

# THE EPISTLE

ST. PAUL'S EPISCOPAL CHURCH, WALNUT CREEK | MARCH/APRIL 2021



## A Note From The Reverend Krista Fregoso

Happy Anniversary....

Can you believe that it's been a year already? It felt more like ten years. One year ago, in March, it seemed as though the whole world changed overnight when COVID-19 entered our lives, and we began riding a roller coaster that no one wanted to ride. This past year, as we prayed online together, we shared prayer petitions about those loved and lost, those sick and unsure of what was to come, those who were isolated, those evacuated because of fires, orange-red skies, civil unrest, those who boarded up their shops, those who faced the possibility of laying off employees who have been with a company for more than 20 years, those who have lost their jobs, lost graduation ceremonies, long days on Zoom for children, and homeschooling for parents. Endless prayers of grief and loss.

Happy Anniversary? More like, congratulations—you made it.

When I look back and think of you, the overwhelming feeling I have is one of gratitude and hope. You have inspired me, St. Paul's. You have given me hope for what is to come.

As the world looked inward, you continued to look outward, taking care of those around you. Despite the trauma, you took care of each other. You made grocery runs for those who could not, you sent meals and flowers and cards...

*Continued on pg. 9*



### IN THIS ISSUE

Musical Notes  
Courageous Truth  
Easter Potluck/Egg Hunt  
Easter @ "St. Paul's East"  
Grandma Vi's Recipe  
Food Cards Project  
Joy All Throughout  
Trinity Center  
Light at the End of the Tunnel  
What You Should Know  
Book Groups  
Concert Review  
Healing Power of Stories  
Altar at St. Paul's  
Vestry Retreat 2021  
A Blessing



## Musical Notes

By DR. LARRY CRUMMER

Traditionally, Lent is a season where we “give up” something. This pandemic could be called a prolonged Lent for us all as we have “given up” our normal routines. Our church family no longer meets in person for our communal services, and we no longer are able to raise our voices together in our traditional four or five hymns every Sunday. But the trials of our “new normal” also give us a chance to approach our current situation as a journey, a chance to look at and approach old ideas and methodologies in new ways. We can also use this as an opportunity to explore and discover new ways of finding community in our isolation, to create that “new normal” for worship/music in our services.

Some of you may have noticed that I play many piano arrangements of hymns and anthems. I see these beautiful pieces as a new way for us all to experience our hymns. They are, in essence, our opening and closing hymns. Although we are not able to sing together in person, we can still sing as a community in our separation.

Many of our choir anthems are arrangements of our beloved hymns. This combines our wonderful tradition of hymn singing, and you, the congregation, become members of the choir as you sing along. So as we enter into Lent and Easter, I will continue to create new arrangements of our traditional hymns, alternating with newer ones. Once in a while, we will record some more traditional anthems and you will hear some beautiful solos and duets.

Again, we thank **Deborah Webster** and **Tom Tcheng** for working their technological magic to bring our music to life. This is our “new normal,” and as my grandmother always said, “We are so blessed to have so much, when so many in the world do not have what we have.” Amen!



## Courageous Truth

By THE REV. LAURIE MOYER



In the Psalms “word” has many meanings: "name," for one; "precept," for another; and also "ordinance, law, decree, promise," and "commandment" for others. In Hebrew, "word" can even mean just "thing." But all these meanings have an underlying understanding: when one commits to saying something of importance, one is speaking truth.

I think how appropriate that St. Paul’s life of faithfulness to his God and to his leader in revitalized faith, Jesus, was transformed "truth." St. Paul began as a zealot against the growing Christian church and, when made aware rather suddenly that he was a zealot-gone-wrong, he faced his profound mistake, accepted his past, and embraced his future. And thus, the Christian Church was blessed with the new direction of his love of "the way." He became an advocate for Christ’s way, not to Jewish members of Christ’s church, but to aliens—that is, just other folks.



Embracing the truth, being willing to acknowledge mistakes of our pasts, means we are healthy, strong, and moving forward. Embracing the truth can be humiliating. (It must have been interesting when Paul first encountered his fellow Christian persecutors after he had literally seen the light and switched teams!)

I wonder what St. Paul’s, the parish, might learn from Paul, the man, as we leave 2020—a year of such intense strife and anguish—and move forward. Might we see how we could have handled our "truth" better? Could we have used patient

questions to find out where the truth lay in another’s beliefs? Might we have been more Paul-courageous in accepting some error in perception and admitting that we could have done better? I hope so because I believe hope in better years forward is based on a St. Paul-courage that begins with each of us admitting we haven’t always pursued “the way, the truth, and the light.” Maybe the enlightened way forward is courageous truth.



*Shrove Tuesday  
and  
Burning of  
the Palms*





*How it all began*

## The Easter Potluck and Egg Hunt

By ANNE MORTON

This beloved St. Paul's event had its beginning dating *waaay* back in the late 60s. At the time, our sons were old enough for Easter holiday fun. We were involved with a St. Paul's group that met every Wednesday night for a potluck, program, and singing the latest church folk music. Since Lyle and I were lucky enough to have the ideal location for picnics and hiding eggs, we invited that group with their kids to join us after Easter services. At that time we provided the lunch, but as the group grew, attendees decided to bring their favorite brunch dishes to add to the huge salad that is the centerpiece of the event. As years went by, the original small children became parents and began bringing their children and having reunions of sorts. Many of them were also enjoying St. Paul's Family Camp in the summer.

By the '90s we just invited the whole parish and extended families to what became titled "St. Paul's East" for a happy afternoon of eating, talking, egg hunting, and celebrating Easter joy. Some years it has rained – if "a little," people stood under the porch roofs or stayed in the house. One year it poured and we held the lunch in the Parish Hall. When we hid eggs in the church, one was found later in the organist's shoe!

### Standout Easter Memories:

- One VERY hot Easter—kids in the pond wearing Lyle's T-shirts!
- Enjoying my favorite dish—Pete Smyth's chicken casserole
- Early computer signs (I still have them) made by a teenage Daniel Colombo
- All the kids making a beeline for the trampoline
- Helpers Richard Kemink, Ken and Linnea Jessup, and Mark Sturgess setting up tables—again!

*Potluck "greeter"  
Kathleen McAdams*



## Dates to Remember

March/April: AARP Tax-Aide, Tuesdays & Fridays. Call (925) 979-5013  
March 6: Collective Memorial Service @ 11:00 am  
March 28: Palm Sunday @ 9:30 am  
April 1: Maundy Thursday @ 7:00 pm  
April 2: Good Friday @ noon and 7:00 pm  
April 3: Easter Vigil @ 7:00 pm  
April 4: Easter Sunday @ 9:30 am and Joyful Noise @ 11:30 am  
April 19-May 17: Warm Winter Nights

*Times subject to change*



## Members reflect on Easter at "St. Paul's East"

From interviews with NED SOARES

For the second year in a row, the pandemic has canceled beloved in-person events, such as Anne and Lyle Morton's annual potluck and Easter egg hunt. But better days are ahead, and remembering the good times will sustain us until we can joyfully and safely gather together again.

### Ken Jessup

As a long-time member of the setup crew, Ken enjoyed the camaraderie of the event from start to finish. He particularly remembers the ancient vintage sawhorses that supported the many heavily laden food tables. There was always more than enough food for everyone. One of his early memories was the excitement of his young children, David and Carli (right circa 1992), for the Easter egg hunt. He said, "The setting was better than a park because it was a home."



### Emily Lagrone

Emily remembers first attending the potluck as a freshman in high school and since then, she's hardly missed a year. Now, she's an adult and the mother of three (Gus six and a half, Attie three and a half, and Cleo two). Emily enjoys reconnecting with people, especially fellow church family campers. At the last picnic two years ago, since some of the children were older, she was comfortable letting little Gus roam freely, knowing that the older ones would look out for him and adopt him into their activities, and they did. Later in the day, she found him sitting on the trampoline and snacking with all his friends.



### Phil Webster

What Phil remembers most is the great food. "People may complain about potlucks but not me," he says. He believes people always bring their best recipes, kind of turning the potluck into a friendly competition. Phil also remembers:

- The little kids' excitement before and during the egg hunt.
- The middle-schoolers' excitement as they hide the eggs and the boys ogle young girls for the first time.
- The Mortons' giant wood salad bowl. "It's huge! Maybe 2' by 5'."
- Listening to Lyle's big glorious laugh and Anne telling stories.

Perhaps the memory Phil holds dearest to his heart is the welcome inclusion he felt the first time he attended this event with his young family 25 years ago. "Going from a formal church service to a gathering held at someone's home, I knew this church was special," he says. "That's something I will never forget."



# Grandma Vi's Chicken & Rice Recipe

By PETE SMYTH

Karen's grandmother, **Violet "Vi" Pickard Olson**, often served this recipe whenever the grandkids visited, and Karen "inherited it." It's a recipe typical of the 1950s—five ingredients, easy to prepare, and yummy to eat. The funny thing is that at our wedding, I was talking with Karen's sisters, and they joked that they knew what Karen would cook for our first dinner—Vi's Chicken & Rice—because it was the only recipe she knew. And sure enough....! Thus, it became a "regular" in our cycle of recipes.

The best part is that we could assemble it ahead of time, cook it on the timer, and have it ready to take to the Mortons' after church on Easter Sunday. That was especially handy because we were singing in the choir and couldn't leave early to prepare a dish. Since Anne always provided a giant green salad, we figured we could help by bringing a main dish, and by now, a whole new generation has been brought up on Vi's Chicken & Rice. Trust us: This is just about as foolproof a recipe as you can get!



Grandma Vi

## Ingredients

- Two and a half pounds boneless skinless chicken (we use chicken thighs because they seem to not dry out when cooked)
- One can (14.5 ounces) cream of mushroom soup
- One package dried onion soup
- One cup (plus) white rice (uncooked)\*
- One soup can of water

*\*We've used a 50-50 mix of white rice and brown rice and that worked fine. Pure brown rice doesn't seem to come out as well, and wild rice doesn't absorb enough of the liquid to create a satisfactory result.*

## Preheat oven at 350 degrees

- In a 9x12 baking dish, spread the rice evenly across the bottom
- Cut chicken to desired size pieces (we like bite-sized morsels, but can be larger) and place on top of rice
- Mix mushroom soup, dried onion soup, and water, and then pour over chicken and rice
- Cover with aluminum foil
- Bake for 1-1/2 hours (can cook for up to 2 hours without drying out) and serve!



## Contra Costa Interfaith Coalition Food Cards Project

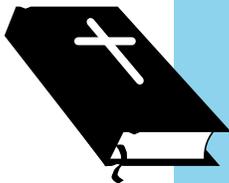
By MAUREEN HORTON

I've been involved with the Food Cards Program through the Contra Costa Interfaith Coalition since I was the Vestry liaison to Outreach in 2017. Parishioners donate to this program in addition to their annual pledge. We are all aware of the increased need for support during the COVID-19 epidemic. Food insecurity has been with us for many years in our county, and hardworking families in low-wage jobs continue to struggle to feed and house their families. Each month I purchase Safeway food cards for families whose names are provided by the Contra Costa Public Health Advisor. The cards are exchanged in person and the social workers sign a receipt for the cards. Our program provides support for up to six months for the families in need. In January we began providing cards to three working families. Here is some information about our three families:

**Family A:** Works in an auto repair shop, and due to COVID-19 his hours have been reduced. He is the primary caregiver of two young children, ages 3 and 5. His work hours have picked up recently, but he is still struggling to catch up.

**Family B:** Works in the foodservice industry and recently tested positive for COVID-19. She cares for her four children (ages 5, 10, 12, 15) and has been out of work for two months due to COVID. She has applied for disability; however, there have been significant delays with disability and unemployment payments.

**Family C:** Parents have two children ages 1 and 7. He works in landscaping and has had his hours reduced due to COVID-19. Prior to COVID, she supplemented the family income by selling homemade food. They do not qualify for unemployment.



When writing these words, my mind had a picture of how Jesus responded to the poor and needy of his time.

**"For I was hungry and you gave me food."**

Matthew 25, verse 35

If you would like to participate in this important program you may send a donation to St. Paul's and make a note on your check or electronic donation ([stpaulswc.org/give](http://stpaulswc.org/give)) and specify that you wish to donate to the Food Cards Program. You can donate monthly or give a donation at any time. For answers to your questions, contact **Maureen Horton** by sending an email to [info@stpaulswc.org](mailto:info@stpaulswc.org) or by calling the church office at (925) 934-2324 and leaving a message. Maureen will call you back.

Thank you for your kindness and generosity.

## Joy All Throughout

By THE REV. LIZ TICHENOR  
Rector of Church of the Resurrection, Pleasant Hill



There was no telling how long grief would have a hold of me, or in what way. In my late twenties, my mother died by suicide, and then my infant son died suddenly, sending me into an exile of sorrow. Grief is so very unpredictable: unexpected dates would sink me; stumbling onto a hymn my mother loved or some odd baby item would snag the breath in my throat. I came to see how little control we have over grieving—much like this pandemic, it sometimes felt endless and entirely beyond me. Then other times, I would find respite in a season of relative ease, only to have grief rear back, still more grueling than I'd seen before.

And I could not exist only in the valley of the shadow of death, because these losses had come on either side of my ordination as a priest. I had promised to lead a community in hope, to proclaim the Good News. Each week we affirmed in the creed that we would look for the resurrection, and one Sunday it hit me: this was the only way through for me. I would not deny how the losses had broken me—after all, Jesus returns still bearing the wounds of his awful death—but I needed to look for new life right there, within all that grief.

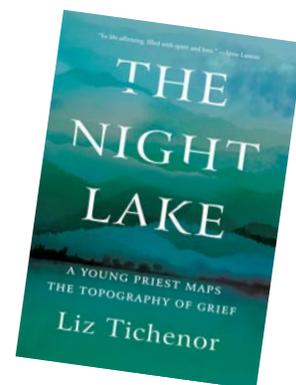
Early on it felt almost scandalous, but I did encounter joy, and laughter found me. I wasn't sure if this was allowed, but there it was—joy!—plain and available. I was startled into awe by the particular joy made possible when beloveds brave coming together, even and especially in heartbreak. A snowy walk with a friend was desperately beautiful and also called forth my lament. A perfectly delicious meal in a bustling sushi restaurant invited both our raucous laughter and also the truth of our struggle. I heard it in the balm of a congregation's soaring voices giving witness to pain and love, both. This joy comes in the space where we drop the illusion of having it all together, and to choose to be human, one with another.

As a people, we look for the resurrection, for this joy that refuses to give up until some bit of hope has been planted in our hearts. I have seen that even within the wilderness of hardship and fear and grief, this joy can sustain us. It does not depend on a hard deadline by which things must improve; it comfortably coexists with our sorrow. No matter how long we may have to hold on together, this tenacious joy leads us into hope.

Peace to you all as you seek this joy, and as you share it.

Liz+

The Rev. Liz Tichenor is the Rector of Church of the Resurrection, Pleasant Hill, CA, and author of the new book, *The Night Lake: A Young Priest Maps the Topography of Grief*.



# Pancakes, Anyone?

By LESLIE GLEASON, EXECUTIVE DIRECTOR OF TRINITY CENTER



One of my treasured memories of childhood and young adulthood was Shrove Tuesday Pancake Suppers. The parish coming together for one last hurrah before the solemnity and introspection of Lent, friends donning aprons and chef's hats to churn out and serve endless pancakes and sausage, with all the fixin's including real maple syrup! The next night we'd be back in the sanctuary for Ash Wednesday, having survived (hopefully) our first day of giving up something for Lent.

There is great comfort in these traditions and rituals, but this year, we're adjusting and improvising all the time, aren't we? It turns out pancakes at home taste almost as good—and with no one watching, you really can enjoy all you want! Even in the midst of challenge and loss, whether it be health, life, companionship, housing, or all the familiar patterns of existence, there is hope. We have hope because we have the privilege of knowing the end of the story that started over 2,000 years ago, featuring a little homeless family, a wandering rabbi, and a faithful band of followers invited from the margins of society to the center. We have hope because we know that loss and death are not the final word. Lives are restored, connections are made (even through computers), homes are regained, and people of faith are acting in the world to make all these things happen—as close by as next door and as far away as our minds can take us.

Thank you for being part of the solution, and even as we anticipate another unusual Easter, let our Alleluias ring louder than ever!

## A Note From Rev. Krista

*Cont'd from pg. 1*

...to each other. Some of you inspired us with your technical talents and love for music by providing online music each Sunday. Some of you kept our grounds clean and gardens thriving so that we can enjoy the photo montage of beautiful flowers that open our service each Sunday. Some of you inspired us by building new skills or learning new programs so you may read on Sundays, participate in Compline, or share a book in our monthly book group. Some of you organized drive-through collections for groceries for the Monument Crisis Center or school supplies for Meadow Homes Elementary School.

You were a community marked by perseverance and resilience. Our service changed dramatically and you responded with gratitude. We had our Christmas Eve family service in the parking lot and you responded with honking horns of gratitude. Horns that caused the neighbors to pop out and look at the spectacle of a priest in the back of a pickup truck surrounded by cars.

We as Christians are called to be a people of hope and resurrection despite what the world may throw our way. You, St. Paul's, have embodied that hope.

Happy anniversary, indeed. Thank you!

## Light at the End of the Tunnel

The Epistle team asked St. Paul's parishioners, "Now that we can see some light at the end of the tunnel, how do you plan to begin again after the pandemic, with loving kindness?"



### **Sue and Walt Busenius**

Continue to stay in touch with people we don't see often. We recognize that we are all God's children and need to show love and forgiveness to everyone.



### **Molly Clopp**

As we emerge from the isolation, I envision myself out walking, meeting, eating, and celebrating with friends and family. I hope to gather together to worship and volunteer, and maybe plan travel when it is safe! Through the pandemic, I've learned the importance of slowing down and enjoying the moment, so I will savor every gathering. I'm so grateful for the science of vaccines that will make this possible for all.



### **Charles Couch**

I'm expecting we will experience a slow transition to a more distanced physical world of interaction and a continued dependence on non-close physical and group relationships and communication. I'm therefore focusing now, and going forward, on clear and deliberate expressions of appreciation with whom I interact. That includes not only family and friends but those who make my life manageable—like retail clerks, medical professionals, and just people in my everyday life. I have not always made the effort to express thanks and caring in my communications, leaning on much nonverbal messaging—or just being unthoughtful. But, now and going forward, it is even more important to express how much I value others. After all, that is our charge.



### **Peggy Shockley**

I want to remember how we were in the days of the pandemic, fearful but trusting in our efforts to conquer COVID. We lined up together, whoever we were, at the pharmacy or the bank, yet we seemed more accepting and tolerant than usual. Sometimes there was a camaraderie among those in line, perhaps visible in a smile from behind a face mask. Maybe you could see it in the eyes, too. I have felt an acceptance among people, even strangers, during this time of the virus, which inspires me about what is possible and what we could do together. That is what I want to take with me into the future.

# Church Life



## COVID-19 Vaccine

### What You Should Know

By SUSAN BURPEE, PHARMACIST — RETIRED



The most important information I can give you is this: Get a vaccination as soon as you are able! And help the people around you to get a vaccine as soon as they become eligible.

There are currently two vaccines available. Both have gone through extensive testing with 30,000 people, and they are very safe. The only contraindication to the new mRNA vaccine is a rare life-threatening anaphylactic reaction to a previous vaccine. If this has ever happened to you (one in a million people), take your Epi-pen with you and wait 30 minutes at the facility to make sure there is no reaction.

Both vaccines require two doses, given three to four weeks apart, depending on which vaccine you get. You should get the same brand for the second dose as you got for the first dose, so when you get the first dose, make your appointment for the second dose. There may be some reaction to the vaccine, the most common being injection site soreness (move your arm and apply a cool cloth), and slight flu-like symptoms such as a headache, tiredness, nausea, or fever. These can be more pronounced with the second dose as your body increases its immunity.

#### Now the Hard Part: Getting the Vaccine Patience is Required!

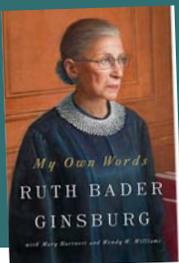
- Contact your health care provider for up-to-date information.
- For vaccines in Contra Costa County, go to [coronavirus.cchealth.org](https://coronavirus.cchealth.org) and follow the prompts
- For vaccines in California, go to [covid19.ca.gov/vaccines](https://covid19.ca.gov/vaccines) and tap *Sign up now*.
- Visit [vaccinateca.com](https://vaccinateca.com) to see where vaccinations are being given, and how to sign up.
- Check out [myoptumserve.com](https://myoptumserve.com), giving vaccinations at Tice Valley Gym in Walnut Creek.



*Information subject to change*

## St. Paul's Online Book Groups

Looking for good books and engaging conversations? Join our monthly afternoon and evening book groups via Zoom!



★ *New start time!*

**Afternoon: Thursdays | 12:30 - 1:30 pm**

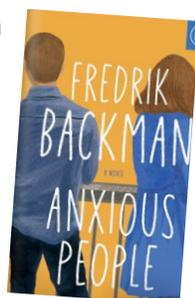
**March 11:** *The Splendid and the Vile* by Erik Larson

**April 8:** *Becoming* by Michelle Obama

**Evening: Thursdays | 7:00 - 8:00 pm**

**March 11:** *Anxious People* by Fredrik Bachman

**April 8:** *My Own Words* by Ruth Bader Ginsburg



## Church Life



### Concert Review Heeguen & Sharon



By DEBORAH WEBSTER

You might say that **Ensemble Ari** performed with utmost and fine virtuosity at our February concert, but that would be a severe understatement of the experience I had while attending their performance. Being on the concert production team, I had a slight advantage over most attendees, since I was in the church with our performers. And, from where I was sitting, it was like the walls and the rafters opened up to drink in the long-thirsted-for music all evening. I could feel the mastery of **Heeguen Song** as she brought to life Paganini's *Caprice for Solo Violin*, and my senses danced with giddiness to Florence Price's *Fantasie Negre* played by **Sharon Lee Kim** on piano. Nearly moved to tears, I was swept away with both the absolute sweetness and liveliness of Brahms' *Sonata No. 3 for Violin and Piano*. The way the music came alive with both tenderness and fortitude, I was humbled, smitten, and renewed.

Thank you, **Ensemble Ari**, for a wonderful evening!

#### Save the Dates

**April 17**

Konevets Quartet, performing  
remotely from

St. Petersburg, Russia!

**May 29**

Austin & Owens  
Classical & Jazz Duo

**June 19**

Natsuki Fukasawa  
Classical Pianist

## The Healing Power of Stories

By KATHRYN BEERBAUM

*The Healing Power of Stories*, a class led by seminarian **Jen Crompton**, met on Wednesdays at 6:30 pm during January and the first two weeks of February. The class consisted of six sessions, designed to teach the importance of deeply listening to each others' stories.

Among the themes that emerged from the class material and discussion was how listening to and understanding each other can help bridge gaps between various groups in society. Each class began with a centering prayer, followed by the reading and discussion of two versions of one Bible verse. After the Bible verse discussion, the class would view and discuss selected media. For the first few sessions, the discussions on the media were held in breakout rooms. The media Jen played for us were a diverse collection of videos. Among them was a TED Talk about a woman who had to relearn how to communicate with her classmates, and a reading of **Amy-Jill Levine's** children's book, *Who is My Neighbor?*, based on the

parable of the Good Samaritan. Another was a video of a woman using spoken word poetry about her experiences with racism as a Black woman.

**Jen Crompton's** teaching style is patient, kind, and nonthreatening, which helped set the tone for people to share their reflections and personal experiences. Her story-sharing prompts made us aware of our need to cultivate empathy.



*Kathryn Beerbaum with her mother, Jessica Beerbaum*

## The Altar at St. Paul's

By RICHARD KEMINK

The large altar in St. Paul's Episcopal Church was custom built in 1969 as a memorial to **Mr. Louis R. Pitto** (1906-1969), an active member of St. Paul's and in the community. The altar was commissioned by the Rector, the **Rev. Alfred B. Seccombe**, and crafted in the Custom Woodworking Studios and Workshop in Carmel Valley. Made of American Black Walnut, it was designed and built by **Thomas R. Broadbent** and carved by **Roy McConchie**.

In the altar's current position, the backside shows in the center of the panel three chalices and rays spreading away, and on the front (facing the congregation) are three bowls on a table, holding bread, fish, and grapes. These are surrounded by shields representing the ministries of the twelve apostles, and in some cases, their martyrdom. An interesting note found in the archives: At the time of its delivery and assembly, the designer said that built into the altar is some conservationist literature on the preservation of the otter, as he felt that this would be a good place for the reminder of a good cause. Maybe the next time we move the altar, we can determine if this is still true.

### Carvings of the Apostles' Shields

**Jude** - Sailboat with cross in upper right corner

**Thomas** - Carpenter's square and vertical spear

**James** - Pilgrim's staff upon which is hung the pilgrim's wallet

**Bartholomew** - Open Bible and knife

**Andrew** - X-shaped cross and a great boat hook

**Simon** - Saw, oar, and battle ax

**Peter** - Two large keys crossed like the letter "X" and an upside-down cross

**Mathias** - Open Bible and double battle ax

**John** - Chalice and serpent

**Philip** - Basket and Tau cross

**Matthew** - Purse

**James the Less** - Windmill



# Vestry Retreat 2021

By MELANIE CORRY

The 2021 Vestry zoomed into the new year with a day-long retreat on February 6. While the retreat was different from ones in years past, the Vestry was able to come together to talk about priorities for 2021 and start the process of forming the teams which will help lead the congregation for the coming year.

The six-hour Zoom meeting was missing some of the comforts of The Bishop's Ranch, but don't worry, we were able to pace ourselves with help from facilitator **Caroline McCall** from the College for Congregational Development. She helped us focus on the mission and vision of the church for 2021 and worked with Vestry members to discover how our own talents can serve St. Paul's.

The Vestry knows this next year will be one of transition as we work digitally before eventually bringing back in-person worship. We are committed to making sure St. Paul's lives up to our vision of being good neighbors and continuing to grow together as a congregation.

## A Blessing

The world now is too dangerous  
and too beautiful for anything but love.  
May your eyes be so blessed you see God in everyone.  
Your ears, so you hear the cry of the poor.  
May your hands be so blessed  
that everything you touch is a sacrament.  
Your lips, so you speak nothing but the truth with love.  
May your feet be so blessed you run  
to those who need you.  
And may your heart be so opened,  
so set on fire, that your love,  
*your love*, changes everything.

# Leadership and Staff



<b>Rector:</b>	The Reverend Krista Fregoso
<b>Interim Associate:</b>	The Reverend Laurie Moyer
<b>Deacon:</b>	The Reverend Margaretmary Staller
<b>Deacon Emeritus:</b>	The Reverend Donald Adolphson
<b>Chief of Staff:</b>	Eileen Mitchell
<b>Music Minister:</b>	Dr. Larry Crummer

## Vestry of St. Paul's

Lisa Bell Stewart, Senior Warden	Marianne Johnson
Susan Burpee, Junior Warden	Ned Soares
Jessica Beerbaum	Jim Ward
Tom Chaffee	Jerry Williams
Melanie Corry	Mary-Jane Wood
Jennifer Machado, Chief Financial Officer	
Ronnie Marty, Clerk	



## 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.

### The Epistle

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