

THE EPISTLE

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

FROM THE RECTOR ✝

Dear Friends,

I'm the luckiest person at St. Paul's. Over the course of these last four years I have had the privilege of listening to over 40 people as they've shared stories of the moments in their lives when they felt closest to God. These stories have been told in the context of 'Basic Discipleship' where, over the course of several weeks, a small group of five of us share our stories, work on our prayer life, and lay a foundation for discovering what God would have us do next with our lives.

I can tell you that every single person who has taken 'Basic Discipleship' has had wonderful stories to share about when they have felt closest to God in their lives. No two stories are exactly alike. Some of have felt close to God in music or nature or in athletic endeavor. For others the experiences have come in worship or prayer. Others have been certain of God's presence in moments of crisis or life transitions such as births, marriages or death. For some, the experience has been subtle and gentle. For others it feels overwhelming and powerful. Some report a kind of indirect sense of God's presence, while for others it has been as real and palpable as the kind of resurrection appearances that are reported in the New Testament.

For almost everyone, 'Basic Discipleship' is the first time in their lives they have had the opportunity to give words to these soul touching experiences and to share them with others. Where else in our lives do we have the opportunity to be in a place that will affirm that those most amazing experiences are not only real, but constitute the most real and important things about us? We do not live in a culture anymore that knows how to speak in depth to the deepest yearnings and experiences of our souls. 'Basic Discipleship' is like an oasis in a spiritual desert where our innate capacity to experience God is given the space and the nourishment to thrive.

So, I have been fortunate to be there in the moment when people from St. Paul's begin 'coming out of the closet' as the spiritual people God made them to be. Any of the over forty people who have taken 'Basic Discipleship' can tell you how wonderful and healing it is when we hear other people's stories and have the space to claim our own.

Another wonderful element of 'Basic Discipleship' is that after a person shares their story there is always time for the four other people to share responses and thoughts. What quickly becomes clear is that no one is 'the spiritual expert.' Each of us shares insights and reactions from our own perspectives, and these often add richness and depth and a kind of affirmation that can only happen in community.

Almost 20 of us have gone on from 'Basic Discipleship' to join a 'Discipleship Group.' 'Discipleship Groups' are small groups of 8 to 12 people who make a long term commitment to meet every other week for one hour to continue

Continued on page 2

the work begun in 'Basic Discipleship.' That work includes claiming our own spiritual story, getting into and maintaining a rhythm of daily prayer, and finding a way to serve others through such things as the 'Teen Success Breakfast,' food preparation at the St. Vincent De Paul Soup Kitchen and leading services at the Fifth Avenue Convalescent Home. In other words we encourage and support each other in the inward journey of prayer and the outward journey of service.

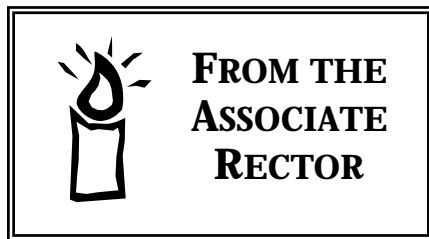
My hope and prayer is that every one of you reading this comes to a time in your life when you are ready to take the next step in your spiritual journey with St. Paul's by taking 'Basic Discipleship.' I can't wait to hear *your* story!

Faithfully,

Christopher

P.S. Our Soup Supper on November 12th will be an important, broad conversation about Outreach - what our strengths are and what we can do to build on them. It will be 7pm in Duncan Hall. Hope you can be there.

P.P.S. The Stewardship letter inaccurately states that we raised over \$6000 for Jamaa Letu. In fact we raised over \$2000. I'm sorry for the error - I had enthusiastic but inaccurate memories!



When Greg and I lived in Northfield, Minnesota, I remember trying to walk home from town one night with two girlfriends. They were on either side of me, and as we walked I kept bumping in to one or the other. I was embarrassed, and couldn't help but wonder what in the world was wrong with me?? I was as sober as a post. As wide awake as I've ever been. Still, my feet had trouble doing the one simple thing I asked of them: walk in a straight line.

It wasn't until later in that week, at my American Sign Language class, that I learned the reason.

Did you know that deaf people have trouble walking a straight line in the dark? In contrast to hearing people, who, unbeknownst to them, hear sounds that bounce off the things in their immediate environment that help their bodies to orient themselves, deaf people use their eyes to keep their balance. In the dark, that is uniquely impossible. Police persons are known for stopping the staggering Deaf in the dark, naturally but mistakenly assuming they're weaving gate is due to too much imbibing.

I have yet to be stopped. But it causes me to wonder. What other things quietly hold us through our days? What kindnesses speak to our hearts, without our awareness, and help us keep our balance along the way? If we are not aware of them, does that mean they do not exist?

I have a hunch that the Spirit is quietly with us, providing our hearts the help they need to keep their balance when the road gets rough. Life can be hard, really hard, and can come at you in the blink of an eye. You sit down to dinner, as Joan Didion writes, and life as you know it, is gone.

"I will never leave you alone," Jesus promised his friends. "I will never let you go off by yourself to stumble in the dark. I will be with you," Jesus promises us.

Thanks be.

Julie

PARISH PROFILE - KATRENA REY BY MARION CEDARBLADE



Katrena Rey was born to be an artist. And that she is! Her mother is an artist and has been an art teacher while her mother's father chose art as his hobby. Katrena was born in Las Vegas where her father was stationed as a permanent member of the Air Forces. With a military father, Katrena changed schools about every three years. Long enough to say goodbye to old friends and hello to new ones.

After high school she chose to go to a fashion school in San Francisco where she learned the trade and did a great deal of modeling. Five years later she headed for the Big City - New York - and Maripol - a well known and highly respected stylist establishment. She continued to hone her fashion and artistic skills and two years later was ready to go on her own, which she did. Katrena, named for her Danish Grandmother, said while she was in New York her friends were artists, musicians and fashion folks who socialized together in many of the upscale places. It was a mixture of hard work and party time.

Following the death of her husband she moved to Marin nearly 18 years ago with her two year old son Dylan. And at St. Paul's, we have been the very happy recipients of her talents and her presence among us ever since. Katrena has been a member of the senior choir for 15 years, has served a three-year stint on the vestry, and is THE jewelry expert at the annual St. Anne's Harvest sale. But all is about to change.

Katrena is going to be married in the Spring --- to The Rev. Rick Luoni --- who we all know and love. Rick was a member of the parish while he went to seminary and is presently the priest at St. Georges Episcopal Church in Summerville, South Carolina. The wedding will be at St. Paul's. So we can celebrate the marriage of two people we love and wish them a life time of happiness together.



Visual Design ★ Design-O-Might! ★ Window Design

✉ 104 RESERVOIR RD. SAN RAFAEL, CA 94901
☎ 415-721-7621 📞 415-225-2636 📧 REY_K@COMCAST.NET

Since arriving at St. Paul's in 1991, I have been graced by this loving community, on more than one occasion. Most recently after fracturing my femur in July, I was unable to walk and was pretty much helpless. Thank God for Felecia Demann, who took over the huge task of organizing rides to various doctor appointments, and scheduling people to bring me meals.

I thank God for ALL OF YOU who came to my aid in my time of need. I am truly blessed to have such caring and wonderful people in my life. I feel the Holy Spirit at work in each and every person I encountered. It was truly an honor and a privilege to be able to spend some time with each person who so lovingly gave up their time, talents, and resources to help me. With heartfelt thanks and gratitude-

Katrena Rey

WORSHIP IN THE BEAUTY OF HOLINESS

Advent is starting early again this year at St. Paul's. Advent is the season of preparation for Christmas just as Lent is the season of preparation for Easter. It has been the custom in the Western church for Advent to be the four Sundays before Christmas while Lent includes the six Sundays before Easter. Several years ago, I learned that an Episcopal church in San Francisco, St. Gregory of Nyssa, had expanded Advent to seven weeks. They had discovered that in fact a longer Advent was an ancient Christian practice. Once they tried it themselves, they found that beginning the process of Spiritual preparation for the Christian feast of Christmas in November helped them all keep their hearts on the main thing - Jesus - through the time of commercial and social bombardment that is our culture's "Holiday Season".

Like last year, each of the seven Sundays, beginning on November 9th, will begin with a presentation of one of the ancient O Antiphons. An Antiphon is a phrase used to introduce and conclude another piece of music, such as the "Magnificat". You may know these Antiphons as the verses of the hymn "O Come, O Come Emmanuel." They were initially written to be sung in monastic communities as Antiphons in the days leading up to Christmas. They sang a different Antiphon each day. We are expanding that practice so that each of the six Sundays features a different Antiphon. Each Antiphon begins with a different Old Testament image that is viewed as an image of Christ such as *Wisdom, Root of Jesse, or King of the Gentiles*. In addition, we will be processing small banners that will be hung on our Rood Screen. May these acts of worship prepare our hearts to receive Jesus in a new way this Christmas.

NOVEMBER BIRTHDAYS!

- 1 Beverly Armstrong
- 2 Zoe Hauser
- 2 Heidi Allgaier
- 2 Maggie Baxter
- 5 Matt Salmonson
- 6 Garratt Army
- 6 Jay Taggart
- 7 Inés Stark
- 7 Miriam Gortner
- 12 Greg Alexander
- 13 John Garratt
- 14 Panida Puccinelli
- 16 Delia Hitz
- 17 Larry Quenzer
- 17 Luanne Linnard-Palmer
- 19 Ches Coleman
- 22 Lynn Dunn
- 25 Zeyd Grifoni
- 25 John Stevens
- 26 Michael Green
- 26 Marcella Hauser
- 28 Nicholas Vitas
- 30 Marilyn Thompson
- 30 Carolyn Weicker

NOVEMBER ANNIVERSARIES!

- 22 Larry & Susie Quenzer

ST. PAUL'S BOOK CLUB

The Book Club will meet on November 16th at 7:00 pm in Duncan Hall.
The book we will be discussing is Rabbi Jesus by Bruce Chilton.

All are welcome to join our book discussion.

December: Saving Fish from Drowning by Amy Tan

A NIGHT TO REMEMBER

The announcement read that the Eric Von Buchau Trio was to play at St. Paul's on September 27th, but in truth we were treated to the Eric Von Buchau Quartet. This group of musicians played truly amazing jazz music that evening. Eric was on drums and we also heard a sensational saxophonist, pianist, and base player. Some of the numbers performed were written by Eric himself. Perhaps you don't know that the Von Buchau family are parishioners.

What a treat for the small contingent from St. Paul's who attended, including our own superb music director, Michael Struck. Eric commented on the quality of our piano, and Michael announced that it was the instrument used by Vince Guaraldi when he recorded a Charlie Brown album with the St. Paul's Junior Choir in the late 1960s. So you see we have a distinguished musical history! It's possible that Eric can be persuaded to put together another fine concert evening, and if that happens, St. Paul's should provide a much larger audience than that night in September. So don't miss the chance to be part of another sensational night of music! And bring friends.

Veronica Dodds



NUMINA
November 1 7:30 pm
www.numinacenter.org

The Numina Center for Spirituality and the Arts and St. Paul's Episcopal Church, San Rafael present a performance of Music from the Time of Saint Francis on November 1 (All Soul's Day). This event will celebrate the music that surrounded him - songs and dances of 12th century France, Italy, and Spain. A candlelit labyrinth walk will follow the concert. Tickets are \$20 at the door.



HARVEST BAZAAR & RUMMAGE SALE
November 8, 10am-3pm
November 9, 9am-1pm

Do not miss this event! Bring a friend to church with you to experience our Sacred Space and offer them a unique shopping experience! Shop our Holiday Selection of goodies and find treasures from attics across the county. What's in your attic? And don't forget all the canned and baked goods for sale from our Harvest Cupboard. Lunch will be served - be sure to come hungry.

CONGRATULATIONS TO CINDY AND SANDRA!

It was a wonderful celebration of two people who have loved each other for over twenty years. Cindy Grijalva and Sandra Stone stood together in front of family and friends a few weeks ago to make their marriage legal in the eyes of the State of California. It was sunny and blustery out in the park-like setting at the Aqua hotel, as we sat



overlooking Richardson Bay. The breeze played with their dresses as Christopher blessed their family, including their boys Liam and Aiden. And in following the Bishop's Council, Christopher was specially deputized by the State for the legal part of the ceremony.

But you know what? All of that aside, it was just a great party! It was a great party because those who love Cindy and Sandra finally got to see them legally marry.

Amen to that!

SING, PRAY, EAT, BREATHE **FINDING OUR VOICES, PRAYING THE PSALMS** **WOMEN'S RETREAT**

We have reserved the Marconi Conference Center for our retreat...an incredibly beautiful location! Are you interested in joining us? We have room to add just a few more ladies, and the more the merrier. We need a deposit of \$100 to hold your space, the total cost, depending on how many participants, will be approximately \$250-275 for the entire weekend, including lodging, food, and cost for our speaker. The view will be free! Contact Rev. Julie Anderson Love for more information or bring your deposit to Ana Stark in the church office. We will be happy to add you to the list of attendees!

SOCIAL MINISTRIES AT SAN QUENTIN



St. Paul's Social Ministries Committee funds two programs at San Quentin prison.

For the past ten years, Joan Peterson has been visiting inmate Joseph Cook who is on Death Row. The relationship developed after Bishop Swing met Joseph's mother in Arizona and asked if he could find someone to visit her son. The Bishop called Fr. Bramlett who then called Joanie. She faithfully visits Joseph every week.

The second program offers funding for college classes through the University of Ohio's College Program for the Incarcerated. Selected participants receive an education which will offer an opportunity once the inmate has served his time. Marion Cedarblade is the fund raiser for this program. Pictured here is Vincent Russo, the first person in San Quentin to graduate with a four-year degree! Vincent was honored at the graduation ceremonies in June and gave the valedictorian address. Also of special note is the reaction of his teen-age son who had been doing poorly in school. He has now made a complete turn-around and has become an excellent student - like his father. The Social Ministries Committee is proud to be a participant in both of these efforts.

PRAYER LIST

+In the Short Term Prayer List:

A Friend
Mary Jane
Renee
Jackie Chew
Marion D.
Dylan Diliberto
Robert & Dorothy Essen
Rick & Judy Felton
Muriel Hammond

Fred Hastings
Ethelle Haus
Irwin L.
Alisa Lafferty
Lisa & Greg Martin
Vicky & Peter Martin
Marty Mullins & Zeuss Family
Joni Peterson
Tracy Peterson

Katrena Rey
Sharon Riggan
Willy Riggan
Josie Saber
Christine Spaulding & Family
Gordon Swinney
The Stark Family
Ginnette W.

+In the Long Term Prayer List:

Baby Lillian Grace
Ben
Bo & Pe & Us
Chuck and Sharon
D. Family
Melissa
N.
Natalie
Cheryl August

Maria C.
Mary Cialikians
Joseph Cook
Letty Dell'Era
Alex Elliot
Fr. Kimo
Corinna K.
Vera Levitan
Diane Luboff

Blaine Marshall
The McGeehan Family
Emily Monforte & Family
Jocelyn O.
Sandy Olenik
Matt Peterson
Marianne S.
Howard Sherman
Eugin W. & Family

+ **For those who have died:** Red Minn

+ **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

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 10:00am 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 DECEMBER EPISTLE IS NOVEMBER 7TH.

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

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

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.



Visit our website to enjoy
the photos in color!
www.stpaulssanrafael.org

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
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

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

TREASURERS

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

ORGANIST AND CHOIR DIRECTOR

Michael Struck
415.892.9731 (H)
m_struck@comcast.net

PARISH ADMINISTRATOR

Ana Stark
415.456.4842 ext. 1
astark@stpaulssanrafael.org

CHANGING THE WORLD - ONE GENEROUS GESTURE AT A TIME

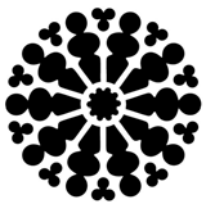
Our previous Lenten Outreach Project
doesn't have to end with Lent...

The children at Jamaa Letu
still need our help.



For more information about the orphanage
and their adoption process,
please visit
www.ourfamilyadoptions.org

For more information about
Hope for the Children of Africa
and the Pacific Northwest Task Force,
please visit
www.hopeforthechildrenofafrica.com



ST. PAUL'S EPISCOPAL CHURCH

1123 Court Street
San Rafael, CA 94901-2909
415.456.4842

ADDRESS SERVICE REQUESTED

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
SAN RAFAEL, CA
PERMIT NO. 37

«Mail Label »
«street »
«street 2»
«city », «state» «zip code»