

THE EPISTLE

ST. PAUL'S EPISCOPAL CHURCH, WALNUT CREEK | MAY/JUNE 2020



A Note From the Reverend Krista Fregoso

Dear People of St. Paul's,

Over the past few weeks, I've been thinking a lot about that first Easter. It must have been a very confusing time for the disciples. Jesus was missing! Mary, who was the first person to see the empty tomb, rushed to share the news and the disciples weren't so sure they understood exactly what she was saying. In the Gospel of Luke, they accused Mary of telling "idle tales" or, as my grandmother would say, *malarky*. In the Gospel of Mark, the story ends with the disciples all running away in fear and confusion. This ending was so upsetting that a second ending was written years later.

I keep thinking about how many parallels we now have to that first Easter. It wasn't filled with Easter hats, flowers, trumpets, and the glory of Easter as we know it. Instead, it was filled with fear and confusion, misinformation, love, and joy.

I was reading somewhere that some were thinking about moving the date of Easter to a time when we can all gather again in person. We could, as a church, lean into the Lenten season.

The calendar is human-made, after all. What would stop us from moving the Easter season? Well, here's the thing. Easter doesn't work that way. It comes to us no matter what is happening. Easter comes during joyful times, sad times, and yes, even pandemic times. It comes during wartime, difficult times, and easy times. That is the glory of Easter. Jesus offers true resurrection and light even in the darkest of moments.

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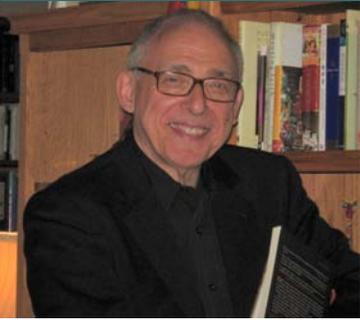
Inspirational Poem

St. Paul's Vision Statement

At St. Paul's, as followers of Jesus Christ, we envision a church that provides and supports a loving community of faith: with our church, with one another, and with our world, Where all are welcome, no matter where they are on their spiritual journey, Where activities, events and opportunities support spiritual growth for people of all ages and diversities through worship, education, and service, Where we use our God-given talents, time and treasure to lift the less fortunate and the vulnerable. May we all support each other in remembering and creating this vision, not just in the hours we spend on campus, but during our daily lives, as we interact with friends and neighbors, and as we act as members of our wider communities.



Church Life



Father Tom Bonacci

Lenten Series Perspective

Where is Our Neighborhood? Who Are Our Neighbors?

By JUDITH DILLINGHAM

At the conclusion of the first Lenten gathering with Father Tom Bonacci, I was asked to prepare some reflections of our four sessions together. I agreed, as I had enjoyed the times Fr. Tom had shared with St. Paul's. We had two sessions with Fr. Tom in which he organized his remarks around Mr. Rogers' Neighborhood. Then our world changed in ways we could never have imagined, but Fr. Tom's message to us is now more important than it has ever been.

Let's start with our immediate circle. We are told that people older than 60 are at particular risk for the COVID-19 virus. My husband and I are each 80. Our immediate families consist of siblings, children, and grandchildren. Do they know how much they are loved and valued? Moving out slightly, there are longtime friends. We need to become better listeners. What worries are foremost in their minds? When we find out, do we follow up?

Moving further out, I reflect on my time at St. Paul's. I have been a member of this church for 16 years and have made connections that I value. Do I see coffee hour as my time to take care of being a friend to them? Or am I content to talk only to the people I know well? St. Paul's has many members who live alone. In these stressful days, do these members still feel connected, or do they feel abandoned?

And then broadening our scope, there is Walnut Creek and the world around us. Due to sheltering-in-place, we can't deal with that right now except in prayer. But we can remember what the Bible says about the "orphan" and the "widow" (James 1:27) and also take to heart the words of Mr. Rogers and Father Bonacci.

Let's indeed welcome our neighbor.

St. Paul's Online

Using Zoom, a free teleconferencing app, we invite you to join us for online programs such as:

Morning Prayer
Compline
Monthly Book Clubs
Sunday Worship
Episcopal 201 and more!

For logon details, visit stpaulswc.org
or email info@stpaulswc.org



Vestry Highlights

By JULIE LAYNE, JUNIOR WARDEN

Vestry meetings are typically held on the third Monday of each month and minutes are always available. If you weren't able to attend recent meetings, below is a summary of issues addressed in February and March.

- New vestry assignments were announced and new leaders were urged to contact their predecessors in order to assure smooth ministry transitions.
- Rev. Krista announced that new Episcopal 201 classes were beginning in March.
- Rev. Krista is developing a children's program to assist families to identify and learn how to impart Christian values to their children.
- Discussion of church safety included a reminder to report and fill out incident reports whenever necessary, and to have background checks where needed.
- Deacon Rev. Ariane Wolfe is leaving St. Paul's. She has appointments in two parishes and does not feel she can continue to split her time effectively between the two.
- Ned Soares expressed the need for a "vision" regarding campus landscaping.
- There will be no spring rummage sale this year. There are continuing discussions concerning the organization and future look of this fundraiser.
- Kitchen update: We are still in discussions as to exactly what we are required to do and what we can reasonably do to upgrade our facility. Monies already collected are in a dedicated fund.
- As a Vestry and as a parish we are working toward full transparency in our decision-making and financial operations. It is important that everyone goes through proper channels to be sure that all approvals are appropriate, whether they are already budgeted or non-budgeted issues.

COVID-19 Response

- Develop a phone tree for personal communications with parishioners.
- Reach out to establish "buddy" links, e.g. by phone, notes, or through shopping assistance.
- Introduce online worship services.
- Explore the possibility of online services.

Vestry Approvals

- The annual Parochial Report.
- A CCIC expenditure of \$1200 for the Food Card program .
- A Columbarium account expenditure of \$1000 for paver repair.
- A Honduras committee account expenditure of \$5000 to be wired to our sister church in Honduras for scholarships, books, schooling, etc.

Our next Vestry meeting will be held on Monday, May 18 at 6:30 pm. Until further notice, these meetings will be held via Zoom and, as always, we invite you to join us.

Church Life

Concert Review

Temirzhan Yerzhanov

Solo Piano Performance



By DEBORAH WEBSTER

This was a performance that transformed me.

Temirzhan Yerzhanov presented his program superbly, in both virtuosity and artistic expression, and I was moved to the point of having no words to describe the beauty I experienced that evening. He began his program with Mozart's *Fantasy in D Minor*, which was light and playful, and led beautifully into the contrasting emotions of all 22 movements of *Schumann's Carnival, Opus 9*. After intermission, he presented the five movements of Edward Grieg's *Holberg's Times, Opus 40*, of which I previously doubted if there was a human alive that could play this piece well, and oh my, he played it well! I was then swept up with an involuntary move to my feet at the conclusion of his final piece, Chopin's *Ballad #4, Opus 52*. What an incredible, outstanding performance.



Was I in the front row of Davies Symphony Hall, witnessing the most incredible live piano concert that I had ever attended? No, I was here at St. Paul's, and yes, this was the most brilliant live piano concert I have ever experienced.

Afterward, I sensed that the audience was just as transformed as I was, asking themselves, "Did we really just experience that?" Wow! Yes, we did.

Due to our shelter-in-place status, we unfortunately had to cancel our March concert with Harpist Anna Maria Mendieta and our April organ concert with John Renke. For future concert plans, please watch our website at stpaulswc.org because rest assured, music will prevail and return to St. Paul's.



St. Paul's Digital Choir
Sings *Jesus Christ is Risen Today,*
Alleluia! on Easter Sunday



Lessons Learned From the Pandemic

By SUSAN BURPEE, PHARMACIST

The COVID-19 pandemic has taken us by storm, a whirlwind that has taught us many lessons. Here's what I've taken away from the experience.

Lesson #1: Determine what is controllable and accept the rest with God's grace

We can control being prepared for a disaster. The American Red Cross has a great list of what each of us needs to have at home for a disaster. While they list a seven-day supply of medication, I would encourage us all to have an extra month of maintenance meds available. My colleagues at CVS say that most insurance plans are giving a waiver for "too early to fill" so you can get maintenance meds filled early. The Red Cross also lists a two-week supply of non-perishable food. An easy item to keep on hand is a supply of Ensure, just in case.

Lesson #2: Consider the source of public information available

Listen to the Center for Disease Control (CDC), our county health officials, and scientists. With all the noise, you must sometimes filter the truth.

Lesson #3: Appreciate and embrace the immense kindness of people

I believe this to be the most important lesson of all. From my neighborhood aerobics class and parish Zoom meetings, to our grocery store clerks and all our brave health care workers, people truly want to help each other.

Remember to control what you can: Take your prescribed medications, keep up your walks, eat well, sleep eight hours a night, stay safe, and most importantly, underneath your masks, smile. We must be kind to one another.

Reminders

St. Paul's Online Book Clubs

Afternoon: 1:30 pm

May 14: *The Book of Joy: Lasting Happiness in a Changing World* by the Dali Lama & Desmond Tutu

June 11: *Persuasion* by Jane Austen

Evening: 7:00 pm

May 14: *Ladder of Years* by Anne Tyler

June 11: *Before We Were Yours* by Lisa Wingate

Questions? email info@stpaulswc.org

Save the Dates

St. Paul's Family Camp

July 11-23, 2020

Trinity Night of Hope Gala

Friday, October 30, 2020



Things I've Learned While Sheltering-in-Place

By SHERI GROSJEAN

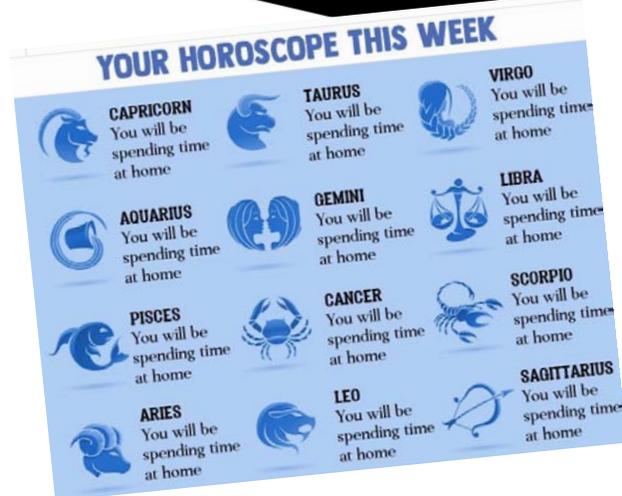
- I am not alone.
- Wearing a face mask isn't so bad.
- Watching an orchid grow is like watching paint dry.
- I have an enormous tolerance for my own messiness.
- Having open-ended time is both a blessing and a curse.
- The peace and comfort from being home does not mask the deep sadness of sickness and death.
- Walking is life-giving. So is Zoom.
- Having three cats necessitates frequent vacuuming. Some things never change.
- Sisterhood makes everything okay.
- Getting a hand-written note in the mail is as good as chocolate ice cream.
- Being in a high-risk group because of my age makes me feel old.
- Too much emailing friends while holding your iPad in your lap can give you tendinitis.
- Zoom is not flattering to your figure.
- I have great difficulty maintaining six feet of physical distance between me and my refrigerator.
- It's easy to lose track of what day it is.
- God reigns and grace is everywhere.
- Sheltering-in-place isn't so bad.
- I don't ever want to do this again.



I always took grocery shopping for granted. Not anymore.



"Comfort food" is just an excuse.



Angels Among Us

Eucharistic Visitors

I am in awe of St. Paul's Eucharistic Visitors (EV). This group serves as a bridge between Sunday services and those who cannot attend, by bringing communion to parishioners who are housebound or in the hospital.

How blessed I was to have Carol, Chuck, and Mike visit me on several occasions after my accident in Germany. These remarkable visitors not only administered communion, but they also made me feel a part of the service and the community.

Thank you, and thanks to all the members of this very special ministry. They really epitomize the message in Matthew 18:20, "*For where two or three have gathered together in My name, there I am in their midst.*"

~Rhea Williams

Good Sams of St. Paul's

The parable of the Good Samaritan told by Jesus in the Gospel of Luke 10:25-37 is one we all know and love. It's a story of compassion, love, and help, and the Good Sams of St. Paul's do exactly this.

When a parishioner needs help and support, a member from the group arranges delivery of meals, rides to doctors' appointments, and temporary help to cover the time of hardship of the parishioner. As a recent recipient of such wonderful support and delicious meals, it is with gratitude and many thanks to all our Good Sams who helped me and my family over my recent health incident. To learn more about Good Sams, contact Mary Waddington. ~Kay



Introducing Stories of St. Paul's

Do you have fond memories of St. Paul's? If so, the St. Paul's History Committee wants to hear from you! We're collecting stories to share through a new weekly email series titled *Stories of St. Paul's*.

Don't like to write? No worries, the History Committee will work with you. Just send us what you have or ask one of us to call you. If you don't know where to begin, think about the funniest memory you have, or maybe the earliest. Reflect on what made you laugh, teary-eyed, or what tugged at your heartstrings. Everyone has a story and we want to hear yours! Send your email to wcbes@sbcglobal.net.

~The St. Paul's History Committee: Jessica Beerbaum, Marion Perry, and Mike Siebert

Church Life

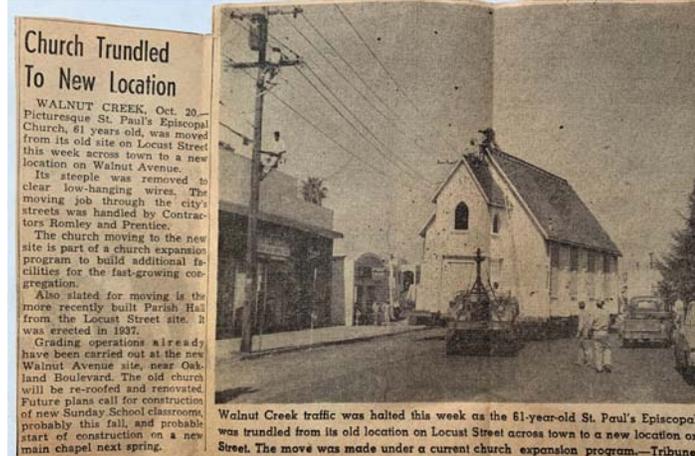
Stories of St. Paul's

By JESSICA BEERBAUM



Did you know that St. Paul's beloved Gothic Revival chapel was not always where it is now? On October 20, 1950, it was moved from Locust Street in downtown Walnut Creek (across the street from the current parking garage for the Lesher Center) to its current location. The old Parish Hall, which eventually burned down, was also moved that day. Back then, Trinity Avenue was called Walnut Avenue and Lyle Morton remembers that Locust Street and Walnut Avenue were both gravel-paved. The only paved streets in Walnut Creek were Mt. Diablo Blvd. and Main St.

Contrary to popular myth, then 12-year-old Lyle Morton did not ride in the chapel belfry during the move. His dad gave him permission to ride in the chapel itself. Mr. Bernard Morton was an electrician and in the (above) photo he's on the roof, keeping wires out of the way as the chapel slowly moves to its new home. Also in the foreground are Marion Perry's brothers, Ralph Hinds, Jr., David Hinds, and her father, Ralph Hinds.



A Note From the Rev. Krista con't from front page

At my former parish, there was someone who had this phrase she loved. Anytime something went awry and chaos reigned, she would smile and say in her deep southern accent, "Well, alleluia anyway!" She loved this phrase so much that she requested to have a banner with it hung during her funeral.

So maybe this year, we aren't enjoying all the Easter glory that we're accustomed to. We didn't join others in our traditional picnic at the Morton's nor did we get to hear Larry pull out the stops on the organ. We may be facing a long, unpredictable, and unprecedented time but you know what? Alleluia anyway!

Unlike past Easters, this year we've been held in time, stuck in our homes waiting for normalcy to return. But perhaps we can embrace this time to really root into our lives an understanding of Easter. Jesus lives. Not in the past, nor the future, but in the here and now. Jesus lives. Not in some ethereal way, but in our own lives. Let's spend this time grounding ourselves in Easter so that when we do "return to normal," Jesus continues to live in our hearts, in our minds, and in our souls.

Because whether sheltered-in-place or out and about, alleluia anyway. The wonderful truth is that Jesus lives. Then, now, and always.

Blessings, *The Rev. Krista D. Fugoso*

Church Life

During the unprecedented shelter-in-place, the Epistle editors wondered...how were people spending their time? Were they discovering new hobbies, reaching new goals, or exploring new projects? And so we asked a few people...

How have you remained joyfully engaged?

Pat Baxter

The main thing that has kept me joyfully busy has been my personal trainers making sure I get a good long walk every day. Of course, my personal trainers are my two 11-pound dogs, Babygirl and Monte. My daily walks make me thankful that we live in such a beautiful place. I enjoy walking through the neighborhood and am fortunate to live near an open space area.



Jessica Beerbaum

So far, my best shelter-in-place project has been painting this highlight wall in my home. Its former off-white color didn't do justice to my beautiful Sally Ingraham original painting of Mt. Diablo.



Kathleen McAdam

"I've enjoyed delivering pots of homemade soup to neighbors and leaving them on their front porches." Kathleen also creates new Scottish dance steps as she dances solo in her living room while listening to her CD collection of Scottish dance music.

Marion Perry

I've been making and delivering masks to Trinity Center and quilting with my daughter.



Church Life

Deborah Webster

I've rediscovered gardening and our vegetable garden is now weeded, seeds sewn, and starts planted. I've also been consumed with a passion for video and sound compositing, creating music that we can include in our Zoom services. I hadn't ever done this kind of work before and our first try, *Amazing Grace*, was well-received. Now our choir is in full throttle for future services!



Phil Webster

As a cartographer (someone who makes maps), Phil is using this newfound time to joyfully work on his computer-mapping projects. "I love maps when I study current events," he says. "I love maps when I read history. I love maps as they remind me of the amazing world God has given us."

John D. Williams

"As a guy with a model train hobby, I now get to do those 'one day' projects," he says. "You know, 'one day I'll fix that engine,' 'one day I'll build that kit,' or 'one day I'll change that track.' Now I have the joy of fixing, building, and making changes. Great for my sanity!"



Mike Yale

Mike has spent quite a bit of time working at his son's house helping him lay patio tile. He says it brings him joy to help his son, but most of all, he admits, "I bask in the joy I get from seeing my grandchildren while I'm there."



The BBQ

Stuck in place with nothing else to do,

May as well clean the BBQ.

Yikes! Grease and muck.

Scrape and wipe it all.

What's that, long, thin and black?

Asparagus that fell through.

That was a lemon from a fish's tummy,
charred from laying in the goo. Now it's
clean and ready to go.

When this bug is gone and we've made it
through, We'll have y'all here for a BBQ.

One fish (and veggies) will feed us all.

And we close with this poem by **Ken Jessup**, who found inspiration in -- of all places -- his barbeque.

That Special Day **Mother's Day**

By LINNEA JESSUP

The annual gatherings of family to celebrate time-honored days such as Mother's and Father's Day are unique to each family unit and a source of pleasant memories for many. How fortunate we are to have these wonderful recollections to buoy us up in these somewhat stressful and confusing current scenarios.

In the **Hazard family**, **Gigi** fondly recounts the multiple times she and her daughter have enjoyed Mother's Day lunches, "just for the two of us," before going home to a wider family gathering. At this time of year, she also joins her grandchildren for family times – which can include shared meals as well as badminton and other relaxed activities. "I love to take time for dinner with my kids and grandkids," she says, adding that she also cherishes focused times with individual family members as well as festivities that encompass three generations. "My kids and their spouses love to prepare their specialties, giving everyone an opportunity to showcase their own culinary favorites."



Carol Glass recalled a long-ago Mother's Day when she got a surprise. "We were ready to leave the house and head to church when my daughter began stalling and I was getting anxious." The happy ending was that daughter Amy had booked a singing messenger to serenade her mother, and the singer's arrival quickly brightened the day's unfolding.

Further afield, a New England restaurant "where George Washington supposedly slept on his travels" was the annual destination for **Frank Holbrook's** family on Mother's Day. There, they would dine and then check out the large waterfall that powered the waterwheel as it ground the grain. Frank recalls, "We always got to have a candy treat" as part of the outing.



The Gardens at Heather Farm in Walnut Creek is also a draw for families on Mother's Day. **Sue Phalen** says her family members enjoy a gathering planned mostly by their male members to honor the mothers. "The men put a lot of planning into the meal, and serve us as well as clean up," she says. "Recent celebrations have been made even more special by the attention paid to new mothers-to-be, including gifts and other surprises."

No matter the family and how dispersed it may be in this busy decade, many of our families continue to embrace these special occasions that remind us of our loved ones all year long.



Trinity Center The Currency of Compassion



By LESLIE GLEASON, EXECUTIVE DIRECTOR

We are grateful for many things: more than 40 households enjoying their new homes at St. Paul's Commons apartments; misty spring showers with the promise of summer close behind; beautiful flowers, food on our table, hand sanitizer, face masks...wait a minute. *Hand sanitizer? Face masks?*

Yep, believe it or not, these are the "things" that matter the most to us during the COVID-19 pandemic, and in an ironic way, have become the new "currency" of compassion as we work to keep each other safe in the face of our current health crisis. St. Paul's members are sewing face coverings in beautiful colors and patterns for our staff and members. Friends of friends of friends are scouting the shelves for hand sanitizer, bleach, and thermometers. City and County leaders are responding to our requests for supplies and support. Long-time benefactors and local businesses are offering unsolicited gifts to help with increased needs and expenses. Our organizational partners have stepped up their game as well, to ensure we have disinfecting wipes, hot and healthy food, clothing for emergencies, and access to health care on site or by phone consultation. Yes, we have much to be thankful for.

But at the same time, there are many changes to adjust to as well: so many people and events missed, a growing sense of insecurity and discouragement, feelings that people experiencing homelessness know all too well. But this is Trinity Center, where we are "*homeless, not hopeless,*" and that determination has never been more evident. Members are finding ways to support each other even as they sit far apart, use hand sanitizer every time they come inside, don their face coverings, patiently wait to be called table-by-table and wash their hands during lunch service. As demand for showers increases, I've seen members graciously defer shower and laundry times to those who couldn't access them the day before.

Here at Trinity Center, we are home to our most vulnerable community members, who count on us now more than ever. We appreciate the compassionate people of St. Paul's, and look forward to seeing you all soon, as faithful friends and neighbors.



Trinity Center Virtual Fundraiser

Friday, May 8, 2020 | 6:00 pm

Support Trinity Center from the comfort of home by participating in this online auction! Bid on fabulous auction items and also participate in our main event, a live fund-a-need "virtual paddle-raise."

To learn more, and register, visit trinitycenterwc.org/night-of-hope-gala.

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In-person gala rescheduled for Friday, October 30, 2020. Previously purchased tickets will be honored.

Compline

The Lord Almighty grant us a peaceful night and a perfect end. **Amen.**
Our help is in the Name of the Lord; **The maker of heaven and earth.**

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

Alleluia. One or more of the following Psalms are read: 4, 31:1-5, 91, 134

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. Alleluia.

One of the following, or some other suitable passage of Scripture, is read: Jeremiah 14:9, 22, Matthew 11:28-30, Hebrews 13:20-21, 1 Peter 5:8-9

At the end of the Reading. Thanks be to God.

Into your hands, O Lord, I commend my spirit;
For you have redeemed me, O Lord, O God of truth.
Keep us, O Lord, as the apple of your eye;
Hide us under the shadow of your wings.

Lord, have mercy. **Christ, have mercy.** Lord, have mercy.

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Lord, hear our prayer; **And let our cry come to you.** Let us pray.

The Officiant then says one or more collects for the day followed by Intercessions.

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. Alleluia, alleluia, alleluia.

Lord, you now have set your servant free *
to go in peace as you have promised;
For these eyes of mine have seen the Savior, *
whom you have prepared for all the world to see:
A Light to enlighten the nations, *
and the glory of your people Israel.

COMPLINE

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. Alleluia, alleluia, alleluia.

Let us bless the Lord. **Thanks be to God.**

The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us. **Amen.**



Monday - Friday | 7:00 pm

Join us online for a brief but beautiful prayer service, and end your day on a peaceful note.
For logon details, check your email or visit stpaulswc.org

Inspiration

Imagine

Imagine with me for a moment—
don't worry, I'm not saying it's real.
Imagine, if you can, that there has been
not a calamity, but a great awakening.
Pretend, just for a moment,
that we all so loved our threatened earth
that we stopped going on cruises,
limited international flights,
worked on cherishing the places
where we already are.
In this pretty fantasy, everyone who
possibly can
stops commuting.
Spends the extra time
with their kids or pets or garden.
We have the revelation that everyone
needs health care, sick leave, steady work.

It occurs to us that health care workers
are heroes. Also teachers.
Not to mention the artists of all kinds
who teach us resilience and joy.
Imagine, if you will,
that we turned to our neighbors
in mutual aid, trading eggs for milk,
checking in on those who are elderly
or alone. Imagine each of us
felt suddenly called to wonder
*In this moment, what does the world
need from me? What are my gifts?*
Yes, I know it's just a fantasy.
The world could never change
so radically overnight.
But imagine.

Submitted by Emily Hopkins

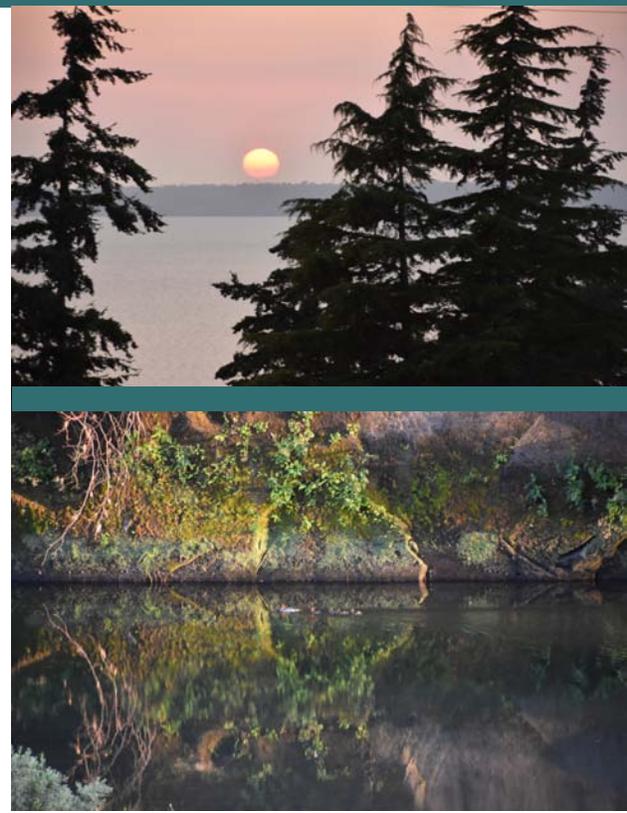
*Used with permission by Lynn Ungar, whose first book of poetry, Blessing the Bread,
earned her fans around the world. Contact Lynn at lynn@lynnungar.com*

From The Book of Common Prayer, page 840, #8

We give you thanks, most gracious God, for the beauty of the
earth and sky and sea;
for the richness of mountains, plains, and rivers; for the songs of
birds and the loveliness of flowers.
We praise you for these good gifts, and pray that we may
safeguard them for our posterity.
Grant that we may continue to grow in our grateful enjoyment of
your abundant creation, to the honor and glory of your Name,
now and for ever.

Amen

Photography by Ned Soares





TIME DATED MATERIAL
PLEASE DELIVER PROMPTLY
Address correction requested

1924 Trinity Avenue
Walnut Creek, CA
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(925) 934-2324

info@stpaulswc.org

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

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