



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.

My friend and former Bishop

By Hal Weicker, Interim Rector

My friend and former Bishop, Paul Moore, died last week in a hospice in New York City. Paul was elected Bishop of New York to succeed my dear friend, priest and then bishop of many years, Bishop Horace Donegan. I loved Bishop Donegan. Ever since I was about three years old, he had been an active part of my life. I was a hell-raiser in his Sunday School at St. James Episcopal Church in the City. When Dr. Donegan became Bishop of the Diocese of New York, he confirmed me. Years later, I studied for the ordained ministry under his authority, and the Bishop ordained me to the Priesthood. When he retired and Paul stepped in as the Bishop, I was quite sad. Bishop Donegan had truly been my "Father in God," and I missed him. However, in a short period of time, Paul made his mark in the Diocese and my life.

Paul, was a man of unflinching courage and social vision. Seriously wounded as a Captain of Marines in Guadalcanal in WW2, Paul received the Distinguished Service Cross, the Navy Cross, and the Purple Heart. After a tough recovery, he insisted on returning to the front and fought again at Guam. So when Paul became one of the most erudite leaders of the Peace Movement in the world and the Episcopal Church, few people doubted his credentials.

When the recent Iraq war broke out, Paul, though suffering from terminal brain and lung cancer, managed to get himself to the pulpit of his old, massive cathedral, St. John the Divine in NYC, and delivered a passionate call for peace. He died just about a month later.

In his last interview before dying into eternal life, Paul said two things which are especially important for us as a parish and a denomination. Let me just share them with you and allow them to speak for themselves.

"The surfer looks back for just the right wave and then rides it. Most progressive social movements did not originate with the Episcopal Church. Like the surfer, the church should always keep watch for the next example of the kingdom of God working outside the church."

"There is a wonderful breadth of freedom in our church. Freedom is the basis of the entire Judeo-Christian ethic, beginning with Moses and Pharaoh. You cannot love unless you are free, but it is very important that freedom be accompanied with love. That is why the Eucharist is so important as a reminder of the word made flesh among us."

continued on page 2

Let us at St. Paul's be ever responsive to the waves of human needs that break on our shores, and let us always be aware that love is the basis and the mandate of the freedom that binds us together as a family in Christ.

God bless Paul Moore. God bless us.

Love,

Fr. Hal +

Thoughts from the Rev.

It's hard to believe that it's almost June. It seems like we just celebrated Easter a few weeks ago and soon we'll be sending off some of our own into new adventures as they begin the next stage of their lives. **Anne-Marie Jetter** is graduating from **USC** with a Bachelor of Arts in English and minor in theater. **Jenny Luther** is graduating from high school and will be attending **Sonoma State University** in the fall. **Bill Booth's daughter Katie** also is graduating and will be attending **Western Washington University** next fall. **Dylan Rey** and **Will York** are moving on to high school. **Dylan** will be attending **San Rafael High** and **Will** is going to **Marin Catholic**. And last but not least, **Thea Rodgers** is leaving elementary school to begin school at **White Hill Middle School**. Congratulations to all of you as you move into a new stage of your lives.

Pentecost is June 8 so we will have our main service at 10:30am. ***There will be no 9:00am Wild Things service that day.*** We will process with banners that we will make on June 1, so be sure to dress your children in their grubbies for church on June 1 so that don't get fabric paint all over their Sunday best. (You may also not want to dress in your best clothes on that day since I have heard about fingerprints finding their way onto nice slacks and blazers:) Pentecost is when we celebrate the church's birthday and it is also the last Sunday we will be having choir

for the summer, so it will be a fun service followed by a BBQ lunch. We will have some games for the kids as well as face painting and possibly even a clown. Please come and celebrate the church's birthday with a big party before summer hits and vacations start.

Speaking of summer, we have already begun planning many different events for the summer and hope that you'll be able to join us whenever possible. We will be continuing **Parent's Time Off** throughout the summer since it has been such a resounding success. The future dates we have on the calendar are: **May 31, 3-6pm; June 28, 2-5pm; July 28, 2-5pm; August 23, 5-8pm.** We changed the times on these dates because we kept discovering that movie times did not seem to fit into the time frame that we had been using, so I hope these times work for any of you who wish to have an afternoon or evening out.

Our **Family Film Nights** will be back this summer, with the first movie being shown on **Saturday, June 21 at 6:30pm.** That night we will be showing **The Wizard of Oz** on our projector with popcorn popping while we watch. These evenings are geared for families and friends and anyone else who wants to kick back and watch a good "G" rated movie. Children can bring blankets and pillows and dress in their pajamas if they wish, while we all watch a good family movie.

On **July 12, Greg Mallozzi and Linda Lang** will be hosting a potluck, BBQ, swim party at their house from **1:00-6:00pm.** This is an invitation to the whole parish and more information will be given later, but please mark your calendars to come have some fun. We are still working on trying to organize a camping trip as well as a day trip to some stables with a petting zoo and pony rides for sometime this summer or early fall, and I will let you know as soon as we have some firm dates. If you have any questions or concerns, please give me a call at 456-4842 or 258-9079 (home).

Peace to you,

The Rev.

Parish Profile

By Marion Cedarblade

If you want to know about the Merchant Marine, Jack Beggs is your "Main Man." He has personal experience. In sailing with the Merchant Marine he has sailed over much of the world. He says, rather apologetically, the area he has never covered is thru the Suez Canal, the Red Sea and the Gulf of Oman.

"I've never been to the port of Al Fujayrah," he said. That sent me to my atlas, and it was clear on the map where he had not been. He has been almost everywhere else.

Jack was born in Cleveland and spent his childhood and young adult years in a family that moved a great deal. He mentioned attending four different middle schools in four years. Mostly in Ohio and Virginia. When Jack graduated from high school, during World War II, he went straight to the Maritime Training Station in New York. In a matter of days he was on a Liberty Ship as a steward washing dishes for a crew of 70. His ship, part of a convey in the Mediterranean, was attacked, and the ship just ahead of his was torpedoed and lost. The next day Jack's ship was rammed by a British ship and limped into Malta for repairs.

For an 18 year old, off for an adventure, it could not have been better. When he came back to Norfolk, Jack entered the Merchant Marine Academy and became a licensed Marine Engineer. The next major step in his life was marriage to Marjorie and responsibility for her two children. After a while he decided there was need for greater stability than the sea going life offered, He became a businessman and opened the Jack M. Beggs Garage Equipment Company, which he operated for ten years. In 1967 he went back to the Merchant Marine and stayed until retirement in 1992.

While he was in business Jack was an active member of St. Barnabas Mission in San

Francisco, serving on the Bishop's Committee and as Bishop's Warden. He came to St. Paul's in 1990, when he moved to Marin, and is an active member of this parish. He sings in the choir, is a Lay Reader, a member of the men's group, the Social Ministries committee and Bible Class. He belongs to the men's section of MAWS (Marin Abused Women Services) and two days each month is on 24 hour duty for their hot line. He also is an advocate for Alanon and works their information line one day a week.

Jack lives in San Rafael with his two cats, Beauty and Jacques.

Not Good Bye, Just Sit Down!!

By M. Thompson

Last summer and fall our then Rector, took a long overdue sabbatical and well deserved vacation. His departure left a "hole" even Rev. Lynn, "super Priest," couldn't fill! An Interim Rector was required. With a wink and a nod, Fr. Harold Weicker, Retired, stepped up to the plate; more accurately, the Pulpit. Between the two we were cared for well.

On January 31, 2003, Fr. Bruce resigned his position as Rector. What to do? The Vestry turned its collective head back to Fr. Hal who once again stepped in without missing a beat. Now its time to give our dear Fr. Hal back to his wife, Carol, and his interrupted retirement. As of June 1, he will pass the Chalice to a new Interim Rector. This is not a sad parting; while the Weicker's may be scarce this summer, spending time at their home in Oregon, they are members of the congregation here at St. Paul's.

Our most sincere and heartfelt thanks to you, Fr. Hal, for serving us during difficult times, and to you Carol, for letting us borrow him.

Enjoy retirement and a summer in Oregon, remembering we're saving two seats in the PEWS for you!

GOD BLESS YOU AND KEEP YOU.

MEMORIAL GARDEN

By Della Holloway And Carol Weicker

We feel fortunate that Kathryn Mathewson is working on plans for St. Paul's gardens and that these plans are a gift from interested parties. Kathryn Mathewson is known nationally and has been featured many times in Sunset garden books. Notification was given months ago to all who might be interested in adding their thoughts to what the Church gardens should look like. Any additions to the plans from now on will have to be at the expense of the person or persons requesting those changes.

Once we have those plans, the work will have to be done in stages--as there are various drainage problems to be solved first. However, this is to be a Memorial Garden Project and we are requesting that donations be made to the fund in honor of loved ones. Checks should be made to the Church and marked as the "Garden Memorial Fund".

When areas of the garden are completed, we hope to form a Church Garden Committee and it will be their task to keep the garden looking fresh and alive by doing jobs that the regular gardener may not have time to do. This is a marvelous idea and well worth your time and efforts. Please join with us now and in the future--it will not be "done in a day or two". Blessings, Carol and Della

Volunteering

By Ripley Hunter

The Clergy sermonizes, the Staff organizes, Choirmaster harmonizes, the Bishop beatifies, the Sexton sanitizes, and the Vestry pontificates. That is up front. Behind the scenes: the Altar Guild beautifies, the Hospitality crew nurtures, the Parrish staffers phone and fax, Maintenance tightens screws and slaps some paint, Sunday School shines, Prayer Groups pray, Healing happens, Social Ministries circulate,

Stewardship summons, the Bazaar beckons, the Folk Choir hums, and the Epistle gets put to bed.

Look! What do you see? Voluntaryism! That's it! Who? Volunteers! Volunteer - Voluntary: done, made, or brought about of one's own accord, or by free choice. A uniquely Christian and American endeavor; helping others. First through your church, but social groups and charitable organizations qualify too. The human value of community, enables all to participate, promotes a sense of family, and has a dose of Christian charity.

Volunteering comes in two flavors: long term commitment like a happy marriage; and, a short term job, like a summer romance. We offer both for your consideration. If you are already committed, good! God Bless. Keep it up. If you would like to contribute but think you have neither time nor energy for the long, consider the short "Done in a Day," our list of one time jobs. What do you say? Think it over. Call today. A list of available tasks will follow with names and numbers to call; or call now if you wish. (456-4842 church office)

St. Paul's wants you to keep us in mind and think well of "Volunteerism". In this spirit we end with an excerpt from Mother Teresa's "Do It Anyway".

"If you find serenity and happiness, the world may be jealous. Be happy anyway. The good you do today, people will forget tomorrow. Do good anyway. Give the world the best you have. It may never be enough. Give the world the best you've got anyway". And with apologies to Mother Teresa If you would volunteer, but thought, why bother?

VOLUNTEER ANYWAY!!

CONTEMPLATIVE PRAYER

In contemplative prayer we should ignore our psychological experiences as much as we can and just let them happen. If you are at peace, wonderful; don't think about it. Just be at peace and enjoy it without reflecting. The deeper the experience you have of God, the less you will usually be able to say about it.

When you try to conceptualize, you are using your imagination, memory, and reason-- all of which bear no proportion to the depth and immediacy of Divine union. A childlike attitude makes sense in this situation. You don't have to do anything. Just rest in God's arms. It is an exercise of being rather than doing.

Father Thomas Keating:
Open Mind, Open Heart

Please join us for centering prayer each Wednesday evening at 6:00pm before the 6:30pm Holy Eucharist. Both beginners and experienced participants are welcome. Instruction in centering prayer is available at 5:45pm **by prior arrangement with Chris Olson, 415-479-0409** for those with questions or who are new to contemplative prayer and meditation.

Please call Chris Olson (415) 479-0409.

HEALING HAPPENS

By Nancy Skinner

Norman Cousins said it loud and clear: "Nothing I have learned in the past decade at medical school seems to me more striking than the need of patients for reassurance. . . I am forced to recognize a vital connection between reassurance and effective medical care. Illness is a terrifying experience. Something is happening that people don't know how to deal with. They are reaching out not just for medical help but for ways of thinking about catastrophic illness. They are reaching out for hope.

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.

Nancy Skinner, John Surinchak, and Marilyn Thompson lead the Healing Team at St. Paul's. We pray every day for the people you have asked the Church at large to remember in prayer. We also pray for the whole of God's church, the leadership and those who serve St. Paul's, etc. If you would like to join us in this daily prayer commitment, or would like your prayer request to remain private, please contact Marilyn, who coordinates and disseminates the prayer lists for St. Paul's, speak to any of us, or call the church office.

If you feel called or drawn to this ministry or any portion of it, or merely want to explore what we do please speak to us.

The next meeting is 5:00 pm, Wednesday, June 4.

THANK YOU, THANK YOU

Have you all taken the time to check out the upstairs restroom? Thanks to the efforts of Carolyn and Ripley Hunter, that room has turned from an ugly duckling into a swan. They removed the "icky" stall, painted, wallpapered, cleaned, scrubbed and sweated. it is truly a "powder" room. See what "done in a day" (or more) can accomplish. Thanks heaps. Della



WANTED:
Do you have an empty room in your home, And space in your hearts? If so, a brother parishioner needs a room to rent. If you can help or know of someone who can please contact Judy Felton at the church office.



RETRACTION *The Editors of the Epistle retract any and all disclaimers printed in the May 2003 issue. We regret the errors and do humbly apologize for any confusion, misunderstandings and/or dissention caused by said Disclaimers.*

THINKING AHEAD!!!

By Rose Heilman

St. Anne's will be holding their annual BOOK SALE in September, followed by the annual combination BAZAAR AND RUMMAGE SALE in November. Please keep these events in mind when Spring cleaning, moving, or just running into those books and other things you're ready to donate. St. Anne's is ready for them.

These two events are the biggest fund raisers for St. Anne's, but it is a year long project to collect, sort, price, etc. Those of you who donate homemade crafts to sell, it's time to get busy!

PLEASE REMEMBER THE FOLLOWING

PEOPLE IN YOUR PRAYERS:

Harold; Mimi; Bronwyn, David and Genevieve; Carol; Chuck and Sue; Debbie; Ginger and Edrie; Ellie; Harold; Linda; The Kennedy Family; Lauretta ; Jeff ; Kelly; M. Milner; Jim; Elizabeth; Bryce; Bud; Steve T.; Robyne; Brianna and Matt.

FOR THOSE WHO HAVE DIED: Mary Levitan; Joseph Nail.

DATE: _____

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 unless request is renewed. (Those who request 6 mos. are also responsible for renewing their request, but every attempt will be made to contact after 5 mos. to remind you that the name will be dropped soon.)

HELP WANTED: YOURS

You're sitting around the conference table at work, or at a get-together with friends at a restaurant, or sitting in a pew at church, wherever you are, look to the left, now to the right. Are you healthy? If so, chances are one of those next to you suffers from some form of chronic illness/chronic pain. On average one in three American adults suffer from some chronic illness/pain. You say you know those people on either side of you? They don't look sick, besides, you know them fairly well, they'd have told you if they were sick. Nope. Not necessarily. Many chronic illnesses/pain are invisible, you only know they're sick if they tell you. Will they tell you they have IBS, CFS, Crohn's disease, fibromyalgia, constant, unrelenting, severe pain? Will they tell you they take massive amounts of medications, perhaps opiates? Maybe they tried to talk to their friends when first diagnosed, but the response was less than compassionate. Even if the response was one of sympathy; meals delivered, house cleaned, errands run, but the patient gets no better, remains status quo, or frequently gets worse. The help slips away, then the friends slip away. So who is it, you? The person on your left? The person on your right?

People with chronic illness/pain are mostly invisible to others. They suffer in silence because they are convinced no one wants to hear about their maladies. Generally, they're correct. So they shut up, their life gets smaller and smaller because they become afraid to make commitments, fearing they won't be well enough to simply meet for coffee. They give up on doctors because none of them can make them whole again, or the doctors give up on them because they too are human and when they're unable to help they can't stand the feeling of powerlessness.

Now that we know the needs exist, as Christians, how do we minister to these folks. St. Paul's is blessed with an active, vital Healing Team. Anointing with oil, laying on of hands and offering prayers for healing. Yet week after week the person with chronic illness/pain isn't cured. Why not? Lack of faith? Unconfessed sins? God is a cruel God? No! *Healing* isn't *curing*, although at times both occur. Perhaps the "healing" is another day of courage, of strength, of faith, of less depression, of choosing life over self-inflicted death, yes, that means suicide.

So the Healing Team prays for, with and because of illness,

yet chronically ill/pain patients, trudge through their lives in a pervasive state of hopelessness. Now what do we, as Christians, as people who make their best effort to walk in Jesus' footsteps, what to do? We minister to them. We volunteer a few minutes a month, or an hour or more each day.

We begin a support group for anyone with chronic illness/pain. Not a secular group which often focuses on the problem and not the solution, secular groups which compare symptoms to see who's the worst that day. St. Paul's is offering a group called "HopeKeepers" where the focus is on living, on life, on coping, and mostly on living a life that has meaning, no matter how severe one's limitations.

HopeKeepers begins with a Bible Study, (they offer two books now), speakers who address the generalities of chronic illness/pain, meetings with spouses and/or children, studying other books...HopeKeepers is what YOU want it to be (within certain parameters). What it's NOT is a place to complain, to try and cure others, it's not even a place where you need to identify your illness.

So, how do you join? Fill out the form from the *May Epistle*. Already lined the bird cage with it? There are copies on the literature table just inside the main (non-ramp) door to Duncan Hall. If those are gone, call the church office or call the co-editors of the *Epistle*, drop it in the mail to the address at the bottom or place in the *Epistle* basket.

Those of you who are able-bodied, we need you or this won't be a ministry. Fill out the same form with a "v" where you are able to volunteer and how much time per month.

This vital, critical ministry has never been mentioned from the pulpit as other groups have, so to make this into a thriving, life-altering Ministry, it must come from the congregation, we must lean on and trust each other. We must risk others finding out one is ill, we must risk making a commitment to help someone---a commitment where you're being depended on for more than a loaf of bread or a paintbrush. Let us pray, each in our own way, about this Ministry, our part in it, our determination to create it from nearly nothing. This Ministry can be the Phoenix which rises from the ashes, of the turmoil of the past year.



POST

BBQ & Picnic after the 10:30 service



Come celebrate the church's birthday on June 8th
With a bbq picnic & games!

No 9 o'clock service!

Suggested donation:

\$5 per person or \$10 per family



St Paul's Episcopal Church
1123 Court Street
San Rafael CA 94901-2909

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
SAN RAFAEL, CA
PERMIT NO. 37

Website: www.oldstpauls.org

ADDRESS SERVICE REQUESTED



TIME SENSITIVE MATERIAL-Please deliver before 6/1/03