

THE EPISTLE

ST. PAUL'S EPISCOPAL CHURCH, WALNUT CREEK | SEPTEMBER/OCTOBER 2020



A Note From the Reverend Krista Fregoso

Dear People of St. Paul's,

Those first few weeks of the pandemic were a whirlwind. It was a race to get things set up so we could make it possible to continue doing what we do as a church: worshiping together and hosting various meetings, clubs, and 12-step groups. We created systems to keep us functioning until the danger passed and we could get on with our lives. That would be soon, right?

But as time went on, it became clear that this wasn't going to last just a few weeks. Our economy started to shift and expose inequities in our system. These major shifts are now signaling that what defines normal will, on the other side of this crisis, be different.

Praxis, a leadership journal, described the pandemic as either a blizzard or an ice age. It proposes that how you lead in a blizzard is radically different than how you lead in an ice age. A blizzard is something you prepare for by using all of your available resources and returning to normal when the crisis has passed. In an ice age, some things are not going back to what we remember as "normal." This is time to be creative and redefine who we are in this new age.

I believe that this pandemic has more characteristics of an ice age than a blizzard. The normal we knew before is not going to be the same normal we will return to. Parts of that seem scary; who will St. Paul's be when we

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The (Mostly) Marvelous Adventures of Larry & Bill

Part II

By DR. LARRY CRUMMER

“And the ports began to close....”

Almost every other day for the past two weeks, a change in our world cruise itinerary had been announced. Bali, Indonesia, and Singapore had closed their ports to cruise ships. Colombo, Sri Lanka, said no to docking for fuel and supplies. So did the Maldives and the Seychelles. Soon, the question became not *if* the cruise would end, but when.

Leaving South America, we were aware of a new and very contagious disease in China, but it seemed so far away. We were safe in our bubble of a very healthy ship, in the midst of the spectacular beauty of the South Pacific—Easter Island, Pitcairn, Tahiti, Cook Islands, and Tonga. Sea days fostered speculation of what lay ahead, but that faded with the everyday routine of walking the decks, lounging by the pool, excellent entertainment, and endless eating.

We met up with Crummer cousins on the Cook Islands and in Auckland, NZ, so I was still content. My major reason for the cruise—meeting family—was fulfilled. We went on to Sydney, Townsville, and Cairns, Australia. We later learned that the Ruby Princess, docked in Sydney the same day as our ship, had disembarked several passengers with this mystery virus now called COVID-19.

Then came the Captain’s inevitable announcement: “Because no ports are accepting ships, we will be sailing to Fremantle/Perth, Australia, where the cruise will end.” Before the Captain had even finished his first sentence, Bill was on the phone with our travel agent and we were booked business class home. Holland America would automatically book the flights of those who had used their company for booking, but everyone else was on their own! It took several days for many to process the decision, and to overcome the panic and anger of feeling abandoned. Eventually all passengers were booked, and thoughts turned to getting home quickly and safely before the airlines shut down or the US closed its borders.

We did make it home...our flights were mostly filled with our ship’s passengers, and our business class flights were barely half-filled, so we felt isolated and safe. Upon reaching home, we quarantined for 14 days and neither of us ever had symptoms.

As for future travel plans? For now, all is on hold, but you know us...we never say never!

Remembering St. Francis

By MIKE SIEBERT

What do we know about the beloved saint whose statue presides over our courtyard, and after whom our beautiful city by the bay is named?

St. Francis was born in either 1181 or 1182 in Assisi, Italy, one of several children. His father was a well-off silk merchant and his mother was probably French. He was very devout, but not until later was he always peaceful. He participated in a war between Assisi and Perugia, and then attempted to sign up with the pope in a war against Frederick II. He fell ill and during his recuperation, he had a vision and dedicated the rest of his life to prayer and peace.

St. Francis founded the Franciscan order in 1210, as well as an order for women called Poor Clares. He traveled extensively, to Morocco, Egypt, and other parts of the Mediterranean world, before settling down in Assisi. He was a great lover of God's creation, especially animals, whom he called his brothers and sisters. There are stories of him preaching to the birds and taming a wolf. In 1223 St. Francis reenacted the nativity with real people and animals, a tradition that continues to our day.

Pope Gregory IX canonized him in 1228 and he, along with Catherine of Sienna, is one of two patron saints of Italy. In 1979, Pope John Paul II named him Patron Saint of Ecology. During his life of 45 years he was a friar, deacon, philosopher, mystic, and preacher, and has become one of the most beloved figures in Christianity.

By 1226 he had fallen ill, and during the last two years of his life he was nearly blind. He received the stigmata of Christ's wounds, but rarely displayed them. On his deathbed in 1228 he sang Psalm 141.

St. Francis was eventually buried in the basilica in Assisi in 1230, but the exact location of his tomb was not discovered until 1818. Today, we celebrate his feast day on October 4, or the Sunday nearest that date, and our tradition at St. Paul's is to include all of our animal friends.



St. Paul's Columbarium

This peaceful garden respite is where we remember our members and their loved ones.

Niche: \$1200 (can accommodate two urns)

Plaques (on the granite wall): \$195 per plaque

To reserve a niche or plaque, or to learn more, please call the church office at (925) 934-2324.

Keeping Kids Safe on the Internet

By PHIL WEBSTER

As children are forced to use the internet more and more, what can you do or say to ensure their safety? Not only are classes now taking place online, but so is their research.

Internet research is what students use to do their small weekly assignments as well as bigger semester projects. Did you know that written term papers are used less frequently? Some say they are mostly a thing of the past. Compositions now usually consist of PowerPoint presentations where students find relevant clips of text to paste into a bullet diagram along with copied pictures to illustrate points.

Another powerful digital media tool is chat rooms where kids can get great tips and try out ideas. This means they're interacting with total strangers. So how can parents ensure their children's safety? You can tell them what to do and not do, but how does that usually work out, especially with teens?

You can frighten the heebie-jeebies out of them. Give them a strong dose of reality and motivate a paranoia of working online, a kind of tough love. But would this "fire and brimstone" approach really work? Probably not. What are the exact things you want kids to be aware of? How should you coach young people? What should you, as a parent or grandparent, uncle or aunt, say?

You must engage in conversation, and hopefully get your young people to talk. You can't "preach" to kids. The way to get someone to embrace your idea is to have them think they thought of it first.

St. Paul's Boy Scout Troop 202 is working with the national scouting organization to help boys and girls decide and learn for themselves what is safe, and what isn't, on the internet. All scouts are required to complete "Cyber Chip," an exciting tool developed by the Boy Scouts of America in collaboration with content expert NetSmartz®, part of the National Center for Missing and Exploited Children® and training expert for many law enforcement agencies. In this day and age, the internet is an essential tool that, when used properly, can enhance the education of today's youth.



For tips and ideas, visit:
scouting.org/training/youth-protection/cyber-chip or
usscouts.org/advance/docs/ScoutsBSA-Cyber-Chip.pdf



History of the St. Francis Fountain

By MARION PERRY

The St. Francis fountain on the St. Paul's campus is a memorial to my parents, **Ralph** and **Margaret Hinds**. Prior to their passing on November 17 and December 13, 1998, respectively, they had asked then-rector **Father Robert Reynolds** if the Chapel had any special needs. Father Bob suggested that a fountain in the planter in front of the Chapel would be a nice addition to the courtyard. Both Mom and Dad were enthusiastic about this, so the search for a fountain began. Unfortunately, they both passed away before plans were completed.



Our family wanted to complete this project in their memory, so Father Bob and I went to the Art Craft Statuary Company in Oakland where we found the fountain and the St. Francis statue. The fountain was dedicated in their memory and blessed on September 19, 1999.

But this past April, **Ned** and **Elizabeth Soares** discovered that the fountain had been vandalized and the statue stolen. When we started looking for a replacement I discovered that Art Craft Statuary Company in Oakland was still in business. **Mike Siebert** called and discovered that not only did they still carry the same fountain and statue, but even had the statue in stock. Ned and Mike took a trip to Oakland where the founder's grandson waited on them. He said that he remembered selling us the original fountain and statue.

The next morning **Mike Siebert**, **Pete Banwell**, **Jim Bell**, and **Steve Ingraham** reinstalled the St. Francis statue to his rightful place on the fountain. I think we all agree, it's great to have him back.

A Note From Rev. Krista

Cont'd.

return? Will we worship in the same way? What will that look like? Will we continue to have online worship? Can we continue to gather with members all across the country? In this new world, how can we continue to be a space of light and love in Walnut Creek?

In our Annual meeting in January, I put forth three goals, which at the time I believed would help us be a better community together. They were about digging deeper into who we are. Now, in this time of change, I pray that these goals (listed at right) will help us reform and transform into who God is calling us to be.

In the weeks and months ahead, I invite you to find ways to embrace these three goals in new, creative, and innovative ways. As we weather this ice age, I pray we gather as one community so together we may serve God.

Be Good Neighbors

Find ways to be the light and love in Walnut Creek

Be One Community

Find ways to be and stay connected

Wonder Together

Find ways to: listen to God, study scripture, and pray together



Surviving the Pandemic as a Public Health Professional

By GRETCHEN ROTHROCK



A PIVOTAL MOMENT IN TIME. The worldwide pandemic of COVID-19 had started to spread, with numbers increasing especially in Europe and the eastern US. Centers for Disease Control and Prevention (CDC), the leaders to whom I have been answering for the past 30 years, had requested that effective immediately our staff start counting cases of patients hospitalized with COVID-19. Staff was eager to help. The program I manage is called the California Emerging Infections Program (CEIP).

DO IT NOW. The six-county Shelter in Place (SIP) order was announced. It was 1:16 pm. The SIP order had caught my eye, along with an urgent email from the Director of CEIP, my boss of 30 years. He asked, “What are you doing about this?” This was easy to interpret. What he meant was, “Do something and do it now.”

TRIAGE. The building was closing down at midnight that evening. The staff of 25 gathered and we distributed all available laptops and tablets. Our Systems Analyst said he would be in touch with each of us to make sure our virtual connections were up and running.

BONKERS. We all had equipment but it was far from smooth sailing. We were now separated, no longer able to touch base by walking across the office. Making contact required emails, and meetings were soon replaced by the now-ubiquitous Zoom format.

CONTROLLED CHAOS. This is what it feels like when you post for 11 positions simultaneously. Those staff have since been hired, and while they are continuing to train with existing staff, they are assisting with managing and tracking the overwhelming amount of data generated by the COVID-19 pandemic. There are deep concerns about what fall will bring with the influenza and pneumonia season overlapping with the ongoing pandemic. As of this writing, in California, case numbers aren't leveling out, but continue to increase.

SURREAL. These events are unprecedented. The economic impact will be felt for years, if not decades to come. While we are not on the frontlines treating patients, the staff are reviewing charts to abstract data. Patients often die alone. This is hard to watch, even from a distance. I often think about my faith and what I would do if I could be with just one patient. Early in my career, I worked in a hospital; I know that offering patients comfort is crucial, even if it's with silent eye contact, and/or a soft touch to a shoulder. Faith can transcend through your eyes, your touch. Words don't necessarily need to be said.

ADJUSTMENT. We continue to work remotely, and will likely function virtually well into 2021. What we may have thought was a large outbreak a few months ago has evolved into a “new normal,” even though we may not want to accept it. We treasure time with each other more than ever, even if it has to be six feet apart, donning a mask. And we are all thankful for being employed.



Why I Wear a Pink Hat

By HUGH HARVEY

Four years ago, the phone rang at 6:30 am with news that our niece in Chile, **Teresa Friz**, 31, had died of breast cancer. Just hours later, my wife, **Rosita** and I were leaving the house to fly to Chile for the funeral, which surprised everyone in Rosita's family. But why would we not go? This was Teresa.

I first met Teresa in 1990 when she was six years old. One day Rosita asked me to talk with our young niece, but I asked how could I since I didn't know Spanish. It seemed that the chatty little girl kept trying to have a conversation, but since I didn't understand what she was saying, I had no idea she was trying to actually talk with me.

But Teresa didn't give up. She went to her mom and asked if Uncle Hugh was deaf. Her six-year old brain figured that I must not be able to hear her. Her mom had to explain that her uncle came from another country and didn't speak the same language as everyone she knew. That must have been hard for Teresa to comprehend, as she probably didn't even know there was a big world out there beyond the countryside of Chile.

When Rosita explained this to me, I started talking to Teresa in English, walking around parts of the farm where she lived, and paying attention. Someone found some old children's books in Spanish and I struggled mightily to read them to her.

We still have 14 nieces and nephews in Chile and I know we're not supposed to pick a favorite, but... little Teresa taught me the most important thing about being an uncle: Pay attention to your nieces and nephews. For this reason alone, she has always been my favorite niece. Teresa was also the first of our family in Chile to visit us in the United States. That was in February of 2015. She even joined me for the 7:30 am service at St. Paul's. I was so happy to introduce her.



She already had a lump during that visit, and upon her return home, had surgery followed with chemo. When we visited Santiago in early 2016, she looked well and happy. I shaved my head for Teresa and when she saw me, she hugged me and cried for what seemed like five minutes. I left my pink hat with her.

During the summer of 2016, I bought more pink caps and even a pink license plate with "T FRIZ" on it. Pink is the symbolic color of breast cancer and why would I not do that for Teresa? She was my teacher and I shall never forget her.

Historic Chapels Here, There, Everywhere

By EMILY HOPKINS



Have you ever been traveling somewhere and suddenly notice our St. Paul's historic chapel (left) seemingly replicated right before your very eyes? That has happened to more than one of us.

Tat Welcome was visiting the Olympic Peninsula in Washington state with her daughter about 25 years ago. Their first stop was Port Townsend, a small, hilly town with old pretty homes. "We were walking along the historic route, and there was St. Paul's Episcopal Church!" says Tat. "It fit right in there." (Photo far right.)

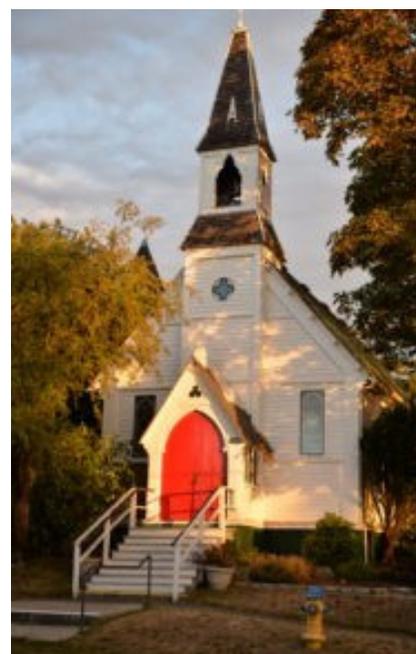
Many years ago, **Janice Foster** and **Tat Welcome** were traveling with their husbands and another St. Paul's couple to King City, CA to view wildflowers at the end of Jolon Road, and there it was again...St. Paul's historic chapel! Another time, **Peggy** and **Ed Carlisle** were driving around the Big Island of Hawaii when, much to their surprise, up on a little knoll, was "our" chapel." It had a red door and it was open," says Peggy. "They had a cookbook for sale, and I bought one."

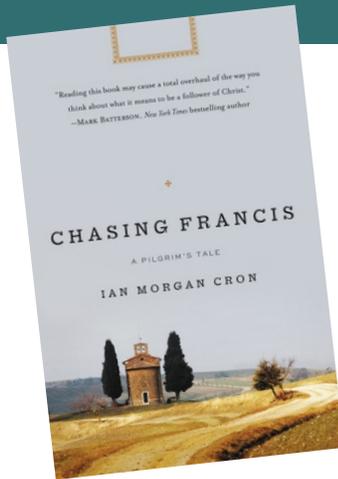
These stories inspired me to do a little research, and here is what I found.

Our St. Paul's Walnut Creek historic chapel is pictured in a gallery of churches in the style of Carpenter Gothic. Also sometimes called Carpenter's Gothic or Rural Gothic, it's a North American architectural style-designation for an application of Gothic Revival architectural detailing and picturesque shape and form applied to wooden structures built by house-carpenters. Carpenter Gothic structures are typically found in most states of the United States, except Arizona and New Mexico.

Many American Carpenter Gothic structures are listed on the National Register of Historic Places, which may help to ensure their preservation. Many, though, are not listed, and those in urban areas are endangered by the increased value of the land they occupy. Carpenter Gothic structures are still being built today. St. Luke's Church in Blue Ridge, Georgia, was built in 1995, and Carpenter Gothic house plans are available.

Although our St. Paul's Walnut Creek historic chapel is listed by the Walnut Creek Historical Society (a plaque is outside the entrance), we are not included in the list of the (47) National Register of Historic Places listings in Contra Costa County, California. At least, not yet!





Chasing Francis

Book Review by NANCY BURCHETT

Chasing Francis by Ian Morgan Cron, an Anglican/Episcopal priest, is a novel written in a genre called Wisdom Literature, a balance of fiction and non-fiction. This book reminds us, once again, how beloved St. Francis of Assisi still is after so many years.

The protagonist, Chase Falson, a priest at a megachurch, has lost his faith. Chase didn't grow past the Jesus of his childhood. Now in early middle age, he is no longer able to reconcile his early experiences with the questions and experiences he is currently having. Chase has a breakdown in front of his parish, and by the end of the day, the church elders insist that he take time off. He calls his uncle, Kenny, a Franciscan priest and friar living in Avila, Italy. Uncle Kenny insists that Chase come to visit. There he begins a new relationship with God and with St. Francis.

In Italy, Chase meets up with Kenny and his friends. Each of them has a new way to look at faith, church, liturgy, and how to live while soaking up the beauty of God in us and in the world. Kenny gives Chase many books written by Francis and others, all of whom never stop exploring. Even though he is nervous about his explorations, he keeps on looking. He begins journaling directly to Francis, gradually figuring out that the man we call a saint was someone who struggled as well. As time goes by, Francis' faith inspires Chase. He finds it assuring to learn that Francis himself had experienced a spiritual crisis just before the awakening of his faith.

At the end of the book, Fr. Cron includes a study guide. While it can be done by oneself, he suggests that the more enriching way is to gather with others to explore our faith and knowledge. Going deeply into the life and struggles and triumphs of St. Francis enables us to grow into our own lives of faith in new and rewarding ways.



Trinity Center Fundraiser

Through September 30, 2020

Help Trinity Center serve the growing need for those experiencing poverty, and **DOUBLE** your donation! Through September 30, 2020, Travis Credit Union Foundation is matching up to \$20,000 in donations.

Donate today! Visit tcufund.org.





St. Paul's Kicks Off Its Fall Season Online

By DEBORAH WEBSTER

Yes, you read right...the St. Paul's Concert Series is BACK!

We kicked off our fall season on August 29 with a fabulous performance featuring Classical Harpist **Anna Maria Mendieta**. We broadcast her magnificent performance online, streaming to you at home. Even now, you can probably still hear her sensational harp music wafting through the rafters back at the church!



It was important to our **Concert Series Production Team** to bring back these concerts for our community. During these challenging times, now, more than ever, it's vital to connect with each other. To this end, our team's commitment is to provide exceptional music to our friends in this great community. We're bringing live music straight to your home from our church. The path to get here hasn't been easy; there have been technology challenges, COVID-compliance issues, and A/V equipment requirements, but our team came together to jump all these hurdles and bring the Concert Series back to life.

Special thanks goes to **Jessica Beerbaum** for working with our team on COVID-avoidance logistics, and to **Jim Ward** and **Tom Tchong** for bringing their personal equipment to provide exceptional video and sound for our broadcasted performances! With their work, we are starting to prototype what we will need for our A/V equipment to continue broadcasting St. Paul's church services into the future, as well as offer these fabulous concerts online!



Mark your calendar

St. Paul's Concert Series Presents **DuoSF**

Saturday, September 19 | 7:00 pm

Welcome **DuoSF**, a phenomenal classical guitar duo from San Francisco, streaming live from the beautiful sanctuary at St. Paul's.

To register, visit stpaulswc.org/concert-series.

Community Life

Trinity Center

All Things Bright and Beautiful

By LESLIE GLEASON, EXECUTIVE DIRECTOR



As a member of the Youth Choir at St. Paul’s Episcopal Church in Cleveland Heights, Ohio, one of my favorite hymns was “All Things Bright and Beautiful” from the 1940 hymnal. When all else seems to fail, a walk in the woods, tending a garden, or a moment of quiet at the beach always seems to help put things back in perspective.

Even more likely to revive our spirits are the love and comfort we get from our animal companions, and perhaps now more than ever as we are missing being able to embrace other human beings. They keep us from being lonely, help us feel like we matter to another living being, and often are our protectors as well—so it seems pretty natural that people experiencing homelessness would cling tightly to their beloved pets, support animals, and service dogs, even in the face of their own challenges.

Here at Trinity Center, we value “all creatures great and small.” Like our members, they are part of our community—Muttsy, Biggie, Brutus are just some of their names—and they love our outdoor patio as well as the attention they get from everyone while “their people” visit to enjoy a moment of refreshment and support. While we face big things together—pandemic, poverty, justice-making, the root causes of homelessness—we need all the wisdom and wonderfulness we can muster. As St. Francis showed us long ago, the creatures around us are a beautiful reminder of our value and God’s love for us, and we are grateful for their presence in our lives.

St. Paul’s Episcopal Church Bylaws

Regarding Nominations for Vestry

4.2 ...Parish members wishing to serve as candidates [for Vestry] may submit their names to the [Nominating] Committee before October 15 and if they are eligible under Section 4.3 of these Bylaws, their names will be included on the slate. Members of the congregation may submit names to the committee sixty days before the parish meeting date as well, and with those persons’ agreement and eligibility under Section 4.3, their names will also appear on the slate. The slate shall be published to the parish at least forty-five days before the annual parish meeting...

4.3 Eligibility of Nominees. All nominees for election as vestry members or delegates/alternates to the Diocesan Convention shall be communicants in good standing registered in the parish for at least one year, age eighteen or over, and regular contributors to the support of the parish as confirmed by the pledge treasurer. A retiring or resigning vestry member may not again serve on the vestry until one year has elapsed, except that a member completing less than two years of service may be elected for a full term. Incumbent delegates/alternates to Diocesan Convention may again be nominated and elected as delegates/alternates on expiration of their terms.

Animals are a Blessing



Bev Price

"Seven year old littermates, Shellie and Cheeto, rule the house. Shellie 'owns' the first floor and Cheeto dominates the upstairs. Although Shellie is smaller, she's braver than her brother, who has earned the nickname 'Cowardly Lion.'"



Lynn & Mike Yale

"Our 11-year old poodle, Molly, loves to soak up the rays on "her" Adirondack chair. Our new grandpuppy, Lucky, is four months old and just wants to play with Molly, but she would rather lounge around!"



Elizabeth & Ned Soares

"This grey and ginger trio was rescued from the open space near Northgate. They obviously hadn't been there long or they wouldn't have survived. They're probably about four months old and will stay with us until Ned's son prepares his backyard. They can't wait to welcome their new feathered family."



Rev. Krista Fregoso

"Kismet was born in Borvits, a ski resort town outside of Sofia, Bulgaria. I found her in a shop where she was the runt of the litter. She almost didn't survive her first month of life because her mother was ill and stopped nursing too soon, so the hungry kitty had survived on coffee creamers. In Bulgarian, Kismet means 'luck or fate.' She lived with me while I finished my service with the Peace Corps. When I returned to the US, she was issued a passport to travel with me. We made an overnight stop in Switzerland where they stamped her passport. Today, my world-traveling cat is 20+ years old!"



Church Life

weather permitting

Drive-through

Blessing of the Animals

Members: Saturday, October 3 | St. Paul's Parking Lot | 5:00 pm

Public: Sunday, October 4 | St. Paul's Parking Lot | 11:30 am

In this socially-distanced drive-through blessing, join us in honoring our beloved pets and animal friends who have given us so much comfort and joy during these challenging times. Animal costumes are encouraged, too! We celebrate this day in commemoration of St. Francis, the Patron Saint of Animals.



Remain in the comfort of your car as you enter the St. Paul's parking lot with your pet (real or stuffed) to receive a blessing by Rev. Krista. (Pssst...we're not making any promises, but there may be a pet treat, too.) And on Saturday, while you're in the parking lot, don't forget to tune into St. Paul's radio station for a special service at KGOD, at 1340 AM!

Reminders

Compline

Monday - Friday | 7:00 pm | Zoom

Join us for this brief and beautiful prayer service, and end your day on a peaceful note.

Monthly Vestry Meetings

Monday, September 21 & October 19

6:30 - 8:30 pm | Zoom

Stay abreast of church ministries, finances, status updates, and more. Don't miss this opportunity to ask questions, offer feedback, and get involved!

Morning Prayer

Wednesdays | 9:00 am | Zoom

Start your day with gratitude and blessings.

All Saints' Day

Sunday, November 1 | 9:30 am

Join us on Facebook or YouTube for this service remembering those who are no longer with us.

For all online programs and services logon details, visit stpaulswc.org and click on "News & Events."





John Robert Lewis was a civil-rights leader who served in the United States House of Representatives from 1987 until his death on July 17, 2020. He wrote this essay, which was published the day of his funeral. Below is an excerpt.

Together, You Can Redeem the Soul of Our Nation

By JOHN LEWIS

"Emmett Till was my George Floyd...."

Like so many young people today, I was searching for a way out, or some might say a way in, and then I heard the voice of Dr. Martin Luther King Jr. on an old radio. He was talking about the philosophy and discipline of nonviolence. He said we are all complicit when we tolerate injustice. He said it is not enough to say it will get better by and by. He said each of us has a moral obligation to stand up, speak up and speak out. When you see something that is not right, you must say something. You must do something.

Democracy is not a state. It is an act, and each generation must do its part to help build what we called the Beloved Community, a nation and world society at peace with itself. Ordinary people with extraordinary vision can redeem the soul of America by getting in what I call good trouble, necessary trouble. Voting and participating in the democratic process are key. The vote is the most powerful nonviolent change agent you have in a democratic society. You must use it because it is not guaranteed. You can lose it.

You must also study and learn the lessons of history because humanity has been involved in this soul-wrenching, existential struggle for a very long time. People on every continent have stood in your shoes, through decades and centuries before you. The truth does not change, and that is why the answers worked out long ago can help you find solutions to the challenges of our time. Continue to build union between movements stretching across the globe because we must put away our willingness to profit from the exploitation of others.

Though I may not be here with you, I urge you to answer the highest calling of your heart and stand up for what you truly believe. In my life I have done all I can to demonstrate that the way of peace, the way of love and nonviolence is the more excellent way. Now it is your turn to let freedom ring.

When historians pick up their pens to write the story of the 21st century, let them say that it was your generation who laid down the heavy burdens of hate at last and that peace finally triumphed over violence, aggression and war. So I say to you, walk with the wind, brothers and sisters, and let the spirit of peace and the power of everlasting love be your guide.

To read the entire essay, visit [nytimes.com/2020/07/30/opinion/john-lewis-civil-rights-america.html](https://www.nytimes.com/2020/07/30/opinion/john-lewis-civil-rights-america.html)

White Fragility: Why it's so Hard for White People to Talk About Racism

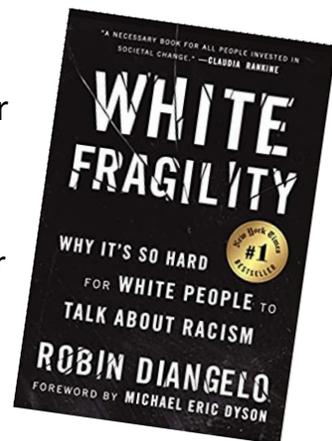
Book Review by NED SOARES

Read this book. I agree with a reviewer who wrote that the author is “pushing white people to recognize what they were blind to.”

The author, Robin DiAngelo, PhD, first termed “white fragility” in an academic article in 2011; “...the propensity of white people to fend off suggestions of racism, whether by absurd denials, emotional displays of defensiveness or solidarity.” Since 2015 DiAngelo has been giving talks, seminars, and programs on anti-bias training. She holds that “white folk” in the United States, who are not knowingly racist, don't really have a vocabulary for talking about race, but are subject to biases and blind spots due to each individual's cultural perspective whether realized or not.

I first read this book over a year ago. At that time I was challenged with what other reviewers have called logic that is “sometimes flawed or confused” and with “writing (that) could be much tighter.” I have reread the book twice prior to my presentation at St. Paul's afternoon book group. Now with a heightened perspective in the present era of COVID-19/Black Lives Matter, I have come to a deeper recognition of my biases, including many previously unrecognized. I have edited one of Dr. DiAngelo's examples, which was a learning moment for me.

A Black partner, who worked with her, called her out for repeatedly interrupting her when it was just the two of them in conversation. She said, “No, no, I interrupt everybody, that's just my personality.” Then the partner said, “When you do it to me, it's racism, because I have spent my entire life being interrupted and talked over.”



I came away feeling that I am more comfortable feeling uncomfortable and now I am much better able to respond more fully to the call for change that is so much more urgent.

Afternoon

Thursday, October 8 | 1:30 pm
The Essex Serpent by Sarah Perry

St. Paul's Book Groups

Evening

Thursday, October 8 | 7:00 pm
The Darwin Affair by Timothy Mason

Via Zoom. For logon details, visit stpaulswc.org (News & Events tab)

The Epistle

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