

# THE EPISTLE

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

## FROM THE RECTOR



Dear Friends-

A new year is an opportunity for a fresh start. In January, many of us take the time to think about our lives and what adjustments or changes we want to make. We all have places in ourselves we are not satisfied with- our bodies, our personalities, our relationships all seem to need some improvement somewhere. We hope we can do better. What can we do in 2008 to become better people?

My view is that there is one habit we can all pick up that is the key to any meaningful, God centered change in our lives- the habit of prayer. I believe that prayer is like the foundation of a building. Any other change in our lives is more likely to succeed if it is built on the solid foundation of an ongoing 'conversation with God' in the form of daily prayer.

We are all made to pray. Some pieces of wisdom I return to again and again come from two of our greatest sages. St. Augustine famously prayed 'O God, you made us for yourself and we

find no rest until we rest in you.' St. Basil the Great said 'birds were made to fly, fish were made to swim and human beings were made to pray.' What these men knew is that when we take the time each day to pray, we are simply doing what were made to do- to be in an intimate, loving relationship with God. Prayer isn't for some special group of people. It is for each one of us. Not only *can* we pray, at our deepest level we all *want* to because we were all made for prayer.

The form and shape of our prayer is as individual and unique as each one of us. Prayer can be an incredibly creative process, and part of the art of prayer is discovering what practices work best for us, as the unique person God made each of us to be. Some are reassured and strengthened by following the ancient rhythm of the Daily Offices in the Book of Common Prayer. Others are fed by the silence and stillness of Centering Prayer. Some love the task of slowly chewing on spiritual texts through the practice of Lectio Divina. Others find themselves centered and present to God as their fingers work through the beads of a Rosary. (There are other practices- see the excellent 'Complete Idiot's Guide to Prayer!') Many of us even like to mix and match.

One of life's great journeys is the discovery of how we are called to enter more deeply into a life-affirming conversation with God through prayer. The good news is that we don't have to do this alone. In fact, our prayers are deepened and encouraged when we join with others. There are many opportunities to find out more about prayer here at St. Paul's and to find the support we all need. Daily offices, centering prayer groups, Lectio Divina groups are regular parts of our common life. In February, I will be offering a new class on Sundays at 5pm on the Psalms, which is the best school of prayer there is.

God's promise to us is that prayer will always, over time, lead to the 'fruits of the Spirit' which are 'love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self control.' (Gal. 5:22-23) How's that for a list of New Year's resolutions! ..And may 2008 be a year of prayer for you.

Love,

Christopher

**FROM THE  
ASSOCIATE RECTOR**



Ahh, January.

I'm not a big fan of January. December is great—eat with abandon, buy with abandon, party with abandon. But then, January inexorably comes. Christmas is now a long, long ways away, so back go the ornaments, the red cinnamon candles and the bright twinkly lights. Pay the bills, clean out the furnace filters, pay more bills.

With the New Year comes the inevitable New Year's Resolutions. "This year I will lose weight, this year I will be patient with my kids, this year I will save more money, . . ." On the one hand these resolutions bear witness to the fact that we are an unceasingly hopeful people. We truly believe that things can be different simply because we decide that they will. The cynic might call this denial rather than hopefulness. Either way, it is a witness to our desire to be a bit better person in 2008 than we were in 2007. That desire itself is hopeful.

But on the other hand, how many of us keep our resolutions or even take them seriously to begin with? Call me the cynic of all cynics, but I am slowly coming to believe that it's easier to move mountains than to significantly change a character trait, especially one I have lived with for centuries. I know that people can lose weight and keep it off—I've seen it happen, rarely. My father quit smoking thirty years ago, but still craves a cigarette to this day. Our bodies, our hearts—they have great memories. And they are reluctant to try new things, once they've hooked on to something that satisfies—at least for the moment.

On the whole, I think real change is an act of God. I think authentic change comes from a movement by the Spirit in the depths of our being. That kind of movement is rare. It is profound. It is usually happens when we finally realize we are not the architects of our own character; we are simply children of God.

"Simply children of God." Simply children of God. What would happen if we could see, or get just a glimpse, of the meaning of this phrase? What would happen to our hearts if we knew, just for a moment, the depth of the love God holds for us? Each one of us. Every. Single. One. Of. Us. God loves us more than the nursing mother loves her baby. God loves us more than the polar bear mother loves her cub. God's love is fierce, passionate, unrelenting, and ever beside us. If we could just have a taste of it, just for a minute, how could our lives be the same?

Blessings to all of you, children of the almighty.

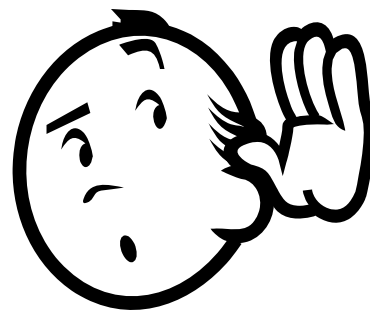
Julie

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**CAN YOU HEAR ME NOW???**

To help those of us at St. Paul's who have trouble hearing, help is here!! We now have a limited number of hearing devices that will connect you directly to the speaker, (preacher) who is wearing a microphone. They have a volume control, with one ear attachment. They will probably work with your hearing aids if you have a telephone switch on your aid. I just take my aid out, and then use the device to hear. The advantage is that your ear no longer has to span the distance between you and the speaker—you are right up next them. The disadvantage is that the one speaking in to the microphone is the only one you will hear. I find that the best time to use the hearing device is during the sermon. The sound quality is very good. We have a few to start out with; if we find that there is a need for more, we will certainly get more. So please, use it and join in on the conversations!

Julie



Rose Lapicto was born in the Philippine Islands in the Mountain Province, now renamed the Cordillera Province. It is in the northern part of the country. She is a graduate of Mountain Estate University where she majored in Education and later received a Masters degree in Home Economics.

Rose was unfortunately part of that generation where marriages were arranged. In following the tradition her father announced to her that he had arranged a marriage for her with an older man who was a school teacher, as was her father. She was afraid to contradict her parent, so the marriage took place. It was then she discovered the man she had married was an alcoholic and an abuser.

She suffered in silence through the births of six daughters until the abuse landed her in the hospital. It was then her parents asked her and the six children to come home with them, which she did gladly.

While in the Philippines Rose worked in an insurance business and for the Provincial Governments. In 1990 when a devastating earthquake hit her area, Rose was working on the third floor of her office building. She raced down the stairs and was the only person from her floor to survive. Enough was enough she said to herself. So in 1994, with all six of her daughters married, she headed for the United States where one her daughters

lived. And has been here ever since, except for the vacations she takes visiting her children. Three of them continue to live in the Philippines, two are in Germany and one in Petaluma. The family now consists of 20 grandchildren and five great grandchildren.

Rose was an active member of the Anglican church in the Philippines, and an uncle and a nephew were priests of the church. So when she got to Marin, she looked for its Anglican Church and very quickly discovered it was the Episcopal Church she sought. She found St. Paul's in the telephone directory, but where to find Court Street? Fortunately Rose was a jogger. So one day she jogged past St. Raphael's, took a left turn and found not only Court St. but also St. Paul's. And she has been with us ever since.

Rose brings to church with her Lena Julian, also from the Philippines Islands. Lena discovered Rose and her daughter at Macy's Northgate, chatting in Tagalog - the language in addition to English - spoken and taught in the Philippines.

Rose now works as a house sitter and a health care provider. If you should ever need that kind of help, talk to Rose after the 10:30 service or at the coffee hour. The parish office has her telephone number. In leaving, Rose had two pieces of advice: "don't marry early" and "never let your father choose your bridegroom."

**TREASURER'S REPORT AS OF 11/30/07**

**Operating Income & Expense - Capital Improvement Fund**

**Income** is currently 2.5% under budget (\$293k vs. \$301k). The shortfall is evenly spread over all categories except **Gifts** (a very generous \$6,000 gift was received from St. Anne's). **Pledges** are slightly below plan (\$177k vs. \$179.5k) and by year-end should be just about equal to plan of \$197.5k. The other income categories will probably remain slightly below budget.

**Expenses** are about 2% below budget (\$299k vs. \$305k). **Assistant Clergy Salary & Benefits** are under plan because of Vanessa's leaving. **Office Salaries/Benefits** are over plan because of Ana's increase in hours. **Insurance** costs are below our conservative estimates. **Utilities** are over budget due to higher than expected rate increases.

The **Deficit** is now over budget (\$5,674 vs. \$4,572). We are projecting that the year end deficit will be close to the budgeted deficit of \$6,600.

Year-to-date payments from the **Capital Improvement Fund** have been:

• repairing and painting the back of the church	\$22,255
• new signs	1,600
• 'Mary ICON'	800
• sprinkler system and new plants	550
• Hearing Aid in church	<u>1,070</u>
Total	<u>\$26,275</u>

A \$5,000 Capital Improvement donation was received in November.

## BISHOP MARC AND SHEILA ANDRUS VISIT ST. PAUL'S

Dear Christopher -

Marc and I have returned a number of times in conversation over the past week to the beautiful morning spent with you and your congregation - the time with confirmands and those received, the music and service, the very special coffee hour reception, the amazing gift for Marc, and the wonderful vestry lunch. What a day!!

I'm especially grateful to have been included in the lunch, and to benefit from listening to the questions from your church leaders that clearly point to their dedication and commitment to service. I do hope that Advent continues to be filled with joy for you and yours, and that the holy day of Christmas will be especially peaceful for all.

With much appreciation for your ministry and friendship,  
Sheila Andrus



*Aaron Rosas,  
above right,  
receiving  
confirmation.*

*Left, Bishop  
Marc Andrus  
with wife  
Sheila and  
in conversation  
with  
Chris Olson,  
right.*



What does the Bishop have in his hand?

This was actually Bishop Marc's second visit to St. Paul's. In November the Bishop accompanied Archbishop Ndugane when the Archbishop came to our church as a part of his week-long tour of the Diocese. Parishioner Tom Swidler was our usher for that evening and it happened that he was wearing a snazzy tweed jacket. On his way into the church, Bishop Marc said to Tom 'nice jacket.' Tom said 'Thank you, Bishop.' On his way out of the church, Bishop Marc said 'Nice jacket' and Tom again said 'Thank you, Bishop.' Finally, the Bishop went up to Tom at the reception and said 'Nice jacket' to which Tom replied 'You can't have it!' Bishop Marc said 'That's OK, it wouldn't go with purple!'

However, a seed was planted, and Tom recruited support from the Rector, people of the 7:45 service and even the Bishop's wife to find a jacket like his own that would match the Bishop's shade of purple. On a trip to England, Tom found and purchased the jacket and on the occasion of Bishop Marc's visit, Tom presented it to him. At the presentation, Sheila explained that it was an emotionally powerful gift. Bishop Marc's father, who died when Marc was a teenager, always wore nice tweed jackets. What a wonderful way to make a connection with our new Bishop. Thank you to Tom and to all who contributed!

PS - This is the second comic incident with Tom and a Bishop. At Bishop and Mary Swing's last visit to St. Paul's, Tom approached Chloe Martin, because he had lent the Martin's a videotape of a favorite movie a few months earlier and was wondering if he was ever going to get it back. He said "Chloe, have you seen 'The Bishop's Wife' yet?" to which Chloe earnestly responded "She's right over there!"

## ST. ANNE'S GUILD AND POST HOLIDAY GRATITUDE

The Sales: What a great sale we had!!! A HUGE Thank-You to all the contributing gourmet cooks who donated items and supported our Harvest Cupboard. Special thanks to Holly Pritchard and Debi Damas.

The Christmas Lunch: What a wonderful event! Thank you St. Anne's



### JANUARY BIRTHDAYS!

Birthdays and Anniversaries are recognized in church on the 4th Sunday of every month. Please call Ana in the office if your birthday or anniversary is missing from our list!

7 Alexis Lee	18 Jeffrey Dunn
10 Dennis Puccinelli	22 Victoria Vitas
12 Nancy Dods	23 William Stark
12 Hiroko Green	23 Claire Parkinson
15 Walter Dods	27 Jae Eitel
15 Dylan Rey	30 Harper Martin
16 Yah Elizabeth Demann	

Oopsie! It has been brought to my attention that Bobbie Hanley's birthday was missed in December (Dec. 25th!!!) !

How did that happen??

Happy Belated 85th Birthday Bobbie!



### COMMUNITY SCHOOL NEWS

By now the School Christmas party will have been in the past. There were about 17 gift cards this year and the Church response was so good that more could have been served.

We will have acknowledged Dennis, the lone graduate of the School last year. He is going to auto mechanics school in March and Social Ministries will give him a financial incentive, since our program is called Teen Success Breakfast.

Numbers at Breakfast have doubled in the past month since we initiated a gift certificate drawing based on attendance.

## 2008 PARISH DIRECTORY

It has been customary in years past to provide a Parish Directory to all who attend the Annual Meeting. Sadly, our Parish member information was kept in a spreadsheet format and was riddled with inconsistencies. Consequently, a directory was not published at the Annual Meeting in 2007.

This past year, we obtained database software and have created a solid database structure from scratch. It includes full names, addresses, emails, work emails, children's names, and allows us to run reports, sort and categorize, and print directly to documents in merge formats. (You may have noticed that we do not use labels for the address portion of the Epistle anymore, as our database prints your name and address directly to the document! How time saving is that?!)

The ultimate goal was to create a new and comprehensive database that would allow us to present a polished and inclusive Parish Directory for 2008. That time is here! All pledging members of St. Paul's are included in the Parish Directory. Your name, address, primary phone number and one primary email will be printed. This is your ONLY opportunity, prior to printing, to ensure that the information we have for you is correct.

Regrettably, as soon as the directory is printed, someone will move or change an email address, but to ensure your profile is as accurate as possible at the time of printing, please take a moment and call Ana Stark, the Parish Administrator, at 415.456.4842 Tuesday through Friday, between 9:00 am and 1:00 pm. The deadline for the Directory listing is January 18, 2008.

## I ENDOWED MY PLEDGE

That is what the smiling gentleman said at yesterday's parish forum on gift planning: "I endowed my pledge."

From the looks on some other faces, I gathered that not everyone grasped what he was talking about. So, I told them about an inquiry that I had recently received from someone in another parish who asked how to do exactly this. "How can I endow my pledge?" the phone caller asked. "I've served several terms on the vestry, and I know when someone dies or moves away who has been among the larger givers, it can leave a large hole in the budget," he explained. "I don't want that to happen when I die, so I want to endow my pledge."

"It is easy to endow your pledge," I told him. "Just take your annual pledge amount—for example, \$5,000—and multiply it by 20—for example \$5,000 times 20 is \$100,000—and make this a bequest in your will for your parish endowment."

The typical endowment fund distributes about 5% per year, so the annual distribution from your endowment gift will be equal to your existing pledge payment. Voila! Your pledge will continue to be paid in perpetuity, even after you are no longer there to personally write the checks. If your congregation does not have an endowment set up to do this, you may do it for your parish through the diocese, who will distribute 100% of the income quarterly to your parish. Faithful folks who want to remember their church family along with their natural family in their wills, sometimes seek a guideline for "how much." Some include the church as an additional child, others use 10% -- a tithe. Another idea would be to use an amount that will endow your annual giving.

However you choose to do this, your endowment gift creates a legacy of faith that will never go away. To make your annual giving permanent, consider endowing your pledge.

The Rev. Richard L. Schaper, CFP  
EpiscopalGift.org

Gift Planning Officer,  
(415) 869-7812

Diocese of California  
richards@diocal.org

## PRAYER LIST

**+In the Short Term Prayer List:** Renee, Cheryl August, Mimi B., Mary Bucklew, Souzxi F., Steve Gordon, John Lamb, and Beverly Sherman

**+In the Long Term Prayer List:**

C.	Jackie Chew	Baby V. Jethani	Marianne S.
P.	Joseph Cook	Alisa Lafferty	Richard Satterfield
Baby Lillian Grace	Helenclare Cox	Vera Levitan	Howard Sherman
Gudrun	John Davis	John Lynch	Sue Shirley
Heather's Grandmother	Letty Dell'Era	Anne Nickoloff	Kathy Sullivan
Mike and Tanya	Alex Elliot	Sandie Olenik	Robyne Talley
Natalie	Robert and Dorothy Essen	Charles Riggan	Martha Wickcliff
Ken Asay	Gordon Felton	Colin Ryan	Eugin Wilms and Family
Donald Baas	The Goldman Family	J. S.	Joan Wyland
Paula Cawley			

**+For those who have died:** Carmen Rae Ingwersen

**+For those serving in the military:** Jason Brooks, Ryan Richard Gourley, Alex Rey, Aaron Sova, and our friend Brandon.

**+In the Anglican Cycle of Prayer:** We pray for the greater awareness of HIV and AIDS; for greater dignity and rights of people living with HIV and AIDS.

**+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 Church worldwide and the Episcopal Church in the United States. .

## WORSHIP AT ST. PAUL'S

**Epiphany Pageant - Jan 6 10:30 am**  
**(There will not be a 9:00 am service)**

### SUNDAYS:

7:45 am Holy Eucharist  
9:00 am Family Service  
10:30 am Holy Eucharist

### WEDNESDAYS:

8:30 am Morning Prayer  
6:00 pm Centering Prayer  
6:30 pm Holy Eucharist

### THURSDAYS:

7:15 am Centering Prayer

### HEALING PRAYER

Healing Prayer is available at the back of the church on the first and third Sundays of each month, during communion at the 10:30am service. It consists of the laying on of hands with prayers for you or for someone you love.

### 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.

### THE DEADLINE FOR THE FEBRUARY EPISTLE IS JANUARY 8TH.

Email your article to Ana at [astark@stpaulssanrafael.org](mailto:astark@stpaulssanrafael.org) or leave it on her desk.



All are encouraged to submit an article, family news, or points of interest!

## 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:

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

A sign-up notebook will be on the coffee table each Sunday. Please help.

### ST. PAUL'S BOOK CLUB 2008 READING LIST

Jan 20 The Eighth Day by Thornton Wilder  
Feb 17 The Golden Notebook by Doris Lessing  
Mar 16 Ancestor Stones by Aminatta Forna  
Apr 20 Restless by William Boyd  
May 18 The Poisonwood Bible by Barbara Kingsolver  
Jun 15 Tulip Fever by Deborah Moggach

### CREATION CARE 2008 SCHEDULE

Concerned about climate change and other environmental challenges? Save these Sundays in 2008 to meet with friends from St. Paul's!

Jan 27 - CREATION CARE STUDY GROUP (during coffee hour)  
Feb 24 - LIGHTBULB WORKSHOP (Upper Room 9:45-10:15am)  
Mar 30 - LEARN TO COMPOST WORKSHOP (during coffee hour)  
Apr 20 - EARTH DAY AT ST. PAUL'S  
May 25 - CREATION CARE STUDY GROUP (Upper Room 9:45-10:15am)

## STAFF DIRECTORY

### ST. PAUL'S EPISCOPAL CHURCH

1123 Court Street  
San Rafael, CA 94901-2909

Phone: 415.456.4842  
Fax: 415.456.1096

Email: [info@stpaulssanrafael.org](mailto:info@stpaulssanrafael.org)  
[www.StPaulsSanRafael.org](http://www.StPaulsSanRafael.org)

### CHURCH OFFICE HOURS

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

### RECTOR

The Reverend Christopher Martin  
415.456.4842 ext. 3  
415.454.1133 (H)  
[cmartin@stpaulssanrafael.org](mailto:cmartin@stpaulssanrafael.org)

### ASSOCIATE RECTOR

The Reverend Julie Anderson Love  
[jlove@stpaulssanrafael.org](mailto:jlove@stpaulssanrafael.org)  
If you need to reach her by phone, please leave a message in Ana's voice-mail.

### ASSOCIATE PRIEST

The Reverend Jeremy Blodgett  
415.499.0204 (H)  
[signsandwonders@juno.com](mailto:signsandwonders@juno.com)

### TREASURERS

Susie and Larry Quenzer  
415.456.4842 ext. 4  
415.457.3229 (H)  
[lsbqzr39@aol.com](mailto:lsbqzr39@aol.com)

### ORGANIST AND CHOIR DIRECTOR

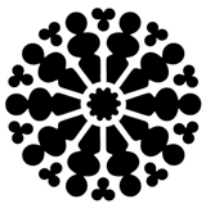
Michael Struck  
415.892.9731 (H)  
[m\\_struck@comcast.net](mailto:m_struck@comcast.net)

### PARISH ADMINISTRATOR

Ana Stark  
415.456.4842 ext. 1  
[astark@stpaulssanrafael.org](mailto:astark@stpaulssanrafael.org)

**CHANGING THE WORLD - ONE GENEROUS GESTURE AT A TIME**

A group of St. Paul's parishioners went to the San Rafael Health Center in December to sing Christmas Carols to the elderly residents there. Thank you to those who shared their time, their voices, and their love to bring happiness to others.



**ST. PAUL'S  
EPISCOPAL CHURCH**

1123 Court Street  
San Rafael, CA 94901-2909  
415.456.4842

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