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The Epistle

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

February/March 2019

Lessons & Carols



Blue Christmas



From the Desk of Rev. Krista

Dear People of St. Paul's,

Almost all of the Christmas decorations are finally put away.
Almost?! You might be thinking, "It's February. What took you so long?!"

I thought they were all away, but just last week I noticed some unusual sparkle in my cat's fur. Upon closer inspection I realized that my cat had found one of our sparkly glittertastic ornaments and had decided to rub all over it. After de-glittering her fur, I found the stray ornament under the couch and put it in the box of stray Christmas decorations.



Seeing my glittery cat and runaway ornament made me long for the lights and magic of Christmas. There is something so wonderful about looking at all the glitter and lights during the long winter nights. The nights don't seem as long with our houses decorated with sparkle.

We are in the season of diving head first into work, school and ordinary life. The same is true in the church season as well. Our festival white banners and stoles are exchanged for green ones and the church begins ordinary time once again. Ordinary time sounds so boring and dull.

Don't be fooled. There really is no such thing as ordinary time for a person of faith. In truth there is nothing dull or boring about the season of Epiphany. Epiphany starts with an amazing story about wise men seeing a star and seeking it out. Barbara Brown Taylor in her sermon on Epiphany wrote:

"Once upon a time there were some very wise men who were all sitting in their own countries minding their own business when a bright star lodged in the right eye of each of them. It was so bright that none of them could tell whether it was burning in the sky or in their own imaginations, but they were wise enough to know that it didn't matter. The point was, something beyond them was calling them, and it was a tug they had been waiting for all their lives."

They set out, knowing that this journey was going to take them somewhere they couldn't imagine. We too are called in this "ordinary time" to see how this journey to be a person of faith will change us in every aspect of our lives. The season of Epiphany may not have the sparkle of Christmas, but we as people of faith are called to look for the light in our lives, to share it and spread it all through the world. There is nothing at all ordinary about that!

Many Prayers,

The Rev. Krista Fregoso

Reflections

Community

When Frank Mayadas and I were married on November 19, 2017 we decided we would spend six months each year in New York State and six months in California. New York had been Frank's home since college as California had been mine.

In April of 2018 we packed our bags, put the two cats in travel carriers and left for Chappaqua, New York. I moved into to the beautiful, old farm house built in 1890, that had been Frank's home for 30+ years. Then came the adjustments. Frank had business projects from his professional life. I had my job of cleaning out the house so we could acquire "our" house. I didn't make the adjustment easily.

I became acquainted with Frank's daughter and her family. We went to Frank's Presbyterian Church. I was comfortable there as the boarding school in India where he and I had grown up was Presbyterian. I enjoyed his colleagues and their wives. But none of this was "my community". I felt completely cut off from all that was familiar.

Two weeks after Frank and I returned to Walnut Creek the women of St. Paul's had their Retreat. It was a joy to join the women with whom I had built a community. I remembered all we had shared, the conversations, the laughter, the books, our thoughts on faith, our still unanswered questions.

I have been warmly welcomed back into my community. I will continue to strengthen my eastern community. But I know when Frank and I return to Chappaqua, I won't be cut off from my western community. This community will go with me. When I return I will be greeted again with love and laughter. We may be apart half of the year, but I will not be alone. I am part of a strong community, upholding each other in our thoughts and prayers.

Judy Dillingham

Aging Well

"Oh, My Aching Back!"

In a time when four out of five adults experience significant low back pain, it is important to look at what can be done to prevent or improve low back pain. The following is based on information from Stanley Forsyth, personal trainer, and the University of California, Berkeley Wellness Letter, Special Fall Issue 2018.

What are the common causes of low back pain? This type of pain can be generated by sprain or strain; degenerative changes such as weak back and abdominal muscles; obesity; postural imbalances; discs becoming less pliable; age-related loss of strength; herniated or bulging discs. All back pain has a cause, but identifying it isn't always easy.

How can low back pain be prevented? A healthy lifestyle can help prevent low back pain. Developing a strong core, having good posture, and maintaining mobility will help prevent low back pain. Controlling stress and getting enough sleep should not be overlooked, as well as the amount of sitting and standing. Maintaining a healthy weight and quitting smoking supports a pain-free lower back.

What is the role of exercise in preventing or managing low back pain? Exercise has been shown to help prevent lower back pain, reducing the risk by 25-40%. General exercises can improve strength, flexibility, and endurance. Exercises that target the trunk muscles and those that support movement control will help a person move through daily activities in ways that do not injure the back.

When should a person call the doctor? If the measures you take don't help enough, it may be time to call a doctor. Numbness, tingling, or weakness in the lower extremities should also prompt a visit to the doctor. Seek a second opinion if you feel you're not receiving the help you need.

For the mature adult who could use exercises to improve balance, strength, endurance and mobility freedom, check into Stanley Forsyth's free class – "Find Your Balance" – held on Tuesdays and Thursdays from 1:00 p.m. to 2:00 p.m. here at St. Paul's.

Consult your physician before beginning an exercise program.

Stanley Forsyth and Sheri Grosjean

Musical Notes

What a whirlwind of musical activities during Advent and Christmas. My hope was to create a season of peace and quiet joy, a time to reflect and find our inner peace and joy. What a wonderful feeling of peace and love I felt from both the musicians and the congregation.

I would like to thank the members of St. Paul's choir for their dedication, their hard work, and the many hours of rehearsal, and, most of all, for the beauty and emotion with which they sang. I think that the Lessons and Carols service reflected all of those things multiplied a thousand times over.

I would also like to send out a special thank you to the soloists from the choir: Deborah Webster and Tom Tcheng for the upbeat and challenging, *Angels We Have Heard on High*; Marina Tolstova for the heavenly *Ave Maria* and her beautiful opening verse of *O Holy Night*; and Pete Smyth for the joy with which he sings the always favorite *Gesu Bambino*.

And what would Christmas be without our instrumentalists: Tom Stone and his haunting rendition of *Oh Come Emmanuel* on the euphonium, and Joan McDavid and her beautiful oboe accompaniment on *Carol of Peace*. The St. Paul's Brass Ensemble, consisting of Jerry Williams, Bill King, Sue Busenius, Edwin Bradley, and Tom Stone agreed not only to provide the preludes and postludes to the Lessons and Carols service, but the traditional season favorite of *Jesu, Joy of Man's Desiring*. A special thanks to Tom Stone for coordinating practice times and preparation for the Brass Ensemble.

As always, it takes the dedication and hard work of the entire church to create an environment of beauty, from the church decorations, to the programs and bulletins, to the clergy. Thank you all for making this Advent and Christmas so very special.

Larry Crummer

Music Survey

As part of the search for our new Music Minister, we conducted a parish survey to help build a description of the preferences and scope of music at St. Paul's. A whopping 98 surveys were turned in, which immediately confirmed our hunch that music is considered a critical component of our worship. Looking into the responses, the survey revealed data that is helping us build our music profile.

Regarding preferred music styles, our overall average on a scale from 0 to 5 was a 4.7 for Sacred and Classical music, with a slight split between the 7:30 and 9:30 services of 5.0 and 4.68 respectively. The order of preference declined slightly from there for the other styles surveyed, but they followed the same order of preference in both services, that being Spiritual at 3.9 and a tie for Folk and Contemporary at 3.7.

The preferred instrumentation and presentation responses went in the order of Organ, Choral, Soloists, Piano, Brass, Handbells, Guitar, and Band. Other highlights of the survey included an overwhelming desire (4.8) to sing hymns (and pick our hymns that are singable!) and an interest (4.1) to build a children and youth music program. Regarding additional comments, the most common message was to be open to including diverse styles and instrumentation, but to keep our traditional music as the core in our worship. Parishioners expressed their appreciation of our Interim Music Director, Dr. Larry Crummer. The entire music ministry echoes that message!

If you have any other questions regarding our music survey, please call me at (925)934-2324

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Deborah Webster

St. Paul's Concert Series Review

Ensemble Ari Saturday, November 10, 2018

Sitting down to enjoy the concert and glancing over the program, one could not help but wonder – How much Ravel is too much? Three of the four offerings by the talented, all-female group were by Ravel, the French impressionist composer of the now-cliche *Bolero*. Apparently, in the capable hands of Ensemble Ari, three Ravels on the program are not too much.

The program began with *Aplomb* by Ross Bauer, a 30 year plus teacher at U.C. Davis, exquisitely performed on piano and violin.

The first Ravel piece, sonata for violin and cello, started out playfully and became forceful, crisp and assertive. The violinist handled the piece with more finesse than her instrument, which lost a string half way through. Lucky audience – we got to hear the second movement through a second time.

The sonata was followed by *tzigane* for violin and piano. This piece is a virtuosic piece for the violin using the entire fingerboard and all the difficult violin techniques – double stops, harmonics included. It was superbly executed, a truly “wow” moment.

The concert ended with the great drama of a piano trio. The cello part was almost as amazing as the violin in the previous piece.

No, not too much Ravel. The audience would have been happy with much more from the talented and highly entertaining Ensemble Ari.



Jessica Beerbaum

Sara Couden Saturday, December 8, 2018

What a night! There are no other words that come to mind except “fabulous”, “enchanting”, “wonderful”! Contralto Sara Couden performed on December 8 at the St. Paul’s Concert Series, and what a remarkable performance it was! The program started with a powerhouse duet of “Barcarolle” from the *Tales of Hoffman* by Offenbach, where Sara was joined by soprano Marina Tolstova.

Sara then introduced her concert theme “Awkward Love”, where she included some of opera’s most awkward of romancers. Included in the program were selections from Schwanengesang, *The Enchantress* by J.L. Hatton, *Silvered is the Raven Hair*, by Arthur Sullivan, *Quoi, Vous Pleurez, Madame?* duet by Hector Berlioz (performed with Tolstova), and others. For an encore, Sara included an Elvis favorite, even in his range of voice. What an incredible vocalist, a splendid selection of musical pieces, and all presented with the charm, wit, and expression of a virtuoso performer. Joined by Marina Tolstova, soprano, and Simona Snitkovsky on piano, it was a night to be remembered.



Sara Couden and Marina Tolstova

Deborah Webster

Kitchen Remodel

In 2017, the Contra Costa County Health Department implemented new and more stringent rules for the operation of charitable kitchens. Because we cook for outside shelters we require a permit from the Health Department. Our current permit will expire at the end of February, 2019.

Richard Kemink and I, along with several others, looked into the remodel of St. Paul's kitchen and we believe that we can bring the kitchen into compliance for approximately \$60,000.00. After the first of the year we will meet with a designer who will do an initial consultation at no cost to us. If we agree to move forward after the initial consultation, the designer will create a detailed layout with an equipment list for the Health Department and construction team. The designer will submit the plans to the Health Department for approval. The cost of the design and Health Department approval will be \$4,000. They do not do the construction.

Here are some of the issues to be addressed:

1. Wood shelving used throughout kitchen – replace with stainless steel.
2. Unapproved flooring – replace with polished cement or poured resin with 3/8 inch coving.
3. Wall Covering - Install approved wall material to a height of eight feet from floor – Fiber Reinforced Plastic (FRP).
4. Dish washing area - Install a three-compartment sink.
5. Install a mop sink and a hand washing sink.
6. And numerous other items.

To make these changes, everything in the kitchen with the exception of the stove will need to be removed and new equipment reinstalled.

We have set up a special fund to help with this ministry. Your contribution to the Kitchen Fund would be gratefully appreciated. Make your checks payable to St. Paul's and enter "**Kitchen Fund**" on the memo line.

Jim Bell
Richard Kemink

Vestry Highlights

November—December

- New Vestry members were nominated for election at the Annual Meeting: Lisa Bell Stewart, Jim Ward, Jerry Williams, Rhea Williams, Mary-Jane Wood
- About 100 people responded to the Music Ministry survey, and we have announced our search for a Music Minister.
- Vestry approved beneficiaries of the Valentine Tea proceeds: Heifer International, Bay Area Crisis Nursery and Contra Costa Interfaith Housing.
- Vestry also approved recommendations for beneficiaries of the rummage sale proceeds: \$500 Kitchen remodel; \$600 St. Dorothy's Rest; \$850 Meals on Wheels Diablo Region; \$800 Bay Area Crisis Nursery; \$1,500 Food pantry; \$1,500 Northern California Wildfire Relief (to Diocese of Northern California).
- The donated remodel of 1944 Trinity Ave. is scheduled for early 2019. The St. Paul's Commons building project is scheduled for completion in October 2019. The cost estimate to remodel the kitchen is \$60,000.
- Ministry teams are having potluck meetings with the Rector to align and streamline ministries.
- St. Paul's received a \$2,000 grant to partially fund several attendees to the College for Congregational Development in June. The course teaches tools to develop clear goals and a parish strategic plan.
- Using the new office software, we plan to publish a new parish photo directory in early 2019.
- Pledges for 2019 have increased over 2018, including increases from existing members, and at least 15 new pledging members. The Vestry is pleased to present a balanced budget for 2019.
- Plans were discussed for Rev. Jeff's farewell; the annual parish meeting in January, including a special welcome to new members who have joined us from St. Luke's; and the Vestry Retreat February 1-3.

Emily Hopkins

Trinity Center

Update

As most of you know there have been no day shelters available on the weekends in Walnut Creek. This is critical for our elderly and physically impaired members when the weather is very cold and/or raining heavily.

On Tuesday, January 15, Walnut Creek City Council approved an emergency winter DAY shelter at Trinity Center for up to 15 of our members on Saturday and Sunday when the weather is very bad. Our target population are members aged 50+ and with a disability and/or a life threatening physical condition.

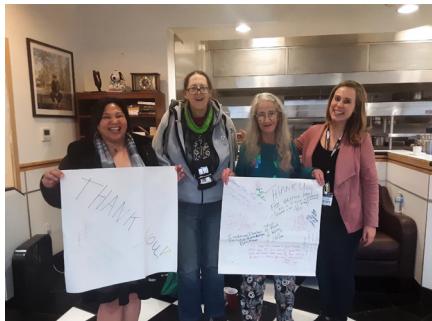
The shelter will be open from 8 a.m. – 5 p.m. for the selected members, and will be staffed with one paid staff and one volunteer based upon weather conditions of 40 degrees or below and/or heavy rain.

We are seeking volunteers who could standby on a Saturday or Sunday for a full or half day shift. Bring a movie, books, magazines, sewing or art project, puzzles, games, etc., to help members fill the time. Our staff will provide a lunch meal but will need help serving and cleaning up.

The picture attached is of some of our members with our Member Services Manager. They all put together posters for the city saying thank you for considering our proposal and keeping our members safe and dry during this stormy season.

If you are interested in volunteering on weekends, or receiving more information, please call Carol at (925)-949-8712
Thank you!

Donna Colombo, Executive Director Trinity Center
(925) 949-8712
www.trinitycenterwc.org



St. Paul's Commons

Update

It's exciting to see the walls going up and substantial progress on the building of St. Paul's Commons. We are still on track to be completed in October this year! The team got the chance to walk to the site a few weeks ago, and were amazed at the great community space we are creating and how it will support Trinity Center and the St. Paul's community. It's exciting to see the commercial kitchen, donation storage places, offices, showers, laundry and meeting rooms all take shape, and they are earthquake safe! An amazing system of reinforcement is going right into all the walls and structure. The terrace is also going to be an amazing space between the Church and the Commons. I'm envisioning many fun activities in that open area.

The work of the Committee right now is focused on monitoring construction, assuring all agreements are being upheld with partners, grantors and lenders, and starting to think about moving in this fall! It's so important to plan ahead with Trinity Center to assure timing and a smooth transition, as well as assuring any equipment for the new space is ready to go. We want a seamless transition for our vulnerable clients. We're also starting to plan for a dedication ceremony and party, when we will welcome all those who have been part of this journey, both past and present, to celebrate with us.

Thanks to all of St. Paul's for your commitment to and support of this important project.

Molly Clopp





Farewell Rev. Jeff



Grace Cathedral

The Grand Tour

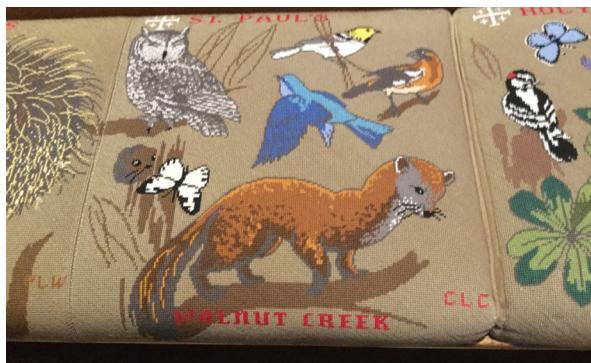
Like most world-class cathedrals, San Francisco's Grace Cathedral offers tours. You can take a walk-in tour most days of the week. Or, you can arrange ahead and take the grand tour. Recently, my husband and I took the grand tour with Head Verger Charles Shipley. It is an event we will not soon forget.

After signing releases that let us into some back areas, we started the tour in the main cathedral space. Mr. Shipley highlighted church history, some church philosophy, and discussed the many pieces of art. The top row of stained glass windows celebrate 20th century notables from many areas of human accomplishment. Among the favorites is Albert Einstein for science. Also of note are the California history murals created by two different muralists. On the choir seats are needle-pointed cushions featuring California wildlife – one cushion from each parish in the diocese. Yes, there is one from St. Paul's, which Mr. Shipley found for us.

Some of the treats on the tour are not seen by everyone. We saw the beautiful wood paneled vestry where Bishop Marc keeps his vestments and where Martin Luther King, Jr. prepared to give a sermon in the 1960s. We also saw the organ blowers in the basement, wonderful mechanical devises that have been serving since the 1930s. Perhaps the biggest treat was climbing the stairs to the attic to look down upon the labyrinth on the cathedral floor.

The grand tour costs \$25 a person. You can reach Mr. Shipley via the cathedral website www.gracecathedral.org to make arrangements. You will be glad you did.

Jessica Beerbaum



Next Concert Series Event

Temirzhan Yerzhanov Piano Duet with Klara Frei

Mark your calendars: We have a concert in February that you WILL NOT want to miss! Temirzhan Yerzhanov, Pianist Extraordinaire, teams with his gifted wife, Klara Frei, to perform a concert of four-hand piano duets composed by Schumann, Schubert, and Greig. Yerzhanov and Frei are renowned in the music arena throughout the San Jose area, and have also performed as featured soloists at the Lesher Center for the Arts in Walnut Creek. Mark your calendars for Saturday, February 23 at 7p.m. We'll see you there!

Deborah Webster



New Music Minister

St. Paul's is excited to announce that Dr. Larry Crummer has accepted our offer for the position of Music Minister. He will start this role immediately. Allow us to express our deep gratitude for Larry's contribution during his term as Interim Music Director. We rejoice that he is joining our staff permanently. Thank You, and welcome, Dr. Larry Crummer!



Deborah Webster

Honduras Mission Trip

In the past 12 years, a team of varying sizes has represented St. Paul's at the mission church of San Juan Evangelista in the outskirts of Tegucigalpa in Honduras. This year five of us went. Todd McCarl is our newest member. Following is his report which expresses our role and purpose.

As I walked through the airport in Tegucigalpa, Honduras, I was strangely at ease for a person who had never been on a mission trip, didn't speak the language and didn't know what I could possibly contribute to the team. What was my purpose here? What gift was I going to be able to give? The first morning after our arrival, we began a routine of morning prayer and read a great passage from Romans reminding us we all have different gifts and encouraging us to use them to the best of our ability. Of course, I still didn't know what that gift was for this mission. I decided to just jump in when an opportunity arose.

When we arrived at San Juan Evangelista, I was immediately touched by the eagerness of the kids in the community to hug us and talk to us rapidly in a language I didn't fully understand. It turns out I didn't need to. My mission was suddenly clear...just be there for these kids who were desperate for affection and excited to hug all of us. My gifts were to sit on the floor coloring Noah's Ark, hugging bright eyed children while commenting that their drawings were *hermoso* and *bonito*, and representing St. Paul's in daily soccer games played in a concrete courtyard. Since Noah was the theme of our Vacation Bible School, I taught the English names of every animal imaginable and they taught me "*leones, tigres and ballenas...oh my!*"

By the end of the week, I made friends that I will never forget. *Los ninos* taught me how to be happy without many of the luxuries we take for granted, like flushing toilets; *nuestro conductor y su hijo* who shared a lot of laughs, their home and a few tears as we departed in the airport; Reverend Esmeralda and the guitar playing Tito who sang my soul into *el cielo* during Sunday services. And a great team of compassionate people from St. Paul's who were kind enough to welcome me to their group and share the love they had experienced in this poor community on the outskirts of one of the most violent cities in the world. I admit that I feel a little guilty that the gifts I gave paled in comparison to those that I received from this amazing experience.

Todd McCarl

2019 Honduras Team: Rosita Harvey, Hugh Harvey, Todd McCarl, Mary-Jane Wood, Mark Sturgess



A Call to Lent

We will soon embark on the sacred journey of Lent. Through special liturgical practices, we seek loving and passionate understanding of the life, death, and resurrection of our Lord Jesus Christ. In memory of Jesus' forty days in the wilderness, of his self-denial and temptations, we too will take on penitential disciplines through our worship. These will be specifically created to clear our hearts and minds for reflection on our lives and relationship with God in Christ, our sinfulness and redemption, and the mystery of God's infinite and abiding grace.

There will be a dramatic shift into a penitential atmosphere starting with Ash Wednesday. The first Sunday in Lent, the service begins with the Great Litany in Procession, chanted, including a somber drone, thus setting the tone for the season. On the Sundays following, the altar party will enter in silence, in the absence of an opening hymn. There will be no Alleluias.

Visual images are designed to reduce the stimulation of shiny metal and colorful decorations. Wooden candlesticks will replace polished brass; clay vessels will be used for communion; veils will obscure reflective processional crosses and altar decorations; and there will be no bright flowers. The congregation will be asked to participate both verbally and through music, with some chanting. The reredos will be opened to the crucifixion.

The austere services of Lent will be punctuated by Holy Week, with services detailing Jesus' last supper with his disciples and thus the creation of the Eucharist; his betrayal and crucifixion; and his glorious resurrection.

We will experience, in some small measure, Christ's desert sojourn, and our own, through the purposeful creation of a penitential atmosphere. The most important things we can do are to participate and notice the impact of these changes on our feelings. Let them be passage ways to our relationship with God in Christ, as we ask, "Why are we doing this?"

Sheri Grosjean

**This prayer is attributed to
Archbishop Emeritus Desmond Tutu.**

**Adapted from an
original prayer by Sir Francis Drake**

Disturb us, O Lord

when we are too well-pleased with ourselves
when our dreams have come true because we
dreamed too little,
because we sailed too close to the shore.

Disturb us, O Lord

when with the abundance of things we possess,
we have lost our thirst for the water of life
when, having fallen in love with time,
we have ceased to dream of eternity
and in our efforts to build a new earth,
we have allowed our vision of Heaven to grow dim.

Stir us, O Lord

to dare more boldly, to venture into wider seas
where storms show Thy mastery,
where losing sight of land, we shall find the stars.

In the name of Him who pushed back the horizons
of our hopes
and invited the brave to follow.

Amen

“I Have a Dream”
Excerpted from “I Have a Dream” Speech
Martin Luther King, Jr.
August 28, 1963

I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed, “We hold these truths to be self-evident, that all men are created equal.” I have a dream that one day on the red hills of Georgia, sons of former slaves and the sons of former slaveowners will be able to sit down together at the table of brotherhood. I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice. I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I HAVE A DREAM TODAY!

I have a dream that one day down in Alabama — with its vicious racists, with its Governor having his lips dripping with the words of interposition and nullification — one day right there in Alabama, little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers.

I HAVE A DREAM TODAY!

I have a dream that one day every valley shall be exalted, and every hill and mountain shall be made low. The rough places will be plain and the crooked places will be made straight, “and the glory of the Lord shall be revealed, and all flesh shall see it together.”

This is our hope. This is the faith that I go back to the South with. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling dis cords of our nation into a beautiful symphony of brother-hood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day. And this will be the day. This will be the day when all of God’s children will be able to sing with new meaning, “My country ’tis of thee, sweet land of liberty, of thee I sing. Land where my father died, land of the pilgrim’s pride, from every mountainside, let freedom ring.” And if America is to be a great nation, this must become true.

So let freedom ring from the prodigious hilltops of New Hampshire; let freedom ring from the mighty mountains of New York; let freedom ring from the heightening Alleghenies of Pennsylvania; let freedom ring from the snow-capped Rockies of Colorado; let freedom ring from the curvaceous slopes of California. But not only that. Let freedom ring from Stone Mountain of Georgia; let freedom ring from Lookout Mountain of Tennessee; let freedom ring from every hill and mole hill of Mississippi. “From every mountainside, let freedom ring.”

And when this happens, and when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God’s children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: “Free at last. Free at last. Thank God Almighty, we are free at last.”

Notes

Just a Reminder!!

2019 Men's Retreat

October 25-27

Walker Creek

More info: Ken Jessup 925-708-4807 or Walt Busenius

2019 Women's Retreat

November 15-17

Bishop's Ranch

St. Paul's 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.

St. Paul's Book Groups

The afternoon book group will meet on February 14th at 1:30 p.m. to discuss *Gold Mountain: The 100 Year Odyssey of My Chinese American Family*, by Lisa See. Newcomers are welcome. For more information please contact Judy Dillingham

The evening book group will meet Thursday, February 14th at 7:00 p.m. in the Family Ministry Center. The book is *The Book of Joy: Lasting Happiness in a Changing World* by His Holiness the Dalai Lama and Archbishop Desmond Tutu with Douglas Abrams. Two Spiritual Giants. Five Days. One Timeless Question. Valentine treats will be provided!! For more information contact Walt or Sue Busenius at 925-945-0715.

Valentine Tea

Many thanks to those of you who purchased your Valentine Tea tickets. The good news...we sold out in record time! The bad news...we sold out in record time and some people were left without the opportunity to buy a ticket! We want to make the event available to as many people as possible, so we have started a waiting list. If you find you will not be using your ticket(s), please contact Julie Layne at 925-284-4249 and she will put you in touch with a hopeful tea attendee.

2/10 Absalom Jones Sunday

3/5 Shrove Tuesday, Pancake supper 5:30 p.m.

3/6 Ash Wednesday, Two Services at 12 p.m. in the Chapel & 7 p.m. in the Church

3/13-4/10 Lenten Series (details to follow)

See website for full calendar of events.

www.stpaulswc.org

St. Paul's Clergy and Staff

Rector

The Rev. Krista Fregoso.....

Deacons Emeritus

The Rev. Donald Adolphson.....

The Rev. Laina Wood Casillas.....

Parish Administrator

Sara O'Bryan

Office hours Monday—Friday 8—4:30p.m.

Music Minister

Dr. Larry Crummer.....

Facilities Manager

Bev Price.....

Vestry

Senior Warden	Jim Bell
Junior Warden	Pete Smyth
CFO	Jennifer Machado
Clerk	Frances Sturgess

Ministry Teams

To join a team, contact the Vestry Liaison listed.

Administration

Christian Formation	Amanda Cruz
Communication	Emily Hopkins
Outreach	Maureen Horton
Worship	Deborah Webster

Membership &

Church Growth	Emily Lagrone
Parish Life	Julie Layne

Pastoral Care

Property	Frank Holbrook
Vestry at Large	Sheri Grosjean

Stewardship/G&M

Personnel	Pete Smyth
Music	Deborah Webster

St. Paul's Commons

Epistle Team	Jim Bell
	Rhea Williams,

Sara O'Bryan,

Ned Soares

Sheri Grosjean



TIME DATED MATERIAL
PLEASE DELIVER PROMPTLY
Address Correction Requested

1924 Trinity Avenue
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