith. Faith enables me to trust that God can use the tiny self-love and blow it up big enough so I can have that absolutely pure love for my neighbor. Faith in God's ability to teach me gives me the ability to love as I love myself during those few moments a day.

So we can wrap up my thoughts on the Greatest Commandment, right? Well, not just yet. (And this will be the last.)

Who's my neighbor? Is it the guy next door who at this very moment has his music blasting through the wall? Is it someone who has hurt my feelings? Perhaps it's the homeless fellow who comes around occasionally? Just who is my neighbor?

The Greek definition seems the logical place to turn, since it's where we began. Neighbour: a. a friend; b. any other person, and where two are concerned, the other (thy fellow man, thy neighbour), according to the Jews, any member of the Hebrew nation and commonwealth; c. according to Christ, any other person irrespective of nation or religion with whom we live or whom we chance to meet.

The Greeks spell a bit oddly, but now we have our answer: Jesus **COMMANDS US** (let's save "command" for another issue!) to love **everyone**. Love everyone with the faith we hold onto that allows us to love ourselves. This is secondary; remember, to the first part of this great Commandment---that we love God with all our hearts, souls and minds.

Women's Retreat



This year's theme is:

Everyday Glimpses of the Holy

from a book by Nora Gallagher. The retreat is from:

Friday-Sunday, September 5-7.

The exact cost has yet to be determined but will be around **\$200**. Financial assistance is available. For more information or to R.S.V.P. call Lynn at 456-4842.



St Paul's Episcopal Church
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TIME SENSITIVE MATERIAL-Please deliver before 7/1/03