

THE EPISTLE

ST. PAUL'S EPISCOPAL CHURCH, WALNUT CREEK | JANUARY/FEBRUARY 2020



A Note From the Reverend Krista Fregoso

Dear St. Paul's,

Every year, without fail, we erupt into song a second after midnight. No matter where I spend my New Year's Eve, we usher in the new year with:

*Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne.*

Over the years this song, originally a poem written in 1788 by Scottish poet Robert Burns, became a beloved Scottish tradition of saying goodbye. This year, as we say goodbye to 2019, we serenade not only a new year, but a new decade.

Auld Lang Syne is about remembering old friends and "days gone by" (*auld lang syne*). It's about reminding people to not just charge forward and forget all that has happened; nor should people get stuck in the past and fear the future.

At St. Paul's, we have been busily rooting ourselves in the here and now. This past year, our campus has been bustling with construction in anticipation of welcoming the return of Trinity Center and our new neighbors at St. Paul's Commons.

The new decade holds much for St. Paul's to look forward to. As always, we'll continue charging forward to fulfill our ministry: cultivating community, embracing old friends, and welcoming new ones.

Many blessings,

The Rev. Krista D. Fregoso



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Bon Voyage

BY DR. LARRY CRUMMER

As you read this, Bill and I will be embarking on a world cruise on the Holland America ship, the MS Amsterdam. We sail from Fort Lauderdale, Florida on January 4 and return almost four and a half months later on May 12! We've been planning this trip since our last world cruise in 2015, but what makes this particular cruise so unique is that the ports are almost exclusively in the southern hemisphere.

Want to follow us on our journey? First, we head to South America with a five-day excursion in Antarctica. In the Southern Pacific, we visit Easter Island, Pitcairn, Tahiti, Tonga, the Cook Islands, the northern island of New Zealand, and the eastern coast of Australia. Our trip continues with Singapore, Bali, Komodo Island, Indonesia, and Sri Lanka. Then, we sail to Africa, Tanzania, Kenya, Madagascar, and Mozambique where we will disembark for a week's safari in Kruger National Park, South Africa, before meeting the ship again in Capetown. Then, onward to Namibia where we begin heading back towards Ft. Lauderdale, stopping along the way at Jamestown, St. Helena, the Ascension Islands, Barbados, Guadalupe, and San Juan, Puerto Rico, then home. Whew!

Many of you know that I've been a lecturer for Holland America Cruises for several years, specializing in topics such as art (mosaics), religious history, and music of the Mediterranean Sea area. I'm not working on this voyage though, so I'll be free to absorb the culture and atmosphere of the countries we visit.

I'll miss everyone while we're gone! But rest assured, I leave you in the more than capable hands of Deborah Webster, with Michael Erwin Page on the organ.

Bon voyage!



Just a Reminder

St. Paul's Book Clubs

Thursday, January 9

1:30 pm--*The Night Diary*

by Veera Hiranandani

7:00 pm--*A Walk in the Woods*

by Bill Bryson

Valentine Tea

Saturday, February 8 | 2:00 pm

Don't miss this much-anticipated annual event.

New Deadline for Epistle Articles

First of Every Month

Next issue due date for the March/April issue is Saturday, February 1.

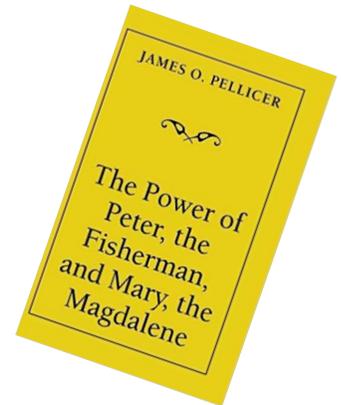


People of St. Paul's

"Author! Author!" A Writer in Our Midst

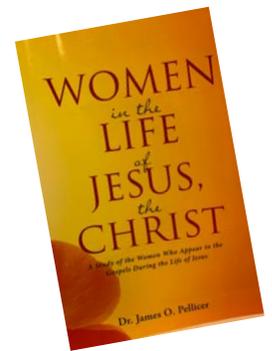
BY MIKE SIEBERT

James and Patricia Pellicer have been members of St. Paul's for several years, and most Sundays you can find them in the front pew of the church. But did you know that Dr. James Pellicer has written ten books? And two of his two latest are in our library (located in the office meeting room) for you to enjoy.



In *The Power of Peter, the Fisherman, and Mary, the Magdalene*, the author examines the case that Peter may not have been the first Pope, that he may not ever have traveled to Rome, and that he was not the leader of the Apostles. He goes on to explore Mary Magdalene's role in the early life of the church, her importance to Jesus, and her role as, perhaps, leader of the Apostles, and subsequently, the church's slander against her.

In *Women in the Life of Jesus, the Christ*, Jesus was blessed with the company of many women during his ministry. Professor Pellicer takes a close look at these women and their relationships to Jesus, providing historical background and reciting many of the passages in which they appear in the Bible.



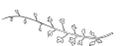
I hope you'll enjoy these wonderful additions to our library.

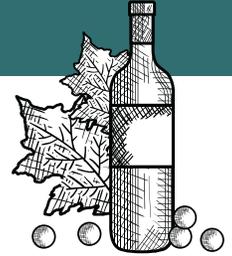
James O. Pellicer is Professor Emeritus of Hispanic Literature and Western Thought, having taught for 40 years at Hunter College, City University of New York. He was born in Argentina and migrated to the United States in 1962. He earned his doctorate in Philosophy. Dr. Pellicer is working on his latest book, When and How Christianity Was Born.



Lessons
&
Carols

December 15,
2019





Mockingbird Cellars

BY SALLY INGRAHAM

My husband, Dick, started making wine more than 45 years ago in the backyard of our home in Walnut Creek. We had purchased a property with a six-stall horse barn that Dick eventually converted into a small winery, calling it “Mockingbird Cellars.” In 1991, he gained the help of Bob Hussey, a friend interested in making wine, and from the beginning, Dick started winning prizes for his wine-making prowess.

After spending many hours going to Napa, Healdsburg, Mt. Veeder, and Plymouth to obtain grapes, in 2002 we planted our own vineyard, called “Sally’s Vineyard,” with Zinfandel, Cabernet Sauvignon, and Cabernet Franc varieties. Dick has always cared for the vineyard himself to produce award-winning wines. Every year, usually in October, our neighbors and friends help to harvest the crop.

Over the years, there have been many “Best of Show” and gold medal awards. This past July (2019), Dick won “Best of Show” for whites and “Tasters Choice” for the 250+ visitors to the Home Winemakers Classic, which benefits the Lokayo Volunteer Fire Department.

If you visit our home (to enjoy a glass of wine, of course!), you’ll see our awards on display. We’d love to welcome our St. Paul’s friends.

Meet the Euphonium

BY TOM STONE

I enjoy playing the euphonium, but a lot of people don’t know much about it. The name “euphonium” is derived from the ancient Greek word *euphōnos*, which means “sweet-sounding.” The instrument was developed in the 19th century, in the same shape as a tuba, but smaller, and with less coiled tubing. Euphoniums can be found in orchestras, wind, brass, and concert bands, and traditionally are an important part of British brass bands. These ensembles originated in the Victorian age and were intended as family-friendly working class entertainment. At the time, bands often consisted of blue-collar men from factories and coal mines.

For most of my 35-year teaching career, I was a music and special education teacher in London. Throughout my adult life, I’ve also played and taught piano, trumpet, trombone and euphonium, which I continue to this day. Brass music is my passion and currently I primarily play the euphonium. I think it has a beautiful tone and range. Composers who have written for this instrument include Gustav Holst in his suite *The Planets*, and Leos Janacek in his *Sinfonietta*. Many other modern composers are now writing concertos and sonatas for this beautiful instrument.

Besides playing at home, I perform with the St. Paul’s Brass Ensemble and with Dr. Larry Crummer. Making music is a wonderful gift and I’m happy to share it with the congregation of St. Paul’s.



St. Paul's Commons

Approaching the Finish Line

BY MOLLY CLOPP

It's exciting to be approaching the finish line on the very anticipated project known as St. Paul's Commons (SPC). There's as much progress inside as out, and everything is looking great. As of this writing, Resources for Community Development (RCD) and their contractor are pushing toward the goal of achieving the Certificate of Occupancy by December 31, 2019, which would allow residents to move in over the month of January 2020. The first floor community center will be completed shortly afterward and Trinity Center will be able to move in. Look for updates as these timelines firm up!

Next Steps

In preparation for the next stage, the operational partners are holding monthly meetings to ensure open communication and planning. The group consists of representatives from St. Paul's, Trinity Center, RCD, and the John Stewart Company. These meetings create a place for mutual questions and ideas to be discussed. Examples of topics include common area cleaning, landscaping, signage, scheduling, and programs. The group is very open to feedback from our St. Paul's community.

One consistent question raised is about parking. The contractual agreement includes 21 spaces in the Church's lot across Trinity Avenue. The spaces will be marked by signage and the cars will have stickers or placards that identify them as having rights to the space. The Church's existing towing company will also have an agreement with RCD for those spaces.

Directly in front of SPC there will be ten spaces. Two are for staff, one for Trinity Center, five for residents of the apartments, specifically those with mobility impairments, and two ADA spaces, one of which is presumed to be for Trinity Center. Similarly, these spaces will have signage and/or striping and stenciling that identifies the space and its user(s). Of course, as the building becomes operational and issues arise, the operations team will work to ensure that all concerns are addressed promptly.



Feel free to reach out with any questions to the St. Paul's Commons Committee: Molly P. Clopp, Jennifer Machado, Charles Couch, Donna Colombo, Richard Kemink, Julie Layne, David Mattern, and Jerry Williams.

The Listening Circles Project Report

Taking the temperature of the St. Paul's community

BY JESSICA BEERBAUM

In September, the College of Congregational Development (CCD) Team held four well-attended Listening Circle events. We collected information from parishioners regarding feelings about the opening of St. Paul's Commons and the return of Trinity Center to our campus. Three queries were posed.

#1: About pending changes with our new neighbors in St. Paul's Commons, including the return of Trinity Center, I feel...

There were 15 categories of responses. Many participants expressed simultaneous positive and apprehensive answers, with increasingly positive perceptions over time. Most responses were positive: hopeful, optimistic, excited about the return of Trinity Center, and pride about providing housing. Many feel this project reflects our spiritual beliefs.

Concerns included: daily interactions, the condition of our campus, and uncertainty around management issues. Some felt loss for former St. Paul's ministries.

#2: Tell us about your experience as the St. Paul's Commons project was developed and how you were involved.

Many members were not involved. Some were worried and skeptical. Many reflected enthusiasm about the project and respect for the project's church leadership.

#3: I have these questions, concerns, hopes and dreams about St. Paul's Commons...and/or about Trinity Center going forward.

Twenty-seven areas of concern were expressed, the largest being the parking lot; followed by hopes and concerns about coexistence and governance of the spaces and programs.

Many questions arose from the listening events and Rev. Fregoso and the Vestry Wardens are using feedback for future goal setting. On November 24, representatives from John Stewart Company (the group managing St. Paul's Commons), Trinity Center, and our own St. Paul's Committee were available to answer questions raised from the Listening Circles. If you'd like to review the Q&A sheets from this meeting, an expanded version of this report, and a church history timeline, they are all available in the church office.

CCD Team

The Reverend Krista Fregoso

Emily Hopkins

Sheri Grosjean

Jessica Beerbaum



Vestry Highlights

BY EMILY HOPKINS

If you weren't able to attend our October 21 and/or November 18 Vestry meeting(s), don't worry! We've recapped highlights to help keep you in the know.

- Deborah Webster presented the nominations for vestry and convention (see December Epistle).
- We approved the staff benefits package for 2020, as required by the diocese.
- We accepted the donation of a Steinway piano that is now in the office of the music director.
- Our Pastoral Care team now visits ten people weekly and is happy to fulfill this important need.
- Vestry planned and coordinated for:
 - The stewardship campaign and annual luncheon in November;
 - St. Paul's Commons information programs in November;
 - Lessons and Carols in December;
 - Warm Winter Nights shelter in December.
- The 2019 parish directory was published using the new office software.
- St. Paul's received an \$8,000 grant from the Episcopal Impact Fund for the kitchen project.
- Vestry approved funds to repair the leaky roof over the nursery school this year. We also reviewed a five-year plan for capital maintenance including the parking lot, solar panels, roofing, and flooring in the Parish Hall. The plan (based on contractors' estimates) intends that we spread these major repair costs over several years to avoid a huge financial hit in any single year, if possible.
- Amanda Cruz's last vestry meeting was October due to her approaching new baby.
- The Rev. Jeremy Clark-King, who is a trained facilitator and consultant to parishes, introduced possible methods for a mutual ministry review.
- Parish financial information is printed periodically in the Sunday announcement sheet.
- The new website launched in November (see this issue).

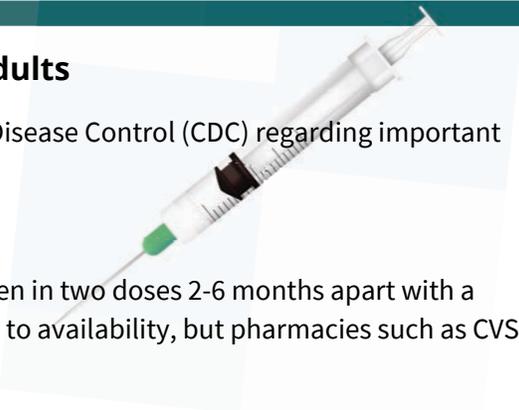
Moving forward, Rev. Krista and the Wardens are developing several areas of focus and spiritual direction for our St. Paul's community. As always, you're invited to attend our vestry meetings, which are typically held in the Livingston Conference Room the third Monday of each month at 6:30 pm. We look forward to seeing you.

Don't Forget! Vaccines for Older Adults

We don't mean to "needle" you with this helpful reminder from the Center for Disease Control (CDC) regarding important vaccines for older adults:

- **Annual flu shot:** Should be high dose for adults ages 65 +.
- **Shingles:** The new Shingrix is recommended for anyone over age 50. It's given in two doses 2-6 months apart with a minimum interval of four weeks. This vaccine is sometimes hard to find due to availability, but pharmacies such as CVS, Walgreens, and others get shipments, so be persistent!
- **Pneumonia:** PVC13 is followed in one year by PPSV23. Each is a single dose.
- **Tdap:** Administered once, followed with a Td (Tetanus and diphtheria) every ten years.

Being proactive about vaccines will help keep everyone in our St. Paul's community happy and healthy. ~ Susan Burpee



Church Life



Concert Series Review: the Phenomenal Jerome Lenke



BY DEBORAH WEBSTER

Organ enthusiasts and Bach fans alike were enthralled when organ master Jerome Lenke pulled out the stops in his all-Bach performance at our concert series event in November. The audience of 100 encircled the organ in the front area of the church, giving a sense of intimacy coupled with the excitement of a crowd. Lenke performed with finesse and exuberance, presenting notable preludes and fugues and interjecting "Sleepers Awake!" to the delight of the audience. A magical evening indeed, with a stellar performance by Lenke, teamed with our phenomenal Schlicker pipe organ in the back of the church.

Mark your calendars for our next two concerts: Saturday, January 25 at 7:00 pm, you won't want to miss Anyssa Neumann, pianist, and Rena Harms, soprano, for a night of classical and romantic music. And on February 29 (Leap Day!) at 7:00 pm, we'll welcome the Konevets Quartet with Marina Tolstova. To learn more, visit stpaulswc.org.

America's First African-American Priest: Absalom Jones



Born into slavery in 1746 in Delaware, at a time when slavery was being debated as immoral and undemocratic, Absalom Jones taught himself to read, using the New Testament as one of his resources. At the age of 16, he was brought to Philadelphia by his master, where he attended a night school for African-Americans operated by Quakers. Upon his manumission in 1784, Jones served as lay minister for the black membership at St. George's Methodist Episcopal Church with his friend, Richard Allen. Together they established the Free African Society to aid in the emancipation of slaves and to offer sustenance and spiritual support to widows, orphans, and the poor.

At age 56, Absalom Jones became the first African-American priest

The active evangelism of Jones and Allen greatly increased black membership at St. George's. In 1792, Jones and Allen, with the assistance of local Quakers and Episcopalians, established the "First African Church" in Philadelphia. Shortly after the establishment that same year, the African Church applied to join the Protestant Episcopal Church.

Upon acceptance into the Diocese of Pennsylvania, the church was renamed the African Episcopal Church of St. Thomas. The following year Jones became a deacon but was not ordained a priest until 1802. He continued to be a leader in his community, founding a day school (as African Americans were excluded from attending public school), the Female Benevolent Society, and an African Friendly Society. In 1800 he called upon Congress to abolish the slave trade and to provide for gradual emancipation of existing slaves. Jones died in 1818.

Adapted from *The Church Awakens: African Americans and the Struggle for Justice*, episcopalarchives.org/church-awakens.
Absalom Jones is recognized in the Episcopal calendar on February 13, 2020.

Church Life



St. Paul's Columbarium

In 2003, St. Paul's Columbarium was completed and began accepting the remains of our members and their relatives, in the tradition of the church cemetery. In 2010, we installed a granite wall in the Columbarium Garden so that members and relatives whose remains are elsewhere could be remembered at St. Paul's. Niches in the Columbarium can be reserved and each niche can accommodate two urns.

The cost of a niche is \$1200. Plaques on the granite wall can be reserved and that cost is \$195 for each plaque. Niches and plaques are for members and their relatives, including life partners.

If you would like to reserve a niche or plaque, or would like additional information, please call the church office at (925) 934-2324. ~ Mike Siebert

Thank You, Gardeners



There's always something going on behind the scenes at The Gardens at St. Paul's. The roses are trimmed regularly, then cut way back in the winter, and fertilized in the spring and summer. The weeds are the healthiest thing we grow and it's a daily chore to keep up with them. In some gardens, the soil is changed twice a year, and seasonal bloomers are planted...some from seed. Also, water lines are in a constant state of repair.

But in the end, our campus continues to be an eye-catching beautiful slice of nature. All of these things would not be possible without our dedicated group of volunteers. To all those folks a hearty and well deserved thank you goes out to each one of our green thumbs! Many thanks to Ed Carlisle, Frank Holbrook, Earle Schremp, Elizabeth Soares, Ned Soares, and Van Storer. St. Paul's appreciates your good work. ~ Frank Holbrook

Meet Leslie Gleason, Trinity Center Executive Director

Trinity Center is pleased to introduce Leslie Gleason as their new Executive Director, effective January 6, 2020. With 30 years of leadership experience, Leslie takes over from long-time Executive Director and Trinity Center founder, Donna Colombo, who is retiring after seven years of service. Under Donna's leadership, Trinity Center grew from a small community service provider to a robust and trusted program that provides more than 15,000 services a year.

Donna says, "We're pleased that a person with Leslie's experience will be joining us to lead Trinity Center into a bright future. She's demonstrated a record of success delivering consistent homeless service programs, building community collaboration, and developing strong teams."

Leslie adds, "This is an incredible opportunity to combine my passion for community service and blend it with my professional business experience to grow this remarkable organization."

We thank Donna for her many accomplishments and look forward to working with Leslie in the years ahead.

L-R: Donna Colombo, Leslie Gleason



Church Life

Drum Roll Please... Introducing St. Paul's New Website

After almost one year of redesigning, re-imagining, and testing, testing, testing, we are proud to introduce St. Paul's new website! Launched in late November, the site reflects many new features that visitors will enjoy, such as:

- A more polished, attractive, and contemporary look
- User-friendly navigation
- Inviting introductions to St. Paul's values and beliefs, various ministries, and community outreach
- An archive of past programs and events
- Photos and graphics to make the site more visually appealing

We invite you to explore our new site at the address, which remains stpaulswc.org. And of course, we welcome feedback at info@stpaulswc.org.

Go forth, scroll, click, and enjoy!



Website team L-R: Sheri Grosjean, Richard Kemink, Rhea Williams, Emily Hopkins, Phil Webster, Eileen Mitchell, Rev. Krista Fregoso

Whistling Swans

Do you bow your head when you pray or do you look up into that blue space?
Take your choice, prayers fly from all directions.
And don't worry about what language you use,
God no doubt understands them all.
Even when the swans are flying north and making
Such a ruckus of noise, God is surely listening and understanding.
Rumi said, There is no proof of the soul.
But isn't the return of spring and how it
Springs up in our hearts a pretty good hint?
Yes, I know, God's silence never breaks, but is that really a problem?
There are thousands of voices, after all.
And furthermore, don't you imagine (I just suggest it)
That the swans know about as much as we do about the whole business?
So listen to them and watch them singing as they fly.
Take from it what you can.

Oliver, M. (2017) *Devotions: The Selected Poems of Mary Oliver*, Penguin Press



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Address correction requested

1924 Trinity Avenue
Walnut Creek, CA
94596

(925) 934-2324

info@stpaulswc.org

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Monday - Thursday
9:30 am - 3:30 pm

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