

THE EPISTLE

ST. PAUL'S EPISCOPAL CHURCH, WALNUT CREEK | MARCH/APRIL 2020



A Note From the Reverend Krista Fregoso

Dear People of St. Paul's,

Won't you be my neighbor?

Clearly, Mr. Rogers Neighborhood had an impact on me. Growing up, I remember racing into the TV room with my little sister in tow to watch the popular afternoon children's show. Mr. Rogers introduced us to so many things: a factory tour to see how crayons were made or a chef's kitchen to bake cupcakes. We went on magical trips to his land of make-believe, where we talked about everything from how to be a good helper to what to do if you are bullied. However, over time, I outgrew Mr. Rogers and soon saw him as that boring show my baby sister liked to watch.

It wasn't until a couple of years ago, when I saw the documentary *Won't You Be My Neighbor?*, that I became fully aware of the impact Mr. Rogers had on my life. There was one clip when his pet fish died. As a child who had several pet goldfishes, this was an important episode for me. Rewatching that clip was like time had stopped and the little girl inside of me was learning, all over again, how to express her feelings after Goldy, Checkers, Fluffy or Elroy had died. Mr. Rogers helped my family move forward.

Fred Rogers created the show because he was worried about the direction that many children's TV shows were headed. They were fast-paced, violent, and at times marketed commercial goods. He wanted to create a program that would bring hope and light into the world by helping children express their feelings and learn to deal with difficult topics.

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Lenten Series

The Spirituality of the Neighborhood in the Global Vision of St. Matthew's Gospel

"Won't you be my neighbor?" Follow Rev. Krista's lead and don your favorite red sweater, lace up your sneakers, and channel the spirit of Mr. Rogers with this Lenten series featuring Father Tom Bonacci, Executive Director of the Interfaith Peace Project. Tom, who actually grew up in what came to be known as Mr. Roger's neighborhood in Pittsburg, will engage us in meaningful conversation about what it takes to be a good neighbor.

"Mr. Rogers continues to inspire my work and person," says Tom. "In these challenging times, now, more than ever, it's important to not just understand, but welcome and embrace 'the stranger.'"

Join us for a delicious potluck dinner followed by a one-hour discussion, and learn how we can all become better neighbors.

Four Wednesdays | Potluck 6:30 pm; Presentation 7:00 - 8:00 pm

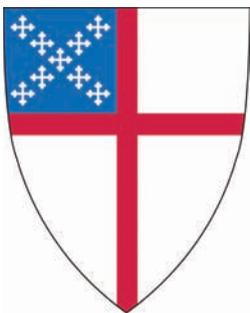
- March 4: Expanding the neighborhood beyond the typical and expected
- March 11: Welcoming the stranger
- March 25: The rule of inclusion
- April 1: To the ends of the earth realized when we cross the street

Can you offer a ride? Call the Church office at (925) 934-2324.



About Father Tom Bonacci

He is a member of the Passionist Religious Community, a Roman Catholic Order dedicated to Jesus Crucified by compassionate service to the poor and rejected of society. He has served throughout the United States developing Scripture and Interfaith programs and helped establish the Interfaith Peace Project in 2001.



Episcopal 201

Ten Sundays starting March 8 | 11:30 am

Join us as we explore the Episcopal Church and its approach to spirituality, theology, and scripture. This ten-course session draws from a national confirmation program called Confirm, not Conform.

Want to learn more about the course?

Email Rev. Krista at info@stpaulswc.org.

Vestry Retreat: Preparing for the Year Ahead

BY LISA BELL STEWART, SENIOR WARDEN

The first action for our incoming Vestry was to spend the weekend at the Bishop's Ranch thinking, praying, and planning for the year ahead. If you have had the opportunity to visit Bishop's Ranch, you know that it is a beautiful, bucolic location in Healdsburg, overlooking vineyards and creeks. It is truly God's country.

To frame our discussions for the weekend, Rev. Krista reminded us of the three pillars she has asked St. Paul's to adopt:

1. Be good neighbors
2. Be one community together
3. Hunger for learning new ways of being Christ's body in the world

Considering how the community of St. Paul's lives out our faith within Walnut Creek, and the world at large, we brainstormed our norms. We discussed the differences between *doing* and *leading*, and shared our hopes, concerns and dreams for our community.

As with most planning sessions, we didn't solve the problems of the world, but we did get a very good start at thinking through how we will navigate the changes and chances of this life in the year ahead. Your Vestry is engaged, inquiring, and committed. We thank you for your support and prayers, and look forward to meeting the obstacles and opportunities of the coming year.

In the words of Brad Henry, "Let us be bold. Let us be brave. Let us be together."



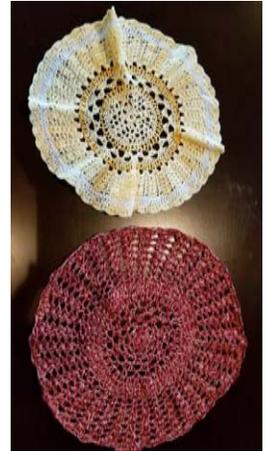
Busy Hands, Beautiful Results

BY RONNIE MARTY

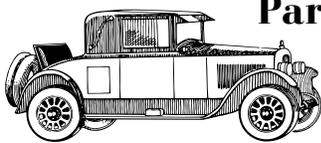
I enjoy being creative with my hands. This began when I was in grammar school and started sewing my own clothes. I tried knitting, but found it just wasn't my thing. The difference between crocheting and knitting is that you use one crochet hook to crochet and to knit you use two knitting needles. My aunt also tried to teach me to make lace by tatting, and that I definitely could not do!

In high school, I decided to learn to crochet. Because I'm left-handed and didn't know anyone who was left-handed and crocheted, I bought a book, *How to Crochet*, for left-handed people, and taught myself. Today all you have to do is to go online to YouTube and follow an instructional video. I've crocheted baby blankets for all my grandchildren and also for my great-grandchild. All family members have afghans that I've crocheted.

I always have a project going. Crocheting is wonderful to do while watching TV or traveling. Also, I find it's good therapy for my arthritis; it helps with the swelling and pain, and keeps my fingers from getting too stiff. It's a challenge making up my own patterns, but crocheting gives me a lot of satisfaction, especially when my projects turn out nicely (photos far right).



Maybe you'll be inspired to give crocheting a try? I promise, it's worth exploring!



Parking Lot Update: Relief is on the Way

BY CHARLES COUCH

As everyone knows, our parking lot has been in a state of flux for some time now, but there's an end in sight!

Twenty-one parking spaces along the rear of the lot (south side) are assigned and reserved for tenant use by our new neighbors at St. Paul's Commons. The project contractor is clearing those spaces of equipment and materials storage, with the intent to have all those rear spaces, and the ones along the east side, cleared and available for parking. We are also requesting the garbage container be relocated to its new home at St. Paul's Commons, and the contractor is relocating their site office from the trailer to the first floor of the building, so that the trailer can be removed from the lot. This will clear up parking spaces for church use.

If you have any questions or concerns, please feel free to ask either myself or Richard Kemink.

Church Life



Helping Hands at Mountain View Shelter

From January 13 through March 17, the St. Paul's cooking teams prepared and served dinner at the Mountain View Family Shelter in Martinez. This Shelter Inc. facility provides long term housing for referred families while they receive case management. Their stay includes parenting classes, job training, financial management, and referrals to transitional housing. In January the clients included four moms with newborns, and it's always a treat to visit with them! We are so glad that Shelter Inc. is able to house them. Can you imagine living in a car with a brand new baby??

Some residents have employment, but not with enough pay to provide the required first and last month's rent and security deposit. On Friday night, the residents were treated to St. Paul's annual Pizza Night. St. Paul's Homeless Support Fund provides the dollars for five nights of meals for 30 residents.

Many thanks to the St. Paul's cooks and helpers who offered their time and talents: Lyle Morton (who did most of the cooking and shopping), Sue and Clint Phalen, Chuck and Carol Glass, Susan Burpee, Hugh Harvey, Jan Williams, Mike Yale (the famous meatloaf), Elizabeth and Ned Soares (he sharpened all the knives), Geoff Dennis, Laura Williams, and Ken and Linnea Jessup. ~**Anne Morton**



Honduras Mission 2020

Sponsor a Child and Help Make a Difference

Since 2007, St. Paul's has supported annual mission-driven visits to our sister parish, Iglesia Episcopal San Juan Evangelista, in Tegucigalpa, Honduras. This year, we will continue our relationship with our sister parish by helping support life-enhancing ministries, such as:

- Vacation Bible School for parish and neighborhood children
- School backpacks with supplies
- Daily hot lunches
- Craft projects
- And more



Contributions are tax deductible and we will record your name on a list of sponsors for 2020. You will also receive a picture of the child(ren) you sponsor (\$40 per child). Mail checks to St. Paul's Episcopal Church at 1924 Trinity Avenue, Walnut Creek, CA 94596 and on the memo line include "Honduras Mission."

Thank you, and God bless for your support of this life-enhancing ministry. ~ **Hugh Harvey**



Lenten Food Boxes

For the past 19+ years, the St. Paul's Contra Costa Interfaith Coalition (CCIC) action team has been sponsoring a Lenten emergency food box drive. On March 1, we'll start this year's event with the distribution of the shopping bags and the list of items for which to shop.

Collection of food items takes place on the following Sundays in March: the 8th, 15th, and 22nd. The drive ends on March 29 with the boxing up of food items after each service. These boxes are used by Contra Costa County Family and Emergency Services case managers and CCIC for families who need food. With your help, the St. Paul's Action Team hopes to fill 40 boxes this year.

We need helpers for all phases of the drive, but especially on Saturday, March 28 between 9:00 - 11:00 am. We'll set up in the Parish Hall for packing. If you can help, please email info@stpaulswc.org. ~ **Sue Phalen**



Good Sams = Good Hearts

St. Paul's has had a long tradition of supporting our parishioners in times of need, perhaps with an extra meal after an illness or hospital stay, or a ride to a doctor's appointment. A group of dedicated people support this ministry and it would be wonderful if you could consider being one of those people.

The commitment is minimal. Most participants provide food about five times a year and are asked to help with a similar number of rides.

We have four teams, each with a team leader, with the teams rotating throughout the year. If you love to cook or have a little extra time to help someone with a ride, please consider contacting me at info@stpaulswc.org. We'd love to have you join our Good Sams team.

~**Mary Waddington**



Church Life

Concert Review: Rena Harms, Soprano and Anyssa Neumann, Piano

BY DEBORAH WEBSTER

I entered this concert with excited expectations and by the end, "Wow!" was the only word that described the experience. Rena Harms, soprano, with Anyssa Neumann on piano, are a true duo of virtuosity and artistic expression. Their January performance began with Four Songs (Opus 2) by Arnold Schoenberg. These pieces, almost compulsory in nature, separate the masters from the others, and our duo performed them with finesse and strength, setting the audience on high alert that this was going to be a night to remember. The duo then presented songs from Barber Vaughan-Williams, Strauss, Puccini, and Verdi, again all with strength and delicacy of accomplished world-class performers. As a final gift to our thrilled audience, they performed a little-known unpublished gem called "Evening Star" by George Gershwin.

Keep a watch on these two performers; they are truly shining stars!



St. Paul's Concert Series

Save the Date!

Anna Maria Mendieta

Concert and Celtic Harps

Saturday, March 14 | 7:00 pm

John Renke

Organist

Saturday, April 25 | 7:00 pm

Bishop Appoints Two From St. Paul's

In this update from the Diocesan Task Force on Sabbatical Leave Policy for Interim Clergy, we are pleased to announce the Bishop has appointed these members:

- The Reverend Beth Lind Foote, Interim Rector, All Saints' Episcopal Church, San Francisco
- The Rev. Dr. Stephen Hassett, Rector, St. Stephen's, Orinda
- Emily Hopkins, CAPT, USN (Ret.), St. Paul's, Walnut Creek
- The Rev. Audrey Miskelley, Certified Intentional Interim Rector, Diocese of California
- The Rev. Cameron Partridge, Rector, St. Aidan's, San Francisco
- Ms. Mary-Jane Wood, St. Paul's, Walnut Creek

Our mission is to research and prepare a proposal for consideration at the 171st Convention of the Diocese of California in October 2020. At the task force kickoff meeting held on January 30, hosted by St. Paul's, the team discussed our hopes, dreams and scope of work. We believe our work lies at the nexus of the specialized field of transition ministry, and the health of our parishes, clergy, and church overall.

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To learn more, please contact Emily Hopkins at info@stpaulswc.com.

A Behind the Scenes Look at the Valentine Tea

BY JULIE LAYNE, JUNIOR WARDEN

As emcee, Tom Fregoso remarked at our 17th Annual Valentine Tea, "It takes a village to get things done," an adage that certainly applies to this event! Planning began back in October when we:

- Chose philanthropies and invited representatives to be our guests and say a few words
- Planned the menu and recruited parishioners each of whom who were willing to make 172 delicious menu items
- Began hunting for treasures to raffle off; talented parishioners stepped forward to offer items for both the silent and live auctions

As the February date drew closer, the program began taking shape. Our entertainer and emcee/auctioneer were confirmed, servers and cleanup crews were enlisted, tickets were printed, and our new sales system went off without a hitch, thank goodness!

As we approached the home stretch, we:

- Gathered a talented culinary team to make and freeze more than 160 sandwiches
- Compiled and created more than 35 beautiful raffle baskets, and silent and live auction items
- Coordinated logistics: tables/chairs setup, kitchen and store setup, room decorating, raffle display, plating the food, preparing the tea, organizing and training the servers

Then the big day came! This included check-in, raffle ticket sales, raffles and auctions, emcee duties, store and kitchen staffing, tea management, and cleanup. Whew! This event is definitely labor-intensive with a lot of behind-the-scenes moving parts, requiring many competent and willing hands, and many hours of dedication.

But all of this isn't about us. It's about raising awareness and the benefit we are able to pass on, through our beneficiaries, to those in need in our community. This year, benefit proceeds went to Trinity Center, The CCC Chaplaincy Program, and to Puerto Rico Relief through Episcopal Relief and Development.

On my behalf and on theirs, please accept my sincere thanks to everyone who worked on this annual event, making it the success that it was.

And most of all, a big thank you to all our guests who generously supported our Valentine Tea.



Tea Anyone You Know?





Church Life

St. Paul's Potluck & Movie Night: *Hidden Figures*

Saturday, March 7 | Potluck 4:00 pm; Movie 5:00 pm

Last August we hosted our first Parish Potluck/Movie Night, showing the 2018 American documentary about Mister Rogers' Neighborhood. Sheri Grosjean, Jessica Beerbaum, and Jim Ward arranged a cozy theater setting in the Parish Hall for the movie along with an area for eating. The tasty potluck and great conversations contributed to a relaxed mood for all to enjoy. Snacks were available during the movie for anyone craving munchies! We followed that up a few weeks later with the wonderful Pixar movie *UP*.

This year, we're holding our first Potluck/Movie Night featuring the Academy-award-winning movie, *Hidden Figures*, the incredible untold story of the team of female African-American mathematicians working at NASA who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit. St. Paul's Book Club has been reading the book, so for those who haven't seen the film, the movie is a great introduction to the book.

New this year: We're doing our best to provide rides for those who would like to attend but have difficulty driving at night. If you are interested in helping out with driving or setting up, please contact Jim Ward at info@stpaulswc.org.

Those who attend our Potluck/Movie Nights agree they are great community-building events, good for couples and families. We hope to welcome both new and returning faces! ~ **Jim Ward**

A Note From the Rev. Krista

con't from front page

Every episode, guest, and topic were carefully constructed to meet his goals. As a minister, Fred Rogers felt his show was his ministry to the world.

St. Paul's is working to become a warm and welcoming community center, much like Mr. Roger's neighborhood. We want to bring hope and light to the world, a space that everyone recognizes as a center for hope, be it a support group, a social event, or a place of worship.

A few years ago, the Episcopal church did a study of sacred spaces in urban environments. It found that, on average, congregations or sacred spaces had an economic impact of 1.7 million dollars on the communities around them. This was especially true with congregations like ours, who use their spaces to support local non-profit groups. They called this the halo effect.

How can St. Paul's expand our halo? This Lent, we are exploring what it means to be a neighbor using the Gospel of Matthew, with Father Tom Bonacci. Join me in learning how to be a good neighbor to one and all.

Blessings *The Rev. Krista D. Fregoso*

Trinity Center: The Next Chapter

BY LESLIE GLEASON

It's a great joy to introduce myself to the St. Paul's community as the new Executive Director of Trinity Center. My career includes delivering services in housing, emergency food, and career development programs; building community partnerships; and developing strong teams in community-based organizations and government. As a life-long Episcopalian with a Master of Divinity from Episcopal Divinity School, I exercise my ministry through the collaborative work of building people up by helping them meet their basic needs and reach for their dreams.

On behalf of Trinity Center, I thank all of you for your support over the years. I've been warmly welcomed at Sunday worship, the Annual Parish Meeting, and multiple meetings with parish leadership. We all agree, we have so much to be grateful for. Residents recently moved into their new homes at St. Paul's Commons apartments, and I only wish you could have seen their glowing faces as they opened the doors to their new homes and new chapters in their lives.

For those who have supported Trinity Center since the days that affordable housing was considered an impossible dream, thank you! Today that dream is a reality. For newer parishioners, we are excited to meet you as Trinity Center prepares to move into our beautiful new space next door. Here, we will continue providing our hallmark services with compassion and respect, accompanied with innovative programs to meet the evolving needs of persons experiencing homelessness. At the Annual Meeting, I likened this period to that moment in a family's history when a child returns home after college or from a military tour of duty. Young adult and family are the same, but different. Experiences and education have opened eyes, and it can be complicated living side-by-side again. But as long as we remember who we each are and in Whose loving service we give back to the world, I'm sure we will navigate any challenges together.

I look forward to working with and on behalf of each of you as valuable supporters devoted to strengthening our community through hope and opportunity.

Save the Date!

Trinity Center's 6th Annual Night of Hope Gala

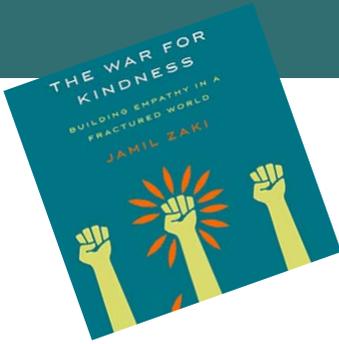
Friday, May 8 | 5:00 - 10:00 pm

Join friends and colleagues at this annual event that helps inspire hope for people in our community who are experiencing homelessness and/or poverty. Your support will help provide housing, meals, temporary shelter, treatment for substance abuse and mental health issues, access to showers and laundry, plus much more. Tickets are on sale now! \$150 on or before April 17/afterward \$200. Trinity is also looking for sponsors, as well as auction/prize donations.

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To purchase tickets or learn about sponsorship opportunities, visit trinitycenterwc.org.





Book Review: *The War For Kindness*

REVIEWED BY JESSICA BEERBAUM

Jamil Zaki's *The War For Kindness* is that rare thing – a book that combines critically timely material and scholarly, thorough research with a readable and fluid writing style. While describing our current fragile state of human empathy, it is a hopeful book. It lays out, as the sub-title promises, the path for “building empathy in a fractured world,” by explaining proven findings from multiple studies.

Many believe that empathy is a talent or gift some are born with and some are not. This is a classic fixed mind set theory. However, empathy is a skill that can be nurtured. It is also true that hardcore racists and folks who function with a great deal of hate can change their viewpoint toward empathy. Zaki gives a riveting portrayal of a hate group leader who turned his viewpoint around and currently works with others like him to change their viewpoints. He makes a strong case for contact as a key element for building empathy. Boundaries between people can be removed through working, playing, and living along side each other. Story-telling through reading and theater also helps break down barriers.

The author also discusses how work settings and other community groups (schools, hospitals, etc.) can support individuals for whom empathy is both a professional requirement and a potential health landmine. He gives a balanced account of the role of technology in being a detriment to empathy and a powerful tool for empathy building.

Published in 2019, *The War For Kindness* is surprisingly positive and a must read, especially if you are feeling afraid for our collective humanity.

Book Review: *Knack Universal Design: A Step-by-Step Guide to Modifying Your Home for Comfortable, Accessible Living*

REVIEWED BY EMILY HOPKINS



If home improvements or repairs are on your "to do" list, I highly recommend this book by Barbara Krueger and Nika Stewart (available at the library), which I thoroughly enjoyed. It's an insightful reference book with options in various price ranges from floor to ceiling for every room in the house, as well as landscaping and gardening. Opening with “Life Cycles: What your aging process might look like,” it addresses vision, agility, and memory issues. There are also chapters for specific needs, including “Arthritis Hand Aids,” and “The Aging Eye,” and all are illustrated with 450 full-color, step-by-step photos.

In future issues of *The Epistle* we will highlight more “aging in place” resources, including universal design, fall prevention, and best practices for using a cane.

Reminders



Maundy Thursday, April 9

Agape Feast at 7:00 pm
Service begins at 7:30 pm

Good Friday, April 10

Good Friday at 12:00 pm and 7:00 pm

Saturday, April 11

The Great Vigil of Easter, 7:00 pm

Easter Sunday, April 12

7:30 am
9:30 am
Family service at 11:00 am

Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."
~John 6:35

You're Invited!

Open House Potluck & Easter Egg Hunt

St. Paul's East at 12:00 pm
The Morton's House
Walnut Creek, CA 94597

St. Paul's Book Clubs

Afternoon Club, 1:30 pm. Contact: Judith Dillingham at info@stpaulswc.org

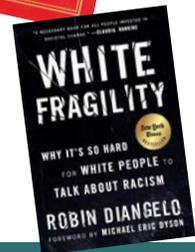
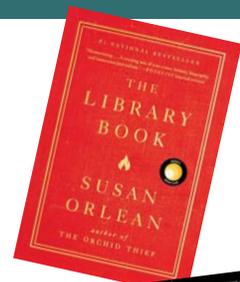
March 12: *Last Bus to Woodstock* by Colin Dexter

April 9: *The Library Book* by Susan Orlean

Evening Club, 7:00 pm. Contact: Walt or Sue Busenius at info@stpaulswc.org

March 12: *The Power of Peter, the Fisherman, and Mary, the Magdalene* by James Q. Pellicer

April 9: *White Fragility* by Robin DiAngelo



AARP Tax-Aide Free Tax Preparation

Mondays & Tuesdays | 9:00 am - 5:00 pm | Parish Hall

AARP is offering Tax-Aide, a free tax preparation service, through April 14. Tax preparers are trained and certified by the IRS, and serve taxpayers of any age who cannot afford a tax service.

To make your appointment, call Tax-Aide at (925) 979-5013.



The Road Home

Tell me, where is the road
I can call my own
That I left, that I lost
So long ago?
All these years I have wandered
Oh, when will I know
There's a way, there's a road
That will lead me home

After wind, after rain
When the dark is done
As I wake from a dream
In the gold of day
Through the air there's a calling
From far away
There's a voice I can hear
That will lead me home

Rise up, follow me
Come away, is the call
With the love in your heart
As the only song
There is no such beauty
As where you belong
Rise up, follow me
I will lead you home.

Songwriter – Stephen Paulus



With warm hearts
and joyful spirits,
St. Paul's welcomes
our neighbors to
their new homes at
St. Paul's Commons.



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