

THE EPISTLE

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

FROM THE RECTOR



Dear Friends,

February 25th is Ash Wednesday, which is the beginning of Lent. Lent is the period of forty days before Easter where we are all invited to 'keep the main thing the main thing.' I'd like to commend three practices to you.

The first is the practice of the nail. At the three Ash Wednesday services- 7:30am, 12:00pm and 6:30pm we will be handing out nails. They are specially ordered horse nails that have an antique look and feel. The practice is to keep the nail with you through out Lent and then, at the noon service on Good Friday, April 10th, to return to the church and hammer your own nail into the wood of our Good Friday cross, where it will stay permanently. This is the second year we have shared this practice, and by doing it, we are following the lead of St. Columba's Episcopal Church. I have been told that people at St. Columba's can often remember from year to year which nails were theirs and where God was for them each of those Lents.

The second practice is the practice of prayer. The practice of twenty minutes of prayer a day, along with the practices of an hour of worship a week and an hour of service to those whom Jesus especially loves, forms the core of our spiritual practices at St. Paul's. If you are not yet in a rhythm of daily prayer, Lent is a good time to start. You might try the little book of Forward Movement Day by Day which is always available in the back of the church. You might pick a book of the Bible like Genesis, Mark or Romans and commit to reading a chapter or so a day. I love to teach prayer so if you would like some guidance, please contact me.

The third practice is something I call 'The Discipline of Stuff.' Every year during Lent one of my practices is to become more free in my relationship to stuff. I do this in two ways. First, I make a commitment not to buy any stuff during Lent- no books, CDs, coffee mugs or nice wines, for example. Second, I 'interrogate' all the stuff I have and ask each thing whether I really need it or whether it would be better to give it to the poor. I remember that Jesus said 'whoever has two coats must share with anyone who has none' (Luke 3:11) and so that's what I try and do with my stuff.

Each of these practices helps us stay focused on the 'main thing.' What is this 'main thing'? It is something simple yet we are in constant danger of forgetting it. It is that, in Jesus, God loves us. The nail reminds us who and whose we are. The time of prayer invites God's love in our life each day. The discipline of stuff clears away the garbage and keeps us focused on the imperishable goods.

What will be your practice this Lent?

Faithfully,

Christopher

FROM THE ASSOCIATE RECTOR

A Good Time Was Had by (almost) All—

I am writing of the women's retreat of course. Twenty-one of us, all told.

We arrived to a wet and powerless place. We checked into our small rooms, met our roommates and then, after a quick gathering, headed to dinner. All women, all from St. Paul's. Some from St. Anne's, but a strong contingent who came from other corners of St. Paul's life. And you know what? It didn't matter, it really didn't matter. For the weekend, we were just from St. Paul's. We entered the powerless dining room to find the dinner tables lit with electric lanterns, creating the muffled glow of a fine restaurant. We followed suit, and talked in hushed voices, sipping our (free) wine while we daintily tasted our roasted tomato soup.

Needless to say, if you weren't from Seattle, the rain would've put something of a damper on the weekend. Now, I'm not one to say God controls every single day of weather on every single inch of the planet. There are just too many nasty theological implications of that. But I am willing to celebrate the gift of a beautiful day. And Saturday was a day deserving of thanks. Beautiful blue sky. A lush landscape, tall trees standing guard on the hills, considerably groomed with the lower limbs trimmed so that anyone who dared, from anywhere on the trails circling the grounds, could glimpse the shimmering bay.

That alone would've made the weekend a success. (I joked the weeks previous, my standards were low: if we slept and ate, and ate some more, the retreat would've been a success!) But I'm not done here—so hang on. All twenty-one of us met together, willing and able to contribute our thoughts and dreams, if asked. All able to extend a listening ear, a hearty laugh, a supporting hand. All bearing the courage to pick up a pen, try our hands at putting what was in our hearts on paper. We wrote out of our imaginations, out of our grief, out of our praise to God.

And I've no doubt God angels, the ones that are in charge of these things, were present with us. I'm sure they shed a few tears of their own, covered their mouths with their wings to hush their giggles so they wouldn't make their presence known.

As I said, a good time was had by almost all. We send our prayers to Rosie who is home now, but suffered a mild stroke on Sunday morning.

So. If you're reading this and you are a woman at St. Paul's and you're thinking you want to be a part of the "all" who had a good time . . . Next year at about this time, after the holidays and before Lent, keep your eyes open for news about a women's retreat, and join us!

With my deep thanks to all of the women who made the retreat a success!

Love,

Julie



VESTRY NEWS

Congratulations to John Kraft, Jay Luther, Susie Quenzer and Wanda Rice as our new vestry members. They joined the vestry at the annual meeting and we look forward to their valuable input. The complete list of members is:

Carolyn Eitel	415.479.7337	ceitel@mvmgmt.com
Cindy Essen	415.492.1379	cindyessen@comcast.net
Rick Holland	415.458.2926	rickholland@topproducer.com
John Kraft	415.309.5777	john@johnkraft.com
Alexis Lee	415.499.0998	alexis_alexis@sbcglobal.net
Jay Luther	415.456.6197	jluther@well.com
John McDermott	415.389.9918	johnemcdermott@gmail.com
Perry Olson	415.786.4832	perryolson@gmail.com
Susie Quenzer	415.457.3229	lsbqzr39@aol.com
Wanda Rice	415.883.9461	w.rice@sbcglobal.net

The vestry has a new meeting time: they will meet the third Thursday of every month in Duncan Hall from 7:00 - 9:00 pm. Feel free to sit in...your attendance and participation is welcomed and encouraged. Business? Yes. Boring? Never!

DIOCAL GOES GREEN

Pacific Church News will begin their 2009 publication season by making the periodical available online and limiting hard-copy distribution. Many of you have enjoyed receiving the Pacific Church News at home. You can now request the electronic version by logging on to diocal.org/pcn or you can simply pick up a copy at St. Paul's.

By making this change, costs to produce the newspaper will be reduced by 30% and carbon output will decrease by five metric tons per year!

If you would still like to receive a copy by mail, you can email Pacific Church News at pcn@diocal.org with your name and address. They have asked for a donation to help defray the cost of postage.

If you don't have a computer and still wish to receive Pacific Church News at home, come in to see Ana in the office and she will send the email for you.



MARCH BIRTHDAYS!

- 1 Ethan Salmonson
- 3 Donald Army
- 4 Sandra Stone
- 5 Drake Johnson
- 6 David Dean
- 8 Thea Rodgers
- 8 Larry Santucci
- 10 Bob Kenny
- 12 Linot Vierke
- 12 Garrett Westover
- 16 Will Pritchard
- 16 Chloe Martin
- 17 Cole von Buchau
- 22 Mary Anne Beauchamp
- 22 Alex Olson
- 24 Scott Hastings
- 24 Donald Greenfield
- 24 Dylan McDermott
- 24 Phillip Hauser
- 25 Alisa Lafferty
- 26 Hailey Caldwell
- 27 Katherine Tompkins
- 29 Nancy Skinner
- 30 Leslie Wilson

NEW PRESIDENT OF ST. ANNE’S IS NAMED

BY BARBARA ALEXANDER

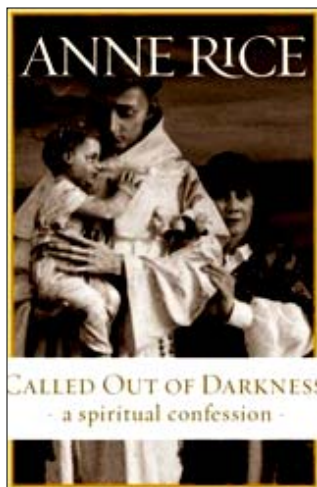
We have named a new President for St. Anne’s, please welcome Wendy Olson! Wendy and her husband Perry (who serves on the Vestry), attend the 10am service and serve on Altar Guild. They are especially gifted at polishing the brass altar rail.

Wendy is also involved in the Godly Play program for the children and assists Ana Stark in the office frequently. She has graciously consented to taking on the Presidency of St. Anne’s and will be an organized and tireless leader.

This new leadership in Wendy marks the passing of the torch to the next generation. Look for a message from her in the next Epistle.

After five years of being President of St. Anne’s Guild, I am stepping down in order to work on a project that is very dear to my heart - the bringing together of various factions in order to establish a dual diagnosis recovery house. Anywhere from 60 to 80 percent of people diagnosed with mental illness are also diagnosed with substance abuse. While there are some excellent group homes available to people with mental illness through Buckelew Foundation and some excellent substance abuse sober houses in Marin, there really is not any reasonably priced housing situations whereby both conditions are addressed adequately.

So thank you to everyone who helped me in the last five years conduct the business of St. Anne’s Guild. By the way...everyone who is a member of St. Paul’s is automatically a member of St. Anne’s Guild and is invited to join us every Thursday for a bag lunch at 12 noon in Duncan Hall. Tea and cookies provided.



ST. PAUL’S BOOK CLUB

Mar 20
Called out of Darkness
by Ann Rice

Join us in Duncan Hall at 7pm.

PARISH PROFILE - BY MARION CEDARBLADE

ERIK ANDERSEN



*Erik Andersen with Danny Hoberman
at the inauguration.*

Of the nearly 200 members of St. Paul's parish, guess who went to the Inauguration of our new President held in Washington, D.C. on January 20? It was nine year old Erik Andersen – that's who went. Our sole representative! Congratulations Erik. While most of us were home, glued to the TV, Erik was present and participating. He sat on the platform next to the Yo Yo Ma quartet who also provided music for the occasion. Erik was one of the 45 members of the San Francisco Boys Chorus selected to sing, along with members of the San Francisco Girls Chorus.

Their event really began on Thursday when they did a preview performance at city Hall in San Francisco. On Friday they boarded the plane for Washington, D.C. and eventually headed for the Marine Barracks in Arlington, Virginia, which gave them sleeping space.

The three-day interim prior to the inauguration offered the opportunity to do some sight-seeing in the nation's capital. They went to the Air and Space Museum one day and another day were taken to Fort McHenry in Maryland where the words of our national anthem, the Star Spangled Banner, were written by Francis Scott Key as he observed the battle under way. The BIG DAY began at 4 A.M. with breakfast on the bus and a ride to the CBS studios in Washington for a performance. Then off to the BIG SING for the new President of the United States and the two million people who came to see him take the oath of office. It was the largest inauguration crowd in our history.

When the inauguration portion of the festivities were completed, Erik, with the other members of the Boys Chorus, hopped on an airplane and headed home. Next stop was the San Francisco Airport and into the arms of proud and happy parents, Michelle Jolly and Brian Andersen. Brian said they could not wait to hear all of the details of their sons exciting adventure. But, alas, that son was sound asleep in the back seat of the car. The details would have to be told another day.

And as you see, they were. Erik the parish is proud of you too.



*Remember to go to
www.stpaulssanrafael.org
to view the photos in color!*

Washed & Renewed

LENTEN SOUP SUPPER SERIES

In the Wednesdays in Lent, starting on March 4th at 7pm, we will be hosting a series of five Soup/Suppers where we will be experiencing the Diocesan Bible Study, "Washed and Renewed." We are pleased to also be hosting our friends from Redeemer and Nativity, our two sister Episcopal Churches in San Rafael.

"Washed & Renewed" is a six-session introduction to spiritual practices, leadership skills, and the Gospel of Mark, using the life-giving qualities of water as a framework for understanding God's redemptive action in Holy Scripture and creation. It is designed to be led in small groups and based on the LifeCycles spiritual formation and ministry development process, developed by the LifeCycles Collaborative Development Team, Harvesters, LeaderResources and the Episcopal Divinity School.

PRAYER LIST

+In the Short Term Prayer List:

Camila	Susan Bowman	Aloe & Jolia Jenks	Bob Reiff
Dawn	Jackie Chew	Carol K.	Judy Rowcliffe
Gus & Rua	Helen Colvette	Olivia Leitch	Charles Stover
The Loved ones of	Carolina D.	Irwin L.	Gordon Swinney
Sage Aragon	John Davis	Diane Luboff	"Tut Tut"
Sue Adamson	Dylan Diliberto	Lisa & Greg Martin	Ginnette W.
Dorothy Asay	Bob Essen	Jane Mills	Mandy Wick
Ken Asay	Chuck & Shay Hagerman	Ruth Mitchell	Maureen Zeuss
Suniti Batra Asay	Muriel Hammond	The Mullen Family	
Madi Baker	Rosie Heilman	Joni Peterson	

+In the Long Term Prayer List:

Baby Lillian Grace	Mary Cialikians	Blaine Marshall
Ben	Joseph Cook	Emily Monforte & Family
Bo	Letty Dell'Era	Melissa and Sandy Olenik
Chuck and Sharon	Alex Elliot	Claudine Schieflbien
D. Family	Fr. Kimo	Howard Sherman
Natalie	Corinna K.	Eugin W. & Family

- + **For those who have died:** Pepe Marin, Glen Sandahl, Gordon Swinney, Michael C's Mom.
- + **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 Church 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.

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.

DEADLINE FOR THE APRIL EPISTLE IS MARCH 10TH.

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

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

STAFF DIRECTORY

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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

ASSOCIATE RECTOR

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

ASSOCIATE PRIEST

The Reverend Jeremy Blodgett
415.499.0204 (H)
signsandwonders@juno.com

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astark@stpaulssanrafael.org



Wanda Rice and Rose von Buchau catch a few rays in front of the old Marconi Hotel, currently being retrofitted for earthquake safety. You can visit the website and read about this California State Park at www.MarconiConference.org

Women's Retreat 2009



ST. PAUL'S EPISCOPAL CHURCH

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