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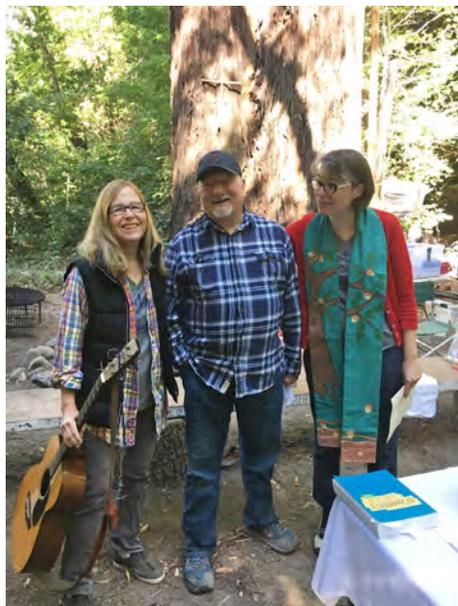
Just a Reminder



# The Epistle

Celebrating Family, Community, God's Abundant Love For All

August/September 2019



**Family Camp  
2019  
50th Anniversary**

## *From the Desk of Rev. Krista*



Dear People of God,

Can you believe it has been a year since I came to St. Paul's!

I was talking to one of my clergy colleagues who started at his church around the same time I started at St. Paul's. He asked me, "So, it has been a year, do you think you understand the rhythm of the parish yet?" I laughed, "There is a rhythm? I only know one speed at St. Paul's: GO!"

It has been an extraordinary year!

St. Paul's has been buzzing with construction on both sides of the campus. St. Paul's Commons transformed from a pile of dirt and rubble into a four story building. We started work on the kitchen and repairs on 1944 Trinity. We said goodbye to staff and friends and welcomed new faces and new staff.

Even though this year has required a good set of running shoes, I am so grateful to be here and look forward to the ministry we will continue to share together.

On September 7, at 10:30 a.m. Canon Abbott Bailey will come and celebrate our new ministry together. It is often known as the "Installation of a New Rector," but as you might have heard me say, "I'm not a lamp." At the service, we exchange some symbolic gifts that represent the ministry that we will share in the years to come. A luncheon will follow the service.

We are gearing up for a second extraordinary year when we will open the doors of St. Paul's Commons and welcome Trinity Center back on our campus. We will also welcome a new Associate and Communications Specialist.

Perhaps the rhythm of St. Paul's is to be extraordinary!

Many Blessings,

*Krista D. Fregoso*

The Rev. Krista Fregoso





*The People of St. Paul's Walnut Creek  
Invite you to join us at the*

*Celebration of New Ministry  
Honoring The Rev. Krista Fregoso  
Looking back on her first year and  
Forward to new opportunities.*

*St. Paul's Episcopal Church  
On September 7, 2019 at 10:30a.m.  
Luncheon will follow*

*RSVP <http://bit.ly/newministriystpaulsuc>  
Or call the office: 925-934-2324*



### **Summer at St. Paul's**

Following days with 100 degree temperatures, the Bay Area relishes foggy mornings and the blessed coolness. On the edge of the East Bay, Walnut Creek takes advantage of the cool breezes.

At this point many St. Paul's hearts turn toward Garberville, north on Highway 101 about five hours, to family camp and all the joy and relaxation that it holds. See the pictures on pages 5 and 6 for a sense of what takes place among the redwoods, striking distance from the coast.

Summer also brings us the season of Pentecost, initiated by the Day of Pentecost, the birthday of the Church in the world. Followed by "ordinary time," this season of the church year reflects living out of our Christian faith and the meaning of Christ's resurrection in ordinary life. It can be a time of reflection as well as actions which deepen our faith and commitment to our baptismal vows.

Play, relax, refresh, and return to your church home with enthusiasm and joy!

**Sheri Grosjean**

### **Musical Notes**

#### **Ordinary Time**

Throughout my career as a college professor and church musician, I have lectured on and been asked to explain the various terms used in the "Eucharist" and the "Church Year." Let's concentrate on the term "ordinary."

Ordinary Time refers to actual time during the Church Year. To many, it is the "green" season, the long part of the year when green is the color of the altar and clergy vestments.

Or as many simply put it, it is the time not concentrating on Advent/Christmas and Lent/Easter seasons. It actually consists of two periods of time during the church year: one begins the Monday after the Feast of Baptism (January 9 or 10) and runs through Ash Wednesday; the other begins the Monday after Pentecost through the Saturday before Advent. It is a time when we are not celebrating one of the major events of the life of Jesus.

Ordinary not only means regular/plain, but it also has come to mean "ordinal" or "counted." That's why you will see the bulletin listing a particular Sunday as the "Second Sunday after Epiphany" or the "Fifth Sunday after Pentecost."

It is also the time when we concentrate on reading one of three Gospels: Matthew, Mark or Luke. This year we are in Cycle C where we are reading Luke.

You may have noticed that it is also a time that the music chosen will be more diverse as there are more options outside of the Christ-centered seasons. Because we concentrate on the gospel readings, music will sometimes reflect a text found in the particular Gospel of that year's cycle. We will also hear music that reflects lessons of the parables. Very popular are anthems and solos that reflect how Christ has affected the personal lives of His followers and how He continues to change the lives of all who believe in Him. The diversity allows us to make music that explores our journey through faith.

**Dr. Larry Crummer**

## St. Paul's People Like to...

### Travel by Rail

People ask how I developed such a love and fascination for trains. According to my Mother's writings, my first train trip was an overnight one from Montreal to Pittsburgh at the ripe old age of four months. Over the years this experience was further enhanced as my parents would frequently take my sister and me to the Montreal West train station to watch the trains come and go. At that time virtually all passenger trains in and out of Montreal passed through this station, so I had plenty of opportunity to wonder and fantasize where they had been or where they were going. Eventually as I learned to read the timetables, I was able to obtain this information for myself. A double ice cream cone after the viewing was a bonus.

While attending McGill University, I worked one summer on the location survey for the 365 mile iron ore railroad in Quebec/Labrador. This was followed by two summers surveying for the CNR in Quebec and Ontario. Otherwise my train travel was quite limited, but not my enjoyment of watching.

Forty years ago, Ruth and I rode "The Canadian" train from Montreal to Vancouver – four wonderful days crossing the continent. This heightened my love for trains. I have since traveled them in Canada, USA, Alaska, Great Britain, Scandinavia, Switzerland, Australia, China and Japan.

Many notable experiences have occurred during these trips. Among them:

- Riding in the cab of a Chinese high-speed train as it maintained a speed of 186 mph
- Traveling in Shanghai's Maglev Train at 280 mph
- Watching Japan's efficiency at turning a train around in 12 minutes
- Switzerland's precision at maintaining schedules
- And probably the best, I finally got to make a round trip on a 125 car ore train with only the engineer on board. Twice he had me drive the train as he tended to other duties. And this on the same railroad I had surveyed in 1950.

People often complain that passenger trains are generally late. My response, "This gives me more time on the train for the same price."

**Earle Schremp**

## Concert Series Update

### Dwight Stone June 22, 2019

It was a visit from an old friend! Dwight Stone performed his compositions at our last Concert Series event on June 22. Included in his performance were featured guests Edwin Bradley on French horn, Nika Rejto on flute, Anthony Song on electric guitar, and our own Tom Stone on euphonium. Dwight's style is light and refreshing, and his music uplifting and inspiring. He presented solo piano pieces for the first half of the concert; taking us through a theme of jubilant, mystical, earthly, and aspirational reflections. Through the second half, Dwight presented pieces inspired by his travels, his mentors, and his musical whimsy, such as "*Refouristation*", dedicated to the return of global forests and the revival of the use of Fourth intervals in music compositions. He wrapped up the performance with his renowned piece, "*Amsterdam*," joined by Nika Rejto on flute, truly a treat for the audience!

### Mark your calendars!

Our next Concert Series performance is August 24, where our own Marina Tolstova will perform with Musalliance, featuring Anna Kusner on classical guitar and Peter Omelchenko on domra (mandolin).

**Deborah Webster**

**St. Paul's Concert Series**

**Marina Tolstova**  
With  
**Musalliance**

Saturday, August 24, 7:00pm  
St. Paul's Episcopal Church  
1924 Trinity Avenue, Walnut Creek

Marina Tolstova, Soprano,  
joins with **Musalliance** to bring us  
an enchanted evening of Baroque,  
Classical, and Modern favorites!

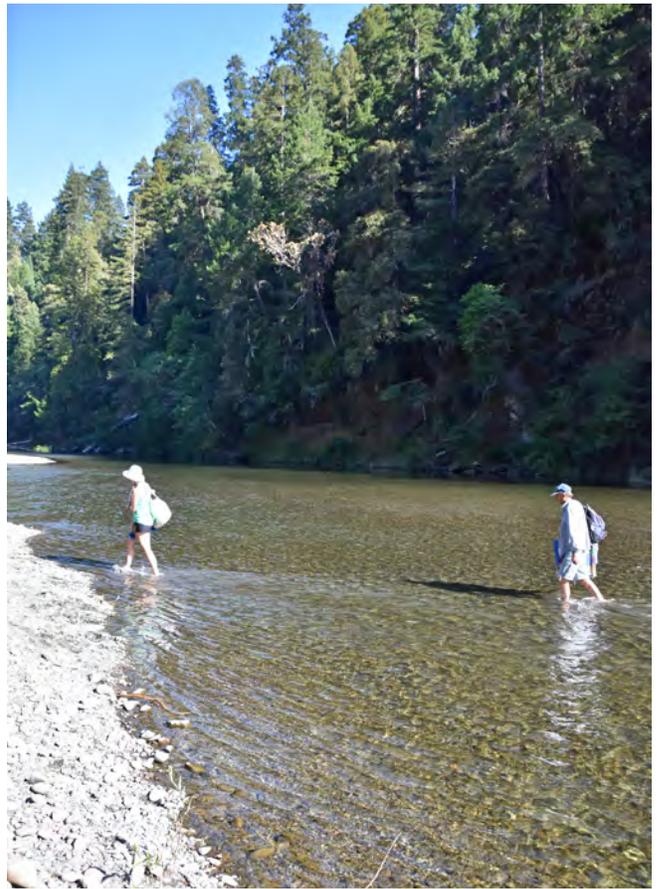


**Musalliance** features  
Anna Kusner on Guitar and  
Peter Omelchenko on  
Domra (Mandolin).

Donations accepted at the door (average \$20. Students \$10). ALL are welcome, regardless of donation.  
Free parking across the street on Trinity Avenue. Located 3 blocks from Walnut Creek BART.



**Family Camp  
2019  
50th Anniversary**



## St. Paul's Commons Update

There's a new acronym floating in the alphabet soup of California housing parlance: YIGBY, or "yes in God's backyard." Recent stories in multiple papers, including the Mercury News, Contra Costa Times, and on CBS Local News, highlighted the story that congregations in the Bay Area and beyond are taking steps to build affordable housing on their properties to shelter some of the many local residents who can't pay the region's sky-high rents. Housing advocates and religious leaders hope the movement for faith-built housing — christened "YIGBY" as a play on the famous "NIMBY" for "not in my backyard" — will open up new properties for development. Prominently featured in these stories was our own St. Paul's Commons! We all can feel proud of our leadership.

The Commons construction is ending the final phase! The scaffolding is down, revealing a beautiful building, and construction focus has shifted to the interior spaces. Soon we'll see evidence of the courtyard, and then right before occupancy, the landscaping. The target for completion has shifted slightly due to the large number of rain days in the spring.

A parish meeting was held on June 5th, in partnership with RCD and the John Stewart Company. These experts helped to explain the process for housing selection. There are two main avenues for applications: One through the County and the second through RCD. These routes both have specific requirements and timelines which have been well communicated to the public, various agencies and community organizations to assure all who wish to apply can do so. Early reports are that there are thousands of applicants on the waiting lists, underscoring the need for these facilities in our community.

### **Molly Clopp**



## 1944 Trinity Ave. Status

Last year St. Paul's and Lenox Real Estate entered into an agreement that allowed Lenox to rent 13 spaces in our parking lot and use the backyard of 1944 Trinity Ave. (our Associate Rector's residence) as a staging area for material Lenox would need to begin building the first floor of their condos. For the use of the back yard Lenox agreed to donate the following for the rehabilitation of 1944 Trinity Ave.

Lenox hired Richard Nelson, a sub-contractor, to do the following upgrades to 1944 Trinity Ave. These upgrades include:

- The hot water heater from the Parish Hall
- New HVAC
- Patio cover and new dual pane windows
- New kitchen appliances: sink, faucet, garbage disposal, dishwasher, microwave, stove and refrigerator
- New bathroom tub and surround, faucets, vanity, wash basin, toilet, floor covering and towel bars

Lenox will also landscape the front and back yards in consultation with Frank Holbrook, Vestry Liaison--Property, and Ned and Elizabeth Soares of the Property Committee.

St. Paul's will be responsible for:

- Installing window coverings
- Ordering and installing mirrored closet doors
- Refinishing the hardwood floors
- Repainting the interior

The roof was inspected by Jason Paulson from Walnut Creek Roofing (who does just repairs). The roof is at least twenty years-old and needs to be replaced.

The chimney should be swept. A new grate is needed and we may want to consider a fireplace insert.

Hopefully, we will have all these outstanding items addressed by the time the property is needed for our new Associate Rector.

St. Paul's wishes to thank Lenox Real Estate for their generous work in refurbishing 1944 Trinity Ave., to make it a welcoming home for our Associate Rector.

**Jim Bell**

## Water as Blessing



I snapped this photograph of Attie Lagrone (age 2) a few weeks ago. Yes, I know that taking pictures is not exactly appropriate in church, but I could not resist.

Miss Attie, as I like to call her, has recently become tall enough to reach the water in the font -- a developmental milestone for all small children at St. Paul's. It gives her great joy to swish a tiny hand and hear the water create a soft swishing sound. This Sunday Attie caught the attention of the ushers who were watching her, watching them. From the back of her head it was almost like she was asking permission to have her hands in the water.

Attie was baptized in this font, received into the household of God by water and the Holy Spirit. As she grows she will witness many baptisms, continue to swish her hands in the font, and enjoy the blessings of her life as a member of St. Paul's.

God reaches out to each of us in unique and poignant ways. As we pass the baptismal font on Sundays or any other time, I pray that each one of us will have moments when we can swish our hands in the water of baptism and give thanks to God for the gift of baptism.

**Maureen Horton**

## Thank You!

### **Bread Bakers**

Where does St. Paul's get that fabulous communion bread? The fast answer is: from the Fabulous Communion Bread Bakers: Pat Baxter, Jim Bell, Richard Kemink, Lyle Morton, Sue Phalen and Pete Smyth. We thank all our bread makers.

The long answer: Lee Baxter was Vestry Liaison for Ministry and Music in the early 2000s. He wanted to make bread so there would not be as much clean up from the pita bread. He found a recipe on the internet. It was adapted by Bill Stroop from the Communion Bread recipe used by Seabury-Western Episcopal Seminary which they received from the Abbot of the Benedictine of St. Gregory at Three Rivers, Michigan.

Lee recruited other members of the choir and the ministry was formed! The first bread bakers at St. Paul's were Lee Baxter, Pete Smyth, Jim Bell, Lyle Morton, and Ann and Ray Graf. Over the years there have been other bread bakers, too. If you are interested, contact the bread scheduler, Pat Baxter.

### **Pat Baxter**

### **Office Volunteers**

We would like to thank all of our office volunteers for their assistance and willingness to go above and beyond during this time of transition in the office.

Pete Banwell

Pat Baxter

Jessica Beerbaum

Nancy Burchett

Susan Burpee

Sue Busenius

Judith Dillingham

Kay Ellis

Janice Foster

Carol Glass

Sheri Grosjean

Maureen Horton

Julie Layne

Ronnie Marty

Gail Sheffield

Elizabeth Soares

Mary Waddington

Rhea Williams

Lynn Yale

**Lynn Yale**

## Vestry Highlights May-June 2019

- The required kitchen remodel is underway. The budget has increased. Donations include significant in-kind labor donations.
- The Vestry welcomed Amy Tcheng in June as the prospective Clerk of the Vestry. We expressed appreciation to Frances Sturgess, who previously served in that capacity.
- The highlight of Holy Week – Easter Sunday – was the children’s Joyful Noise service, which filled the Chapel to overflowing. Many felt that the Pentecost celebration was the best ever. Plans are underway for a Celebration of New Ministry for Rev. Krista on September 7, 2019.
- Five people successfully completed “Episcopal 201” and were confirmed or received on June 1 at Grace Cathedral.
- An all-parish meeting to discuss the front pew situation was held June 2, resulting in agreement to have the damaged pews permanently removed.
- Four people attended the College for Congregational Development (CCD) the first week of June: Jessica Beerbaum, Sheri Grosjean, Emily Hopkins and Rev. Krista. This intensive training will result in projects to help our congregation become a vibrant expression of the Church. (See adjacent article.)
- The St. Paul’s Concert Series continues to net a surplus, and the funds are used for such things as piano tuning, organ assessment, and improved sound equipment.
- Vestry discussed the Parish Directory update. A draft copy will be shown to everyone in August, with the goal of publishing in the fall. We still need portrait photos of many people.
- The remodel of 1944 Trinity Ave., which is being donated by the new condo builders, is ongoing.
- We are receiving applicants for Associate Rector and new Communication Specialist.
- Full minutes of Vestry Meetings are posted in the Parish Hall, and Financial updates are published in the Sunday announcements.

**Emily Hopkins**

## College for Congregational Development (CCD)

The primary aim of CCD is to aid in moving churches toward “healthy, faithful, sustainable congregations fulfilling their calling to be the body of Christ,” (CCD Manual 2019, p. 11) .

One of the approaches is to “equip people to look at their current reality (Who are we? What are we? Where are we?),” (CCD Manual 2019, p. 11) and to discern their future, using strategies, goals and actions.

To do these things, the attendees studied models – “lenses that allow us to look at our congregations and assess them.” (CCD Manual 2019, Fg. A-2, p. 28) We practiced and assessed facilitation skills. We worked in depth using a group-needs model, and detailed where we have experienced needs in our congregations. We learned in relative detail what other parishes are doing, and shared our own profile. We looked at change models and power, organizational politics, and empowerment. And we applied political analysis to describe relationships among individuals in an organization, including in our various churches. We made the distinction between organization and congregational development, and applied both to the workings of the church.

Our frame was five 12-hour days, including worship, meals and breaks. Delicious meals were prepared by the Ranch chef and staff. Walks through the beautiful campus of The Bishop’s Ranch -- complete with deep green rolling hills and nearby forests, vineyards, and dairies, with a sprinkling of chickens on the grounds filled our breaks. Sessions were facilitated by four clergy from both the Diocese of Northern California and the Diocese of California, including the Canon to the Ordinary of the Diocese of Northern California, The Rev. Andrea McMillan.

We are grateful to our Diocese for providing grants toward our tuition and accommodations, as well as to St. Paul’s for financially making a way for us to attend CCD.

In the coming year, you will see evidence of our learning as our team seeks to enhance the life of our parish.

**Sheri Grosjean**

## St. Paul's Episcopal Church Bylaws

### Regarding Nominations for Vestry

4.2 ...Parish members wishing to serve as candidates [for Vestry] may submit their names to the [Nominating] Committee before October 15 and if they are eligible under Section 4.3 of these Bylaws, their names will be included on the slate. Members of the congregation may submit names to the committee sixty days before the parish meeting date as well, and with those persons' agreement and eligibility under Section 4.3, their names will also appear on the slate. The slate shall be published to the parish at least forty-five days before the annual parish meeting.

4.3 Eligibility of Nominees. All nominees for election as vestry members or delegates/alternates to the Diocesan Convention shall be communicants in good standing registered in the parish for at least one year, age eighteen or over, and regular contributors to the support of the parish as confirmed by the pledge treasurer. A retiring or resigning vestry member may not again serve on the vestry until one year has elapsed, except that a member completing less than two years of service may be elected for a full term. Incumbent delegates/alternates to Diocesan Convention may again be nominated and elected as delegates/alternates on expiration of their terms.

### New Display Case

Check out the new display cases at the Parish Hall entry! Thank you to the St. Paul's Concert Series for this donation.

### Emily Hopkins



## 2019 Women's Retreat



*The angel appeared to her and said, "Greetings, you who are highly favored! The Lord is with you." And Mary was greatly troubled at his words and wondered what kind of greeting this might be.*

-Luke 1:28-29

We will be spending a creative retreat weekend November 15-17 with artist and teacher Lisa Thorpe, reflecting on the angel Gabriel's words to young Mary and her response of faith, trust and openness, in Lisa's workshop entitled The Sacred Vessel. We will employ the Lectio Divina practice to read, meditate, pray, and contemplate the passage from Luke 1:28-38. Each participant will create a "sacred vessel" to take home.

Lisa Thorpe is the Artist in Residence at The Bishop's Ranch Retreat Center outside of Healdsburg. Find out more about Lisa at her:

Website <http://lisathorpe.com>

Blog <https://lisathorpeartist.wordpress.com/>

Contact Jessica Beerbaum

if you have any questions.

**Jessica Beerbaum**



Rev. Krista congratulates and blesses our graduates.



Camp Camaraderie



The congregation celebrates the choir.

# St. Paul's Family gathers indoors and out.



Gourmet hors d'oeuvres at camp  
Yard Arm



Food Drive Outreach



Clint Phalen, a happy camper!



Pentecost - The birthday of the church



Communion under the redwoods.



## **Trinity Center Update**

### **Safe Parking Program**

Trinity Center will be running a new Safe Parking Program. This dream developed through the Walnut Creek Homeless Community Task Force, and is being brought to life! There will be a Public Hearing meeting on August 8 by the Planning Commission. Everyone is welcome to attend and any support is highly encouraged. If all goes as planned, the program is scheduled to start in September.

### **2019 Harvest Festival**

Mark your calendars! The 2019 Harvest Festival put on by St. Anselm's Episcopal Church will be held on October 12. Details will be posted on our website in September. We are actively looking for donations such as vacation homes, timeshares, golf certificates, etc. for this event. If you or anyone you know is willing to donate something like this for the event, please let us know!

### **Welcome to New Development Director**

Trinity Center welcomes our new Development Director, Victoria Briskin! To see a photo and her bio, please visit <https://trinitycenterwc.org/staff/> Under her leadership, a new Fund Development Committee is being formed. If you would like to join the team or learn more about possible opportunities, please contact her directly at (925) 949-8712

**Jenny Quijada**

## **A Favorite Prayer**

Scott Gunn, author of the book *Walk in Love: Episcopal Beliefs and Practices*, speaks passionately about his favorite prayer, the General Thanksgiving from Morning Prayer Rite I, in *The Book of Common Prayer*. Following is the text that moves him so deeply. From it he has learned that "We are called to offer God praise, not simply in what we say, but also with what we do. God doesn't want lip service; God wants life service." (*Walk in Love*, p. 9)

Almighty God, Father of all mercies,  
we thine unworthy servants  
do give thee most humble and hearty thanks  
for all thy goodness and loving kindness...  
We bless thee for our creation, preservation,  
and all the blessings of this life;  
but above all for thine inestimable love  
in the redemption of the world by our Lord Jesus Christ,  
for the means of grace, and for the hopes of glory.  
And, we beseech thee,  
give us that due sense of all thy mercies,  
that our hearts may be unfeignedly thankful;  
and that we show forth thy praise,  
not only with our lips, but in our lives,  
by giving up our selves to thy service,  
and by walking before thee  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom with thee and the Holy Ghost,  
be all honor and glory, world without end. Amen

*The Book of Common Prayer*, pp. 58-59

Gunn states that *The Book of Common Prayer* "contains thousands of options for prayers for nearly every circumstance and situation." (*Walk in Love*, p. 4) The BCP is commended to you for your daily prayer discipline, for its breadth and depth of praying.

# Just a Reminder!!

## Save the Date! Celebration of New(ish) Ministry

Join us for a Diocesan-wide celebration of New(ish) Ministry and the installation of St. Paul's eighth Rector, The Reverend Krista Fregoso, on Saturday, September 7, 2019 at 10:30 a.m. with a reception following the service.

### St. Paul's Book Groups

The **afternoon** book group will meet on September 12 at 1:30 p.m. to discuss *Woman in Black* by Eileen Goudge. We meet in the Office Meeting Room. For more information please contact Susan Penn.

The **evening** book group will meet on September 12, as well. The book title will follow. We will meet at 7:00 p.m. in the Office Meeting Room. For more information contact Walt or Sue Busenius at 925-945-0715.

### St. Paul's Concert Series

Our next Concert Series performance is August 24, where our own Marina Tolstova will perform with Musalliance, featuring Anna Kusner on classical guitar and Peter Omelchenko on domra (mandolin).

**Concert Series Needs Your Help!** Can you come early to our concerts to help with setup, and/or be a greeter at our concerts? Please contact Deborah Webster if you are interested.

### The 2019 Women's Retreat

The 2019 Women's Retreat is at The Bishop's Ranch from November 15 to 17. Led by Artist in Residence, Lisa Thorpe, we will be exploring Mary through readings, reflections, and creativity as we each create a "sacred vessel" to take home using collage techniques. In-person sign-ups started Sunday, 7/21 after the 9:30 a.m. service. For more information contact Jessica Beerbaum.

### Save the Date: Men's Retreat

Make sure you mark your calendars for the Men's Retreat this year. Dates are October 25 to 27, at Walker Creek Ranch in Marin County near Tamales Bay.

**See website for full calendar of events.**

**[www.stpaulswc.org](http://www.stpaulswc.org)**

**St. Paul's Clergy and Staff**

**Rector**

The Rev. Krista Fregoso.....

**Interim Associate**

The Rev. Laurie Moyer.....

**Deacon**

The Rev. Margaretmary Staller.....

**Deacon Emeritus**

The Rev. Donald Adolphson.....

**Music Minister**

Dr. Larry Crummer.....

**Facilities Manager**

Bev Price.....

**Vestry**

Senior Warden	Pete Smyth
Junior Warden	Lisa Bell Stewart
CFO	Jennifer Machado
Clerk	Amy Tcheng

**Ministry Teams**

To join a team, contact the Vestry Liaison listed.

Christian Formation	Amanda Cruz Jim Ward
Communication*	Emily Hopkins Rhea Williams
Outreach	Lisa Bell Stewart
Worship	Deborah Webster Mary-Jane Wood
Membership & Growth	Sheri Grosjean
Parish Life	Julie Layne
Property	Frank Holbrook
Stewardship/G&M	Richard Colombo
St. Paul's Commons	Jerry Williams

\*Epistle Team Rhea Williams, Ned Soares, Sheri Grosjean



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1924 Trinity Avenue  
Walnut Creek, CA  
94596

Phone:  
925-934-2324  
Fax: 925-937-4705

Office hours  
Monday—Friday  
9:30a.m.—3:30p.m.

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