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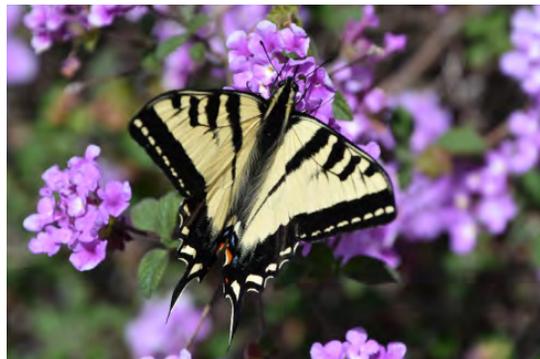
Just a Reminder!!!



The Epistle

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

June/July 2019



From the Desk of Rev. Krista



Come Holy Spirit, Come...

On the day of Pentecost the Holy Spirit came down, flying through the disciples, sweeping them off of their feet like a huge wind. Their ministries and good works spread like wildfire in directions and ways that they never expected.

Barbara Brown Taylor in her book “Home by Another Way” describes Pentecost as a moment where we conspire with the Holy Spirit. She defines “conspire” as literally breathing together. When we come together to worship we conspire, the “Holy Spirit swoops in and out among us, knitting us together through the songs we sing, the prayers we pray, the breaths we breathe... It can scare us or comfort us, confuse us or clarify things for us.” What a way to launch a conspiracy!

On June 9th we will celebrate Pentecost at St. Paul’s. It will also mark my 10th month here. In the short time I have been here it has felt a little like a whirlwind. I have been spinning and running with the many ministries of St. Paul’s. As I prepare to hit the one year mark I wonder what the Holy Spirit will conspire among us in this next year together? How are we called to minister to and do good works in Walnut Creek? How can we continue to grow and strengthen our ministries? How exactly do you create a strategic plan in a whirlwind?

This past year the Vestry received a diocesan grant to attend the College of Congregational Development (CCD). It is a week long intensive program that teaches congregational and organizational development for churches. I will be attending along with four others: Jessica Beerbaum, Pete Smyth, Emily Hopkins and Sheri Grosjean. We hope to step away and spend quality time thinking about St. Paul’s, using the different development lenses taught at CCD, and start to discern how we can continue to grow and strengthen what we do best at St. Paul’s, equipping us with the tools to co-conspire in this next year.

Many Blessings,

The Rev. Krista Fregoso

Krista D. Fregoso



Reflections

Preparing Our Lenten Series

Fresh off our Vestry Retreat Amanda Cruz and I were asked to help pull together a five week Lenten Series for the adult formation program. Emily Hopkins and Rev. Krista helped us choose a program. We chose a program devised by Lifelong Learning at Virginia Theological Seminary and videos from the monks of the Society of Saint John the Evangelist (SSJE), a religious order for men in the Episcopal Church. What followed was a great exercise of community building and team work.

Amanda and I reached out to several people to form an adult formation committee and were pleasantly surprised at the enthusiasm from those we asked to help us plan and facilitate the series. Once we had the information from the SSJE site and talked about how to implement what the Brothers developed, it became clear that a lot of prep work was needed for each session. Sheri Grosjean stepped in to prepare all the materials, help organize the handouts, and prepare the Parish Hall for the series.

We decided that we would only facilitate one session each so as not to overburden any one person. Amanda took the first session, followed by Sue Phalen, Jim Ward, Sherry Mattern and Jessica Beerbaum. Pete Smyth printed out our Journal booklets and Pete Banwell helped set up tables. Rev. Krista helped out with the audio-visual logistics. Sue also established a framework that worked well, which helped the sessions flow smoothly.

So what did we learn? Pulling together as a team really made it so much easier for all of us and contributed to the success of the event. We averaged around 18 people at each session. And, we discovered that a pot luck was favored over simple soup meals. St. Paul's parishioners really like to eat! And pray too!

Jim Ward

Introducing The Rev. Laurie Moyer

St. Paul's Interim Associate Rector

I have lived in the following places: New York State (grew up in Syracuse) • Massachusetts • Tennessee (graduated from UT, Knoxville) • Maryland (lived in the suburbs of DC, worked for the US Census Bureau for 33 years, met my husband here; we raised our two children in MD) • WV (ordained priest in the Diocese of West Virginia in 2003) • CA (moved here in 2007).

Seven years before I retired from the Census Bureau, I started seminary in night school, taking about one class per semester. I obtained my Master of Arts in Pastoral Studies (MAPS) shortly before I retired. I completed my third year of seminary at Virginia Theological Seminary, 2001-2002. My husband became ill with an incurable cancer and died in 2003, only six weeks before I was ordained a priest. He got me almost all the way there.

Before moving to California, I served in a cluster of tiny churches in Jefferson County, West Virginia. Now I live in Alameda and attend Christ Episcopal Church there when I am not being a supply priest at other diocesan parishes.

I received a Master of Fine Arts (MFA) from the CA Institute of Integral Studies (CIIS) in San Francisco in 2015. My medium is fabric. I am a quilter. Besides being a priest and a quilter, I enjoy yoga, baking, movies, walking my son's dogs and reading or viewing detective stories — especially those from the UK.

I truly enjoy being at St. Paul's. You make me feel right at home. You are unpretentious, my most complimentary measure of a whole person and a whole organization.

You do know that you are blest to have Krista as your pastor, don't you? Please cherish her.

Thank you for inviting me to St. Paul's and for being so good to me. You guys are great fun!

**The Rev.
Laurie Moyer**



Aging Well

The Annual Physical

Have you been having some nagging little pain recently? Are you wondering if you really need to take all of those over-the-counter (OTC) supplements? If so, it is probably a good idea to make an appointment to see your primary care physician (PCP) for your annual physical examination. An annual physical is one of the most important things you can do to take care of your health.

Besides an actual physical exam, your physician will probably ask you to go to the lab to have blood drawn for testing. The results will give your physician a wealth of information about you. This is particularly important if you have had blood results outside the standard range in the past. Current results can be compared with results from your last physical which could give the physician an indication of a problem. The physician may want you to take an OTC supplement to help bring that particular measurement back into the standard range.

At the beginning of your physical exam you will most likely be asked to review the medications and OTC supplements you are currently taking. Be sure to review this at home before your appointment. It is also wise to bring a list of medications so you won't forget the pertinent information on the label, such as the strength.

Other things that will most likely be reviewed are your immunizations and periodic diagnostic screenings. Are you up-to-date on immunizations for flu, pneumonia and shingles? Is it time for the mammogram, bone density test, or the dreaded colonoscopy?

You may have one or more serious medical conditions that are being managed by specialists such as a pulmonologist, cardiologist or oncologist. They handle your specific disease, but your PCP manages your basic overall health. When talking with your doctor, please be sure to discuss concerns about your emotional health as well as your physical health. Your physician cares about you.

After your physical exam you can write a note to yourself on next year's calendar to schedule your physical exam in exactly one year. I've made my appointment. Have you?

Nancy Briggs

Musical Notes

Many of us think of Easter as the culmination of the season of Lent, the services of Holy Week, ending with the festive celebration of the risen Christ and the return of our usage of "Alleluia."

But Easter actually continues on for 50 days, a season known as Eastertide. Here we continue the celebration of Easter, the joy of the "victorious Christian faith." Also called "The Great Fifty Days," our hymns and anthems will contain many "Alleluias" and declarations of victory. "Christ has Risen" is our mantra.

This year we also celebrated Good Shepherd's Day on the fourth Sunday of Easter. Its origins come from the tenth chapter of the Gospel of John. Jesus is called the "Good Shepherd" who lays down his life for his sheep. The hymns of that Sunday include, "My Shepherd Will Supply My Need" and "Savior, Like a Shepherd Lead Us." If you wish to see some stunning mosaic art work on the subject, do a "google" search. I include some in many of my mosaic lectures.

The importance of 40 days comes into significance again, as forty days AFTER Easter Sunday is the Ascension of our Lord. It actually falls on a Thursday, but we celebrate it on the following Sunday. Connected with it is the exaltation of Jesus which we say every Sunday, "he ascended into heaven and is seated at the right hand of God." Probably the most famous hymn of that day is "Hail the day that sees him rise."

Eastertide comes to a close with our celebration of Pentecost, on the "50th" day after Easter Sunday. Here we remember the descent of the Holy Spirit upon the Apostles and other followers as described in Acts, Chapter 2. In music we sing of the Holy Spirit and the beginnings of the spreading of the Gospel to the world.

Listen for a reflection of those days through the words and music we sing.

Dr. Larry Crummer

Getting to Know You

Marion Perry

I have been a member of St. Paul's all of my life. I am the third generation of five generations of my family who have attended, or are now attending, St. Paul's. My parents, Ralph M. and Margaret R. Hinds, started attending the church in 1935. My grandfather, David W. Ramsell, joined them in 1937.

I was baptized, as were my siblings, in the Chapel when it was located on Locust Street. My four granddaughters were also baptized in the Chapel. Needless to say, St. Paul's Chapel holds special memories for my family and me.

The Chapel Fountain is in memory of my parents, the Ramsell Altar in the Church is in memory of my grandfather, and most of the vestments used in the Chapel were given in memory of my brother.

After graduating from Los Lomas High School, I went to Contra Costa College School of Nursing in San Pablo. I became a Pediatric Nurse at Kaiser Walnut Creek, and worked there for almost forty years. After my retirement I was able to get more involved at the church. First I joined the Chapel altar guild and later became an acolyte. Becoming an acolyte has important meaning for me because at a time in my youth, when I wanted to be an acolyte, only boys were allowed. My work with both the altar guild and serving as an acolyte is very special and spiritually fulfilling. To be able to help prepare the Lord's Table has made me feel closer to my faith and God. I am also involved with several programs within CCIC*: cooking for the Concord Shelter; Kitchen Kits where we make up kits of kitchen supplies for ones who were homeless and now have housing; help with the Angel Tree; knit hats for the homeless; and sew Christmas stockings for residents at Youth Homes.

Being involved with these programs and projects has enabled me to not only help others but to interact with the great St. Paul's community.

Marion Perry

* Contra Costa
Interfaith Coalition



A Call for Acolytes

I recall when I last served as an acolyte. I had just completed pre-flight officer candidate ground school as a Naval Aviation Cadet, and was ready to start flight training at Naval Air Station, Pensacola, Florida. I confess that at the time my motivation to volunteer to serve at Sunday service was not primarily spiritual. To be able to arrive early at the chapel, my regular partner and I were allowed to walk on our own. That way we avoided having to assemble for inspection in our dress blues and then march in formation to church. On that last Sunday, as a proud 23 year old newly commissioned Navy Ensign, my parents, also very proud, were in the congregation at that service.

Now nearly 60 years later, I realized that for some time I had been looking for some way to participate more meaningfully in the services at St. Paul's. As the Easter Season was approaching I became more aware of the lack of consistency and the drop in number of lay people who were assisting during the service.

I particularly remembered when there had been regular teams of three acolytes, a crucifer and two torch bearers. I was thinking, "Where have all the teenagers gone?" I first thought I'd volunteer to be the crucifer for one or two of the Holy Week services. Well, starting with Palm Sunday, I have been the crucifer for the 9:30 a.m. service. This just naturally led to include continuing as the acolyte. Now serving at God's table gives me amazingly powerful feelings of acceptance and belonging.

It would be most welcome to have others partner with me during the services. If there were enough volunteers, a flexible schedule could easily be arranged. All are welcome. No experience is required as there is free on-the-job training. Contact The Parish Office at 925-934-2324

Ned Soares



St. Paul's People Like To...

Flower Arranging

Flowers are given for happiness, sadness, special occasions, and “just because.” Church flowers are arranged for the Glory of God and an inspiration to the worshipers.

Learning flower arranging is an evolving process which one never completes. Visiting the exhibition “Bouquets Des Arts” at the de Young museum shows how much more there is to learn.

The Epistle team asked me when I started flower arranging. Well, it was not so long ago. I was asked by the flower team coordinator if I would like to try altar flower arranging. So, with her patience and guidelines I tried and realized I enjoyed it. I joined the Walnut Creek Garden Club and attended all the flower arranging classes offered to get experience.

What does Flower Arranging Involve?

1. Planning mechanics so the arrangement doesn't fall.
2. Using complementary colors and shapes of the flowers. How much greenery and filler to use? Is the container the correct shape and color?
3. Positioning: Will it be lost in, or complement, the reredos in the church or the beautiful windows in the Chapel? Is the height correct if placed on a table? Will the arrangement be seen all the way around?
4. Is it visible from the back of the church and the choir?

Although it is an anxious time wondering if the arrangement will work, the calm of the church and the support of the flower team coordinator can bring joy and satisfaction to a beginner flower arranger.

Kay Ellis



Kitchen Remodel Update

In December of 2018 we wrote an article for the Epistle stating that we thought we could bring the kitchen into compliance for approximately \$60,000. Following are the items we planned on addressing at that time: wood shelving used throughout kitchen – replace with stainless steel; unapproved flooring – replace with poured resin with 3/8-inch coving; wall covering – install approved wall material to a height of eight feet from floor (Fiber Reinforced Plastic – FRP); dish washing area – install a three-compartment sink, a mop sink, and a hand washing sink.

The requirements have changed since December. We submitted our initial Kitchen Remodel Plan for review to the County Health Department, who rejected it. We need to do everything listed above, plus we will need to replace the stove and hood, dishwasher, hot water heater, and floor drains. We've made changes to the plan to bring it into compliance and re-submitted it. Permits will be required from the County Health Department, from the Fire Department, and the City of Walnut Creek. The additional cost for these changes will be approximately \$70,000, bringing the remodel total to \$130,000.

While we are waiting for County Health Dept. approval, we have replaced the electrical sub-panel in the kitchen. We have ordered cabinets which have been delivered to us. We have removed the hot water heater that was deemed too small for the kitchen; it will be used in our property at 1944 Trinity Ave. We have made arrangements with a flooring specialist to install the approved flooring material once we receive approval from the County Health Department.

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 March-April 2019

March

- Donna Colombo gave a presentation on Trinity Center – the history, growth since opening in 2012, and what services they provide for their members, our neighbors who are homeless. Several St. Paul's members are active on the Board.
- There is a funeral assistance fund in the Gifts and Memorials Fund. Rich Colombo has that information.
- Vestry acknowledged Jessica Beerbaum for beautification of the Garden Room and for reorganizing the Family Ministry Center. Both spaces are now much more usable and welcoming.
- We do have capability to accept credit card payments for events such as the concert series, rummage sales and Valentine Tea. Training is required, and Rev. Krista has the technology.
- See page 5 for kitchen remodel details.

April

- The remodel of 1944 Trinity Ave. (associate rector residence), which is being donated by the new condo builders next door, is expected to be completed by the end of May, according to Charles Couch.
- The Lenten study series was well-attended. The Christian Formation Committee, led by Jim Ward and Amanda Cruz, is planning additional activities for the summer. There will also be an Advent series.
- Rev. Krista is expecting a new deacon soon, who will serve primarily the 9:30 a.m. service; we are pleased to have Rev. Margaretmary Staller who mainly serves the 7:30 a.m. service. We will be posting the opening for an Associate Rector in May.
- A formal motion to provide/designate a housing allowance to Rev. Laurie Moyer, who has been serving as Interim Associate in 2019, passed unanimously.
- See next column for Property Committee details.
- Full minutes of Vestry Meetings are posted in the Parish Hall, and Financial updates are published in the Sunday announcements.

Emily Hopkins

Property Committee

The Gardens at St. Paul's

With the coming of spring and the soon to follow summer, there is birth, death and resurrection happening right beneath our feet. We can't help but notice the bursting of life all around us. The bees, the flowers, trees, lady bugs, and grasses all bursting with life. Here at St. Paul's we are having quite a show of our own. The explosion and fragrance of our colorful roses, lilies, magnolias, poppies, hydrangeas, and much, much more take on a new life. The summer gardens will take on a new look; the hot colors of purple, deep reds and oranges will then dominate the pallet. The St. Paul's Commons' gardens will be complete and complement ours, as well as ours theirs. We hope for a seamless blend of landscape creating a natural transition between the two properties.

This is an exciting moment of newness and resurrection. After years of drought, and some years of decline we can now look to enhance our architecture, pathways and streetscape.

Over the next few months you will see various signs on and around the gardens of trees, pictures of shrubs, landscape ideas, benches, and so forth. The hopes are that our congregation will take part in the garden restoration. Some of these trees, shrubs and gardens can be donations "in honor of" or "in memory of," or just as a thoughtful gift, similar to "Susan's Garden" just completed to the left of the chapel. We have a Landscape Restricted Fund budget to help on a regular basis for large maintenance issues. These donated restricted funds are set aside, no matter how large or small, solely for the gardens. With your help we hope to continue the spirit of pride, collaboration, and fellowship, and continue the strong reverence, commitment and preservation of our parish property. So stop a minute and look at the resurrection all around us. Oh...and don't forget to smell the roses.

Frank Holbrook



Holy Week



Family Camp

It's "Eel River" time!

Since the first St. Paul's summer family camp gathering, this beautiful setting among the redwoods along the Eel river has provided a relaxed and secluded spot for St. Paul's members for nearly 50 years. Dates this year are July 13-22.

The two-week gathering helps St. Paul's members escape the Bay Area and the many daily responsibilities they usually juggle. These summer interludes attract about 80 campers, all eager to join in on the fun and fellowship in this incredible natural setting.

At the top of a bluff, the campsite is a family compound where campers socialize and develop deeper friendships with each other and with our faithful clergy. What a joy to escape the Bay Area and have time to read, sing by the campfire, help create amazing gourmet meals and thank God for this gift of family playing and worshipping together.

Thanks to the generosity of Lyle and Anne Morton and family, St. Paul's Family Camp continues to draw folks of all ages. Campers pitch in, assemble camp, dream up and serve gourmet meals, make amazing art projects, and participate in skit night. Have a guitar, harmonica or kazoo? Join in the music. You can also share a great book, take a nap or join in a bridge card game. Explore Shelter Cove. Gaze in awe at the stars and the redwoods. Pick blackberries. Take a hike.

Dress code is T-shirts and swim suits. The daily routine: perform a few easy chores, float down the river, read, converse, play and be gently reminded of how blessed we all are for this annual opportunity.

"Bring a tent and everything else is taken care of," noted Susan Burpee. And Emily Banwell Lagrone added: "My son Gus says he goes because 'I like to play in the water!'" Ned Soares enjoys seeing the many continuing long-term family reunions. Pack up your tent, sleeping bag, water shoes and a jacket for cool nights and the occasional foggy morning, and head north to enjoy time in the redwoods with friends and family. See you in the river!

Linnea Jessup

Concert Series Review

St. Petersburg Men's Ensemble

It was sheer delight to experience the performance of the St. Petersburg Men's Ensemble at St. Paul's on May 11. The ensemble brought both musical power and poise to their program. They presented beloved sacred pieces such as Mozart's "Ave Verum", Thompson's "Alleluia" and others during Part 1, and then added traditional Russian folk songs, sung with great zeal and energy for Part 2 of the concert. I had the fortune of being at the church early during setup for the concert, and as the Ensemble started their rehearsal, I was awestruck by the sudden magic of the sound they created in the space. I had to stop my setup tasks and just listen. It could be explained in technical musical terms such as perfect balance and pitch, and well-articulated dynamic changes, but it was just the magic of their music that took over. The rich baritone and bass voices were all prevalent throughout the program, guiding the tenor melodies and setting the energy in the room of peace and light. A sheer joy to experience.

Deborah Webster



Next in St. Paul's Concert Series

Dwight Stone

Join us for our next concert at St. Paul's, featuring Dwight Stone! While Music Director at St. Paul's, Dwight created our St. Paul's Concert Series, and we are honored to host his upcoming concert on June 22, 7 p.m. Dwight will present his original compositions on piano, and he will be joined by guest performers Tom Stone on euphonium, Nikka Rejto on flute, and others! Please come! Check out Dwight's new compositions, and enjoy the performance!

Deborah Webster

A Letter to St. Paul's

A few months ago, St. Paul's formally welcomed members of St. Luke's Rossmoor parish. We are delighted that they chose us as their new church home. In an effort to get to know them better, we asked a few questions, which prompted this response.

Dear People of St. Paul's,

Today several members of the former St. Luke's congregation and I sat together after the service here at St. Paul's, as we are prone to do. I think I need to emphasize that we do not mean to shut others out, but we only see each other at church, and the fellowship hour after services is the only chance we have to catch up with each other. You have been very kind and patient with us, and we appreciate it.

We are a group of people that became cohesive in the shared experience of losing membership and having to close our doors due to the fact that we could no longer afford to continue on. We shared the love, fellowship, uncertainty and grief of this process and hold each other as an important part of our lives.

While there have been some negatives that have steered us away from other nearby congregations, such problems are not the case here at St. Paul's. Initially, it was the lack of those negatives, and the fact that this church is physically located nearby, and an easy commute that attracted us.

What we found here was an atmosphere of acceptance, joyful fellowship, and welcome. We love Krista, our new minister, who we felt an instant connection with as she is new here as we are. But, best of all you welcomed back our Larry, who is dear to all of us from St. Luke's. His beautiful music in combination with your excellent choir has held us enraptured during the services we are enjoying here at St. Paul's.

I need to emphasize how warmly we have been welcomed. We never expected you to take us as a group to lunch, and the diocese was very supportive. Some of us were at a loss as to what to do with all the church equipment that we stored in Rossmoor, but you took that burden off our shoulders, and we are grateful. As time moves forward, we will probably feel less like members of St. Luke's within St. Paul's, and more like members of St. Paul's with fond memories of St. Luke's.

Thank you again for all you have done to acknowledge and include us in this lovely congregation.

Sincerely,

Terry McBriarty

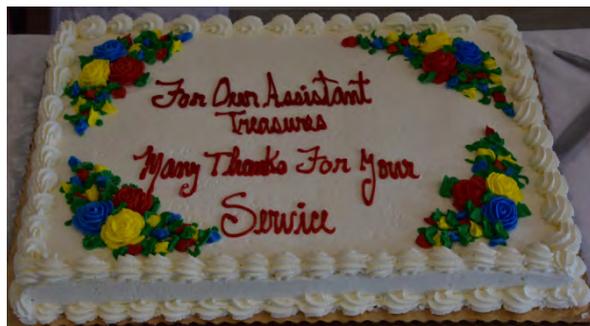
(In collaboration with former members of the St. Luke's congregation)

A Special "Thank You" to our Assistant Treasurers

Following is a list of people who have been working as Assistant Treasurers. Some of them have just started and some of them have been volunteering more that 20 years.

Several of our Assistant Treasurers have retired and we are looking for a few new members for the ministry. Anyone interested in becoming an Assistant Treasurer, contact Richard Kemink, who can provide more information.

Joan Aten	Barbara Bottomley
Kathy Rowe	Michael Kus
Mike Siebert	Glen Shockley
Nancy Briggs	Van Storer
Jim Bell	Bill Murphy
Richard Kemink	



Richard Kemink

Trinity Center Update



April of 2018, Audrey started the Lunch Mission in which is a 501(c)(3) providing lunches to those in need. Audrey (left), her mom (right), and some folks from the national Charity League, of which Audrey is a part, come to Trinity Center every Tuesday to make brown-bag lunches to be handed out to our male members when they leave on Wednesdays for Ladies' Day. They make peanut butter and jelly sandwiches and fresh cookies in our kitchen. They also provide a variety of other miscellaneous snacks. Trinity Center and our members are so grateful for the service Audrey and her team provide!

Fun Fact: This picture was taken on National Peanut Butter and Jelly Day, April 2nd.

Myth Busters – KQED

Recently, KQED put together an article after interviewing Donna Colombo and Horace Crawford who eloquently speak about this common myth: “There’s nothing I can do to help.” Please visit this site if you are interested in reading about this!

<http://www.kqed.org/news/11721460/why-do-these-4-myths-about-homelessness->

Life Skills Class

Luke Keenan (pictured) and Clyde Childress kicked off a new Life Skills Class dissecting important but often under-represented life lessons with Budgeting 101, exploring scenarios of conscious spending for someone receiving only \$1,000 per month. Discussions focused on juggling phone bills, car payments, insurance, DMV fees, motel rooms, medical insurance, clothing, etc. Members found themselves inspired by how far money can be stretched by having conscious spending habits.



Donna Colombo, Executive Director



Trinity Center Gala 2019



Staff at Trinity Center

Easter Day



Thank You for the Music

Thank you, Dr. Larry Crummer, Director of Music Ministries, the choir, soloists, and instrumentalists who, through music, have enriched our understanding and enjoyment of the Easter Season.



Welcome Deacon Rev. Margaretmary

At the 7:30 service in our historic chapel on Sunday, May 19, Rev. Krista surprised everyone -- even Deacon Margaretmary Staller -- with an official welcome and prayer blessing her pastoral care ministry. Margaretmary had just preached a sermon that included her reasons for returning to St. Paul's after a hiatus. Welcome back to our Deacon!



Pentecost

The term means “the fiftieth day.” It is used in both the OT and the NT. In the OT it refers to a feast of seven weeks known as the Feast of Weeks. It was apparently an agricultural event that focused on the harvesting of first fruits. Josephus referred to Pentecost as the fiftieth day after the first day of Passover. The term is used in the NT to refer to the coming of the Spirit on the day of Pentecost (Acts 2:1), shortly after Jesus’ death, resurrection, and ascension. Christians came to understand the meaning of Pentecost in terms of the gift of the Spirit. The Pentecost event was the fulfillment of a promise which Jesus gave concerning the return of the Holy Spirit. The speaking in tongues, which was a major effect of having received the Spirit, is interpreted by some to symbolize the church’s worldwide preaching. In the Christian tradition, Pentecost is now the seventh Sunday after Easter. It emphasizes that the church is understood as the body of Christ which is drawn together and given life by the Holy Spirit. Some understand Pentecost to be the origin and sending out of the church into the world. The Day of Pentecost is one of the seven principal feasts of the church year in the Episcopal Church (BCP, p. 15). The Day of Pentecost is identified by the BCP as one of the feasts that is “especially appropriate” for baptism (p. 312). The liturgical color for the feast is red. Pentecost has also been known as Whitsun or Whitsunday, a corruption of “White Sunday.” This term reflects the custom by which those who were baptized at the Vigil of Pentecost would wear their white baptismal garments to church on the Day of Pentecost. The BCP provides directions for observance of a Vigil of Pentecost, which begins with the Service of Light (p. 227). The Hymnal 1982 provides a variety of hymns for Pentecost (Hymns 223-230) and the Holy Spirit (Hymns 500-516).

<http://www.episcopalchurch.org>



Just a Reminder!!

St. Paul's Book Groups

The **afternoon** book group will meet on June 13th at 1:30 p.m. to discuss *The Woman Next Door* by Yewande Omotoso. We meet in the Office Meeting Room. For more information please contact Susan Penn.

The **evening** book group will meet Thursday, June 13th at 7:00 p.m. The book is *Improbable Friendship* by Anthony David. We meet in the Office Meeting Room. For more information contact Walt or Sue Busenius at 925-945-0715.

St. Paul's Family Camp 2019

Family Camp dates are July 13-22, 2019. Registration is Sunday at coffee hour June 9th until July 7th in the Parish Hall. Family Camp celebration dinner, originally scheduled for May 4th, is postponed until sometime this fall, after the Kitchen Project is completed.

2019 Men's Retreat

October 25-27

Walker Creek

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

2019 Women's Retreat

Plan to join us for a wonderful weekend of spiritual renewal and fellowship at Bishop's Ranch, November 15-17, 2019.

Heartfelt sharing, and celebration of God's gifts in the heart of wine country. The retreat is open to friends and family members. Partial scholarships available. A deposit of \$50 will hold your space (please make sure to mark it for the Women's Retreat). For more information, contact Jessica Beerbaum at (925) 932-4127.

Trinity Center needs your help!

Many volunteer opportunities available. For more information please call Carol at (925) 949-8712

Thank you!

Thank you Sara for all your hard work on the Epistle.
We really appreciate you, and wish you well.

Rhea, Sheri, and Ned

See website for full calendar of events.

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	

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
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