



THE EPISTLE

ST. PAUL'S EPISCOPAL CHURCH, SAN RAFAEL, CALIFORNIA - A SACRED SPACE FOR YOUR BUSY LIFE

FROM THE RECTOR



Dear Friends,

I wanted to share with all of you something I said first to my staff last week and have subsequently shared with our vestry and, most recently, with the gathered congregation this last Sunday.

As I reflect on where we are as a community I can see that we are going through significant change in at least three areas of our common life. First, and most visibly, the Vestry is overseeing some changes to our campus. Because we are no longer running budget deficits the Vestry has been able to look at our moderate capital reserves with fresh eyes. They have made the decision that, while it is prudent to ensure that at least six months operating expenses remain in the fund, the rest ought to be invested in our campus. In particular we ought to attend to the remaining items of deferred maintenance and, in ways that are cost effective, in the appearance of our campus. The courtyard, Duncan Hall and the second floor offices with the Upper Room are all areas that will hopefully be upgraded. This is a very good thing, but I am reminded of an old joke:

Question: 'How many Episcopalians does it take to change a light bulb?'

Answer: 'Change it?? My grandmother gave that light bulb!'

We human beings don't like change, and Episcopalians are often particularly sensitive to stresses of the new, particularly when it come to our beloved buildings.

But that's not all. There are also two other areas where a process of change is well under way, and although they are less immediately visible, both will have a profound effect on what it feels like to be at St. Paul's. Joan Adams, in her new role as head of Outreach, has been leading a shift in the emphasis of our Outreach. We are moving to a volunteer-centered Outreach in the areas of Tending At-risk Youth, Feeding the Hungry, and Visiting the Isolated. She is striving to appropriately honor what we have done in the past even as she leads us, with my support, into a newly focused ministry of Outreach.

Finally, I am leading an effort to expand and clarify our small group ministry of Discipleship Groups, so that we can all be encouraged and supported in the Christian practices of worship, prayer, and service. I cannot picture a thriving future for St. Paul's without Discipleship Groups at the center of our common life. Over time, we need to shift from being a church *with* Discipleship Groups to a church *of* Discipleship Groups. There is much more that can be said here. Many of you have already heard some from me and we will be continuing the conversation as a community. The main thing to know is that, over time, as we together nurture this life of small groups, St. Paul's will change.

The problem with all of this is that none of us like change! Change makes us cranky! My guess is that at least one of these areas effects you and, in the months ahead, you won't like at least some of the changes. My firm belief is that we will emerge from this time a stronger and more compelling community. However, because we all hate change, my invitation is for us all to learn a new art form. Let us together, in this season of change, learn the art of being 'cranky with love.'

Faithfully,

Christopher

FROM THE ASSOCIATE RECTOR

Hello Kind Friends,

Ana is back with us, Halleluiah. (I know we're in Lent and are not supposed to say the "h" word, but what else can you say? Ana's back! Sometimes you've just got to break the rules.) As she rested before making the treacherous-to-broken-toes climb to the office, she noticed the "Bricks for Boys" display on the table by the front door. In her ever astute way, she also noticed that that was all it said. "Bricks for Boys". Maybe you too, saw the pile of bricks and wondered: "What's with the bricks?" or "What boys?"

To clear the air and get everyone on the same page, let me explain: Our children and families are again raising money for the orphanage in the Democratic Republic of the Congo, Jamaa Letu, as our Lenten project. This time, we want to raise money to help build a new building for the boys as the current one is a shambles. "How can I help??" I know you're just dying to support this incredibly worthy project. Here's how: COUPONS! There are coupons by the bricks at the entry to Duncan Hall. There is also a coupon on the back cover of this Epistle. (Feel free to make copies to hand out). Take one for yourself; take one or two for your neighbors. Take several for your family members and co-workers. There are many different financial levels of contributions. They can give \$5.00 or \$100.00. We deeply appreciate every little bit. A second way is to see Rick Holland, who is walking around the church carrying order forms for See's Candies - just in time for Easter! Stop the man, order some delicious candy. It's a double-win: A loved one will be very, very happy and the boys of Jamaa Letu will rest easier. I can assure you, to the penny, all funds raised go directly to Jamaa Letu. How's that for a no-brainer?

Get in touch with me if you have further questions: jlove@stpaulssanrafael.org

Kindly,

Julie



*For more information, visit
www.ourfamilyadoptions.org*



Our friend Gilma, (pronounced Hilma) from Our Family Adoptions in Washington, came by for a visit and explained the importance of water to the children. They planted a rose bush and she explained how the children in Jamaa Letu do not have faucets and have to carry water in from a well, whether it is for drinking or for watering plants and crops.

HOLY WEEK IS THE MOST IMPORTANT WEEK IN THE CHURCH YEAR.

This year Holy Week is from April 5th to April 12th.

The heart of Holy Week is four services. The four main services are:

- Palm Sunday. April 5th. 8:00am, 9:00am, 10:00am. We remember Jesus' triumphal entry into Jerusalem and how quickly the crowds turned on him. The service begins joyfully and ends somberly, setting the tone for the week to come.
- Maundy Thursday. April 8th, 7:30pm. We remember Jesus' last supper with his disciples, his betrayal by Judas and his abduction by the soldiers. The service concludes with a dramatic stripping of the church.
- Good Friday. April 10th 12:00. We remember Jesus' death upon the cross. We watch as the cross is brought into the church and have an opportunity to hammer our own nails into the wood. We keep watch with prayers, silence and songs as he dies.
- The Great Vigil of Easter. April 11th at 7:30pm. We remember Jesus' resurrection from the dead. The service begins with a dark church; part way through the church explodes with light and sound as we proclaim Jesus' triumph over death.

To supplement these services there are others such as Tenebrae, Stations of the Cross and our Sunday morning Easter services.

HOLY WEEK SCHEDULE

Palm Sunday, April 5th

8:00am Eucharist Service with blessing of Palms

9:00am Family Service

10:00am Eucharist Service with Blessing of the Palms,
Festival Procession and Dramatic Reading of the Passion Narrative

Wednesday, April 8th

7:30am Eucharist followed by brunch

6:30pm Holy Eucharist

Maundy Thursday, April 9th

7:30pm Holy Eucharist with Foot washing and stripping of the Altar

Good Friday, April 10th

12:00pm Good Friday Service

1:00-3:00pm Good Friday Vigil at the Foot of the Cross

4:30pm Interactive Stations of the Cross especially for Families

7:30pm Tenebrae; a Service of Light and Shadows

Holy Saturday, April 11th

7:30pm The Great Vigil of Easter; Easter Eve Liturgy,
Lighting of the Paschal Candle and the Chancel Choir- Bring Your Bells!

Easter Sunday, April 12th

9:00am Easter Service for Families followed by the Easter Egg Hunt

11:00am Easter Service with Chancel Choir

A MESSAGE FROM DIANE LUBOFF

To my beloved friends at St. Paul's:

I want you to know that after not a small amount of prayer, meditation, research, medical consultations, and loads of other things too ponderous to cough out, I have made the decision to suspend the continuing rounds of high dose IV chemotherapy for my AML (acute myeloid leukemia) and instead embrace not only my current robust remission (!) but several avenues of alternative healing modalities. I am doing these things with the awareness and guarded acknowledgment of my medical team. No bridges are being burned at this fork in the road. To quote one of my oncology nurses, "I know of people who are alive today who've had one Induction (meaning the first course of chemotherapy) and one Consolidation (meaning all following chemo treatments to keep a patient from recurring) I know people who have said "no" [to the traditional allopathic trajectory] -..you can make this decision today and you can redecide in a month from now.... it's cool to take a hiatus..."

I shall take this hiatus in northeast Scotland, with close friends of the past 20 years. Tony and Ali live in and rent out restored 19th-Century "bothies" and are often booked up 2 years in advance: <<http://www.fishermansbothies.co.uk/>>. By the time you read this, I will have moved out of my tiny cabin-shack in Berkeley. I will return to the Bay Area only to visit, if that opportunity is available to me. I am exhilarated to embrace this newness yet also sad to be saying "goodbye" to you who have loved me, shared with me in song and liturgy and been my friends since I arrived here in July 2003.

I don't know whether I have 2 weeks, 2 months or 20 years of good health. This particular leukemia can return without warning and regardless of the number of Consolidations or whether one has gotten a bone marrow transplant. That procedure alone carries 50/50 odds of survival. Since October 27th, I have spent 50 days in the hospital for two brutal rounds of chemotherapy and antibiotics, with \$500,000 billed to my insurance company and thousands of dollars in co-pays not to mention being sidelined in my work. Luckily I have had some savings to live on frugally.

I am grateful for this remission and I am going to ride it out as long as I can. I am neither "giving up" nor planning to crawl away and die. Should I fall very ill again, I will seek Western medical care - overseas or back in the US. The idea of getting pumped full of chemo at this time to prevent me from relapsing, while I can understand the preventive methodology, lands like a thud in my solar plexus. There is a tipping point where the treatment causes more damage than the efficacy it promotes. Few physicians have a clear handle on that. If logic, grace and my intuition fail me, clearly I will have to accept that.

If you would like to unpack more of my path, 98% of its nuances and details are in my blog: <http://paradigmgauntlet.blogspot.com/>. A new one is being thought out, with a title that shifts past the focus of the leukemia diagnosis and treatments. It'll be linked on this one, if you care to read all about it.

By March 30th, which is when I leave for a week in Atlanta, please delete my Berkeley address entirely from your address books. By April 5th, when I depart for Scotland, please do not phone my USA telephone numbers (510 and 415). Email is the best way to reach me, even though I promise that at least for the coming few months I shall continue to be a wretched correspondent. Thank you for understanding. My email address is dluboff@mac.com.

Bless each and every one of you for the continuation of your prayers, which matter more to me than Western medical care. You don't think I'm still kicking around just because of the chemo, do you? For you who have held me, prayed for me, brought me real food while I was in the hospital, sent me cards (and chocolate!), stood by me and offered gifts I may not have even received - thank you so much. My heart bursts with gratitude. My nearly six years at St. Paul's have shaped me through many twists in life's path. I pray that you continue to love and hold one another as you do with our Lord's Grace.

Love,
Diane



In the Springtime, this is what it'll look like where I'm going.
Perhaps I'll learn to garden after all....



THE VESTRY RETREAT - BY CAROLYN EITEL

This year's Vestry retreat was productive, spiritually enriching, and just plain fun.

Productive

- We discussed and attempted to simplify our assortment of Funds. We resolved to keep six month's operating expenses plus an additional \$50,000 for emergencies but to move forward and spend the rest. Some of the projects we hope to complete this year include tearing down the garage and replacing it with a storage shed, finishing our garden improvements, sprucing up Duncan Hall (ideas

included new comfortable sofas and rotating art shows on the walls) and the upstairs office area, and re-finishing the Narthex area.

- We explored the idea of a Welcome Bag to be passed out to newcomers on Sunday morning. We devised methods to track newcomers and find out what made them come to St. Paul's (to see if our "ads" in the Pacific Sun are having an impact). We resolved to create a welcome page on our website and to keep it updated.
- We resolved to publish our meeting dates for the year in the Epistle (next issue) and when possible to announce the main topic to be discussed. Our hope is that interested parishioners will attend. We resolved to also publish the dates of the Vestry agenda planning meetings so that parishioners who would like to see an item on the agenda know when to let us know. We resolved to keep our Action Items on each Vestry meeting agenda until the item is complete – or we vote to take it out of the Action Item category.
- We will move forward and create a formal Columbarium Committee.
- We will continue this year to dedicate one week's plate cash per month to Outreach with the intention of allocating a percentage of income to Outreach in 2010.

Spiritually enriching

- We were the beneficiaries of Christopher's leadership in two Bible Studies.
- We worshipped together Sunday morning in our own private Eucharist service.
- We bonded together and began to know each other on a deeper than usual level.

Just Plain Fun

- Friday evening we had our own pot luck dinner and lots of wine and animated conversation.
- On Saturday Susie, Wanda and I took a hike and managed to get very lost. We were reminded of the movie "Deliverance" as we passed an abandoned car and a run-down shack. But we did get to see a llama, a group of baby and mother goats, and herds of sheep and cows. Fortunately we found our way back before our colleagues felt it necessary to send out a search party.
- Saturday night – more wine and animated conversation while others played endless bridge hands.
- As usual – the food at Bishop's Ranch was plentiful and delicious.

Perhaps I could mention here that four members are in the last of their three year Vestry term – so think about volunteering to be on the Vestry next year. Not only is it a wonderful way to serve but you get to go on Retreat!!



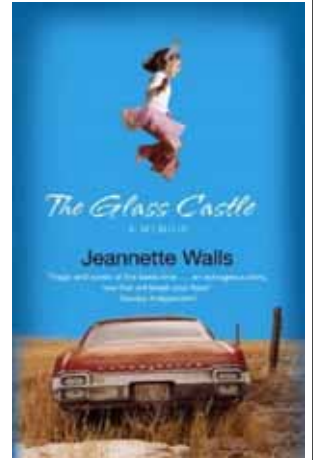
COMMUNITY SCHOOL NEWS

Nancy Dods, Susie Quenzer and Beverly Armstrong assisted Teresa Ashby February 24 in distribution of the Subway gift cards St. Paul's gave as Christmas gifts to all School students. Students were receptive and appreciative. We visited classrooms to do this (and lost Nancy at the first, the drumming class, where she enthusiastically pursued her dream to be a drummer).

With the addition of one new volunteer, Monday has been added to the regular Tuesday, Wednesday and Thursday breakfasts and muffins and juice are offered on Fridays. With a couple of more potential volunteers in the wings, we will be in good stead.

ST. PAUL'S BOOK CLUB

St. Paul's Book Club will meet on April 17th in Duncan Hall (7:00 pm) to discuss the book, The Glass Castle by Jeanette Walls. This memoir tells the story of a woman who grew up in a family where the parents were "artistic". This led to the four children being in charge of their lives while their parents followed their own path.



Don't forget to pick up your copy of the Pacific Church News here at St. Paul's!
To save paper and postage costs, the diocese in no longer mailing them individually.
Be sure to check out the new magazine style format!

PRAYER LIST

+In the Short Term Prayer List:

Camila
Gus & Rua
Madi Baker
Susan Bowman
Carolina D.

John Davis
Dylan Diliberto
Bob Essen
Rosie Heilman
Aloe & Jolia Jenks

Jane Mills
Ruth Mitchell
The Mullen Family
Joni Peterson
Daren Pursche

Charles Stover
TutTut
Mandy Wick
Debbie Z.

+In the Long Term Prayer List:

Ben
Bo
Chuck and Sharon
Natalie

Joseph Cook
Letty Dell'Era
Alex Elliot
Corinna K.

Blaine Marshall
Melissa and Sandy Olenik
Claudine Schiefblen
Eugin W. & Family

- + **For those who have died:** Norvell Carrington
- + **For those serving in the military:** Jason Brooks, Gourley, Alex Rey and Troop 225, Aaron Sova, and our friend Brandon.
- + **We pray for the other Episcopal Churches in San Rafael:** Church of the Nativity and Church of the Redeemer. We pray for the unity of the Anglican Communion worldwide and the Episcopal Church in the United States.

WORSHIP AT ST. PAUL'S

SUNDAYS:

8:00 am Holy Eucharist
9:00 am Family Service
10:00 am Holy Eucharist

WEDNESDAYS:

9:00 am Morning Prayer
6:00 pm Centering Prayer
6:30 pm Holy Eucharist

THURSDAYS:

7:15 am Centering Prayer

CENTERING PRAYER

Rediscover silent meditation in the Christian Tradition. Sessions are on the Second and Fourth Sunday evening from 7:00 to 8:30 pm in the Upper Room. For more information, leave a message for Chris Olson at the Parish Office 415.456.4842.

Also note the regular service of Centering Prayer every Thursday morning at 7:15 am and Wednesday evening at 6:00 pm.

DEADLINE FOR THE MAY EPISTLE IS APRIL 9TH.

Email your article to Ana Stark at
astark@stpaulssanrafael.org.

Articles need to be
received before the deadline.
Please reserve your space today!

Words of Wisdom

Never kick a container
that you think is empty.
It's probably not...
- Ana



COFFEE HOUR SCHEDULE

After Sunday Services, please join us in Duncan Hall for coffee and treats.

Those whose last names begin with the following letters, please bring food on the respective Sunday and please, stay to help clean up after.

First Sunday	A - G
Second Sunday	H - L
Third Sunday	M - R
Fourth Sunday	S - Z



APRIL BIRTHDAYS!

2 Helenclare Cox
5 Christina Palmer
7 Nikki McKennedy
9 Adelina Supsupin
12 Carol Booth
14 Demelza Rice
15 Theo Eschliman
16 Harley Eschliman
22 Aiden Stone-Grijalva
23 Bradley Markwick
23 Claire Love
24 Natasha Popovich
25 Erik von Buchau
25 Morgan Army
30 Madelyn Quirke

APRIL ANNIVERSARIES!

6 Michael & Hiroko Green
19 Matt & Rebecca Salmonson

STAFF DIRECTORY

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CHURCH OFFICE HOURS

Tuesday through Friday
9:00 am - 1:00 pm
The Office is closed on Mondays.

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cmartin@stpaulssanrafael.org

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jlove@stpaulssanrafael.org
If you need to reach her by phone,
please leave a message in Ana's
voicemail.

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benefits, in consideration, in whole or in part,
for the contributions received.