

# THE EPISTLE

ST. PAUL'S EPISCOPAL CHURCH, WALNUT CREEK | NOVEMBER/DECEMBER 2021



## A Message From The Reverend Krista Fregoso

Feeling a little done? You're not alone.

A survey from *Indeed* reported in April that burnout is up 10% from pre-pandemic life, to 52%. More than half of Americans in the workforce are experiencing burnout. This isn't just a workplace experience because I see it at church as well. Volunteerism is down, people are not ready to come back. There is collective fatigue in the system.

So what is it? What is causing this fatigue?

Grief. So much has changed this past year that our collective foundations are weary.

If you are like me, you might instinctively pull back and give less because one might perceive that there is less to give. The problem with that is that it starts a self-defeating cycle. Generosity can be restorative, it can be healing. St. Francis was right when he said, "It is in giving that we receive."

Jesus has lots to say about how love and generosity work. In Luke, talking about a widow who gives all that she has, which is a tiny sum compared to others, he talks about how generosity is a condition of the heart.

I had a mentor who, every time he felt like he didn't have enough, would donate to a turkey fund for Thanksgiving in honor of someone who helped him be who he had become. Sometimes the turkey was in honor of someone in his family who passed away, sometimes it was in honor of a teacher or a mentor.

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## A Message From The Reverend Lynne Sharp



I must admit that this time of year I am ready for crisp clear nights with the scent of snow-to-come in the air. The nights seem to be more hushed and humble and I can walk the neighborhood in the early morning or evening pondering and listening for God's voice. Or if not God's voice, hints of the Presence in creation. Another thing I love this time of year is the anticipation of the Advent season. We rush from Halloween to All Saints' Day, then All Souls' Day, along with the completion of the stewardship season, and quickly on the heels comes Christ the King Sunday.

Advent marks the beginning of a new church year along with the anticipation of the babe to come, and the hope of God's kingdom manifesting on earth. Advent season, along with the busyness of preparing for Christmas, is an opportunity to stop, reflect, and make room in our lives for the Holy to enter. Not just for one day, but in our lives, our families, and our communities.

I am a Third Order Franciscan and had the privilege to be in Assisi, Italy one year for Christmas Eve and Christmas Day. The city was filled with dozens and dozens of indoor and outdoor Nativity scenes. One of the many legends of Francis is that he created the first known living Creche.

### **According to St. Bonaventure**

*"Francis prepared a manger, and brought hay, and an ox and an ass to the place appointed. The brethren were summoned, the people ran together, the forest resounded with their voices, and that venerable night was made glorious by many and brilliant lights and sonorous psalms of praise. The man of God [Francis] stood before the manger, full of devotion and piety, bathed in tears and radiant with joy...and being unable to utter His name for the tenderness of His love, He called Him the Babe of Bethlehem."*

**Advent 1, November 28th**, we will begin the weekly Joyful Noise service at 11:00 am and start an adult Advent formation series at the same time.

In the adult Advent series, we will immerse ourselves in the Bible stories of Advent through scripture, music, art, reflection, and lively discussion guaranteed to awaken your anticipation of that Holy Night.

Regardless of your worship service of choice, we invite you to enjoy coffee hour, and then attend either Joyful Noise or adult formation.



# Church Life



## Musical Notes



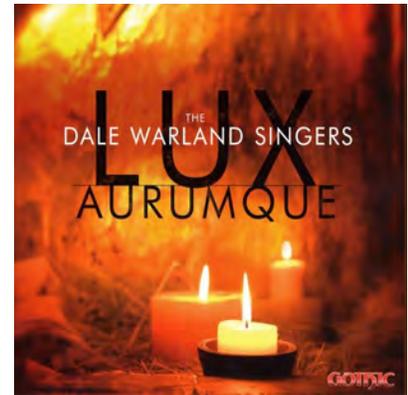
By ERIC NEWELL, DIRECTOR OF MUSIC

I am so grateful to be at St. Paul's, meeting wonderful parishioners (and making beautiful music with them) as your new Director of Music. Thinking about what to include in my first *Epistle* message, I thought that you might get to know me better by taking a peek into the music to which I listen. Whether you're familiar with this music or not, I encourage you to take five minutes and press "play;" maybe something will sound familiar, trigger a memory, or maybe you'll fall in love with something brand new!

### ***A Prayer for the Middle Ages, Howard Hanson***

#### **Performed by the Dale Warland Singers**

This is one of my all-time favorite choral pieces, and if you haven't listened to much choral music, this might be a good place to start. The performance starts with a fiery proclamation of an 8th-century anonymous text: "*We declare unto all the ages as the greatest marvel... when naught was, from end to end, there wert Thou, O God, Thou almighty God...*" But you'll notice a complete shift in tone when the choir sings the next line of the text: "*Thou who madest heaven and earth...*" It sounds more than beautiful; it's almost other-worldly, and always leaves me with an appreciation for God's power and love.



### ***Winterreise, Franz Schubert***

#### **Performed by Joyce DiDonato and Yannick Nézet-Séguin**

One of the most well-known art song cycles, Schubert's *Winterreise* (translation: Winter Journey) captures the pain of lost love's sting and the analogous cold chill of the coming season. Usually this cycle, lasting about an hour in total, is sung by a baritone, but Joyce DiDonato, one of America's most-loved mezzo-sopranos, has collaborated here with the conductor of the Metropolitan Opera to bring the cycle to life as a higher voice type. If you haven't heard this before and only want a 'taste,' try 5. *Der Lindenbaum*. It is probably the most famous standalone song from the cycle, and will leave you wanting more.



### ***A Horse With No Name, America***

I grew up hearing classic rock on the car radio while driving around with my dad. America's sound always stuck out to me as fresh and unique from other soft rock, and I still love it to this day. You might immediately recognize this title, but even if you don't, I can almost guarantee you'll recognize the song as you listen: the catchy "*la la la*" section, which repeats after each refrain of the song's title is almost impossible not to sing. It's great driving music, so I often 'pack it' when heading on a road trip!

## AMERICA



Cont'd. on pg. 4



## Concert Review

By DEBORAH WEBSTER

Have you ever been taken to that musical dimension that transcends space and time, where your inner psyche is lured out to bask in the waves of incredible music? This was an experience I had while attending the recent concert of pianist Misha Galant. Not only was this concert a personal note of joy, but within minutes of the performance, I had a sense of greatness in this pianist.

In his performance, he lured us in with what he described as the "appetizer," performing Beethoven's *Sonata, Op.7 Allegro Molto e Con Brio*. He then worked through a delectable second course of Chopin's *Waltz in Ab Major* and Rachmaninoff's *Romance, Op. 21, "Lilacs,"* leading to the main course of Scriabin's *Sonatas No. 4 and 5,* with dessert over Liszt-Volodos' *Hungarian Rhapsody No 13.* I was transcended.

*"Mr. Galant is going to rock this world."*

As a recent graduate of Eastman/Juilliard, Mr. Galant performed for St. Paul's in the midst of packing for his journey to Russia to start his Master's program for piano performance in Moscow. His expressive talents and absolute mastery of these 88 keys already intact, he is surely headed for the stars. All I can say is, "We knew him when...."



## St. Paul's Concert Series Presents

**Saturday, December 4**  
Anna Maria Mendieta, harp

**Saturday, November 13**  
Heeguen Song, violin &  
Peter Myers, cello

[stpaulswc.org/concert-series](http://stpaulswc.org/concert-series)



## Musical Notes, *cont'd. from pg. 3*

I hope you might find some of this music either enlightening or nostalgic, and that you might feel comfortable coming up after services some time to strike up a conversation with me about it. I am so glad to be at St. Paul's, and look forward to learning more each week about the people who make up this wonderful community: you!

## St. Paul's Prevails and Thrives During COVID

By MIKE SIEBERT



Toward the end of February 2020, we heard the first news about something called the Coronavirus and it was not long before the full gravity of the situation set in.

At St. Paul's, we had a couple of weeks of church services during which we took the usual precautions. But for many of us, the issue was really brought home during our evening Lenten series with **Fr. Tom Bonacci**. At the conclusion of the meeting, **The Rev. Krista** announced that the Diocese had reluctantly concluded there could be no more in-person services or meetings until further notice. How long? Well, it turned out to be one and a half years.



Almost immediately, **The Rev. Krista, The Rev. Laurie, Music Director Larry Crummer**, and many skilled volunteers transitioned us into online service at 9:30 am on Sundays. Week after week, we will forever remember the split screen showing The Rev. Krista in the chapel and The Rev. Laurie at home sharing Morning Prayer with us on Facebook and YouTube. Our beloved choir came together and performed every Sunday, even though they sang individually at home. We had the Lord's Prayer recited by about thirty members, all in unison. We had weekly readers doing the lessons, the creed, and prayers. Our tech

wizards figured out how to do all of this, and over time it became more and more polished. We had nightly Compline, Wednesday Morning Prayer, weekly Bible Study, online study programs, book club meetings, and Vestry and committee meetings. *The Epistle* kept arriving in our mailbox, we added *Stories of St. Paul's* emails, and **Eileen Mitchell** kept our weekly communications coming. We had in-home and backyard Eucharist and a Wednesday evening adult education series. When sadness struck, we held outdoor memorials with masks and viewing screens.

Amazingly, two of our very important outreach projects, St. Paul's Commons and Trinity Center, moved into their new buildings next door and thrived, thanks to the efforts of so many volunteers, partners, and leaders. And our pastoral care ministries continued. Our partner, My Spanish Village preschool, kept going, too, and now another school, The Noble Learning Academy for 6th, 7th, and 8th graders, has made its home on our campus.

Let's give leaders and ourselves a well-deserved pat on the back...and more! Bouquets of flowers, Champagne, Praise the Lords, and a twenty-one gun salute. We can now move into the Stewardship season, "Celebrating our Gifts," knowing that our gifts are many and profound.



## Updates, Insights, and More

By JEN CROMPTON, SEMINARIAN

Hello again, St. Paul's, your friendly seminarian stopping by with a bit of an update. I'm currently at the start of the final year of my seminary experience and so amazingly grateful to be sharing it with you all. This last year, I've learned so much about ministry, community, and what it means to be "church" in these ever-changing times. Let's just say they haven't added the digital media class in seminary yet, so this experience has been more valuable than I can express. As I look forward to the year ahead, I'm excited to be preaching again this year, and I'm sure a few more times before I graduate in May. I continue to be grateful for the fantastic support you all provide, including the Vestry support for my continued Candidacy for Holy Orders process. I will keep you posted on my progress through that process.

As part of a class I'm taking, I've been tasked with creating a project. The project that seems to fit best here is observing and working with the reintroduction of coffee hour. I chose this because the coffee hour was such a memorable experience from my first visit, and continues to be such a vital ministry in welcoming visitors and all of us as we gather again as a community. This will not replace the current coffee hour team or planning process. It's more of an in-partnership endeavor, and I will need your help. So don't be surprised if you get an email or call from me asking for your thoughts and feedback. If you already have an experience you'd love to share, an idea you've always wanted to try, or thoughts about what coffee hour means for you, please send them my way at [jcrompton@ses.cdsp.edu](mailto:jcrompton@ses.cdsp.edu). You can also share them with me the next time you see me.

Looking forward to hearing your thoughts! Peace, Jen

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## A Message From The Rev. Krista, *cont'd. from pg. 1*

The act of giving, in remembrance of true generosity and love, helped him lean towards giving.

I love to cook and give the meal to a friend who is in need. There is nothing more restorative than chicken soup for a cold, and giving for a fatigued heart. Perhaps, in this case, chicken soup is good for grief as well?

November is a month where we focus on giving, generosity, and how we as a Christian community want to live out our call in the world. This giving season, in the midst of so much loss and grief, St. Paul's will be giving more, not less, to the larger community. This budgeting cycle we will be collecting towards an outreach fund, to double down on the giving.

Join me in combating grief and fatigue by sharing God's love through acts of generosity and outreach.

## A Family Favorite From the Crescent City

By JULIE LAYNE

This shrimp salad is from Arnaud's in New Orleans, an old and very distinguished restaurant in the Crescent City. My Mom ("Mamite" to my children, as I am to my grands) always loved to cook, and was very creative in the kitchen. In the 1920s as a young girl out of high school, she worked for Cutter Laboratories in New Orleans and somehow got this recipe. It has been our holiday salad for three generations. My dad was always the taster, then me, then my children, and now my grands are being introduced to the fine points of the proper balance of Creole mustard and lemon.



### "Old" Mamite's Shrimp Arnaud

Serves 6

- 1/2 lb cooked shrimp
- 1 fat slice of tomato per person
- Watercress
- Lemon wedges

### Dressing

- 3 T vinegar or lemon juice
- 4 T oil
- 4 T Creole or other hearty mustard (with horseradish)
- 1/4 t paprika
- 1/2 t salt
- 1/4 t chopped green onion
- 3 t chopped celery
- 2 t chopped parsley

- Combine dressing ingredients and marinate shrimp at least overnight
- Taste for tartness, add more lemon juice or mustard as needed
- To plate, layer watercress, tomato slice, shrimp mixture, and a sprinkle of paprika; with a lemon wedge on the side

Hope you enjoy this little bit of Louisiana hospitality.



# Church Life

*2021 was a challenging year, no doubt. And so the Epistle Team wondered...*

## What Brought You Joy?



### **Pete Banwell & Anne Benefield**

With the COVID pandemic restrictions in place, like everyone else we found ourselves isolated from friends, family, and work. Since we were being very careful, we decided it was safe to resume the weekly dinners that we enjoyed before choir practice. The situation gave us a chance to get to know each other better. In the process we fell in love—and got married in June. What a joy!

### **Carolyn Crockett Kus**

Suddenly homebound when everything shut down, I wondered how I would stay active. My dog Hudson was happy to have me home and loved his daily walks. Our walks lengthened to hikes in the hills and I connected with a small pandemic-pod of hikers. It became our group's weekly mission to find new hikes in the East Bay (and beyond) and we discovered many favorites. Getting outdoors and exploring the wonderful vistas has brought me much joy this past year.



*Find Joy in  
the Journey*



### **Amanda Cruz**

Life as we knew it changed in the Cruz house when **Cassandra** was born the last week of 2019. More so for **Cameron** than anyone! His calm quiet house with two attentive parents was taken hostage by a noisy baby...he was not a fan of her. Then COVID.... What brings me joy during this time is seeing Cameron be a great big brother now. When he tickles Cassandra's feet to make her have the most adorable baby laugh...it makes my soul soar with happiness.

*Cont'd. on pg. 9*

# Church Life

Cont'd. from pg. 8

## Gail Sheffield

OH, JOY! With a move to Florida in the midst of the pandemic, it has been a very difficult year. But I find joy in a number of things: classical music, giving me peace of mind; calls from Ann telling me how everyone is doing and keeping me connected; creating a quilted gift that someone will treasure; and the St. Paul's online services. Joy is in the heart, where love is. I wish you joy in abundance!



## Jim Ward

Working up to 10-12 hours a day and other commitments have kept me busy, probably too much so. However, I have found time to enjoy things like helping out with the St. Paul's Concert Series. The benefit of being on the crew is hearing the music live and in person. In addition to that, when I get a chance to operate a train at the railway museum I belong to, I find that an enjoyable experience, too.



## Day of Peace at Meadow Homes

By JESSICA BEERBAUM

It happens every time. I hesitate to go to **Day of Peace** with various excuses running through my head. But after I go, I'm amazed at how happy I am for the experience.

Day of Peace is a volunteer effort organized by **Project Peace East Bay**, a non-denominational non-profit. Their philosophy is that Biblical justice can be practiced by partnering with community organizations. Up to four Saturday mornings a year, volunteers show up at various locations and perform tasks requested by the partners. I volunteer at Meadow Homes Elementary, St. Paul's partner school. Meadow Homes serves many recent immigrant families, with several living below the poverty line.

This year, at the August Day of Peace, I worked with a volunteer from Walnut Creek Presbyterian Church on a garden. Time flew by as we enjoyed conversation and tackled overgrowth. The teachers loved the results. Other volunteers cleaned, picked up trash, and helped teachers with classroom tasks.

While there, I find out how the school is doing from the teachers and about other churches through the other volunteers. The atmosphere is warm and friendly. Day of Peace and the site coordinator organize it all. I just show up, eat some donuts, pick a task, and jump in.

The next Day of Peace was scheduled for November but canceled due to COVID. When the program returns, I will let St. Paul's know. Hopefully, others will join in this rewarding venture.

## Trinity Center Honored...Again!

By MOLLY CLOPP, CHAIR, BOARD OF DIRECTORS

The East Bay Leadership Council announced its selection of Trinity Center for one of their 2021 Philanthropy Awards, "The Community Resilience Award." The Council is a public policy advocacy organization on a mission to increase economic vitality and quality of life in the East Bay.

Trinity Center was nominated by member organization California State Automobile Club. In their nomination they stated, "In a time where providing services to these communities was not only critical, but high risk to those providing the services, Trinity Center stepped up and continued its programming and also expanded services to help support immunizations among the unhoused in Contra Costa County."



Trinity Center recognizes that our partnership with St. Paul's Church is critical to our mission and wants to share this great recognition with all of you! Join the 2021 East Bay Philanthropy Awards virtual event on Saturday, November 20 featuring a special appearance from Broadway star Brian Stokes Mitchell. This year's event will celebrate community leaders, philanthropists, employers, and volunteers who embody the East Bay's resilience. You will hear honorees' inspiring stories and learn more about the generosity that is driving change in our community. For details, visit [eastbayleadershipcouncil.com/philanthropy-awards](http://eastbayleadershipcouncil.com/philanthropy-awards).

## In Memoriam

Joan Aten  
Ann Barnes  
Jane Bellesorte  
Janet Gillette  
Ann Graf  
Dick Ingraham  
Chris Leveque  
Margie McVey  
Louie Nemeth  
Norm Nicholson  
Neal Robinson

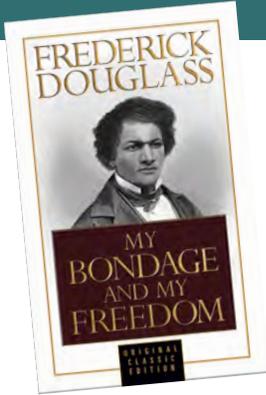
Creator of all, we pray to you for those we love, but see no longer: Grant them your peace; let light perpetual shine upon them; and, in your loving wisdom and almighty power, work in them the good purpose of your perfect will; through Jesus Christ our Lord. Amen. (BCP p. 504)

### **All Saints' Day**

*Sunday, November 7, 2021*

*Please join us in prayer for our friends and loved ones.*

# Book Review



## *My Bondage and My Freedom*

By Frederick Douglass

Reviewed by DAVE MATTERN

Many have heard of Frederick Douglass as a Black leader, reformer, and writer, but few may know many details of his life. This autobiography is an interesting account of the first part of his life.

Mr. Douglass was born a slave as Frederick Augustus Washington Bailey in 1818 in eastern Maryland and was separated from his family at an early age. This book was first published in 1855 as an account of his early life as a slave (*My Bondage*) and later years after he escaped (*My Freedom*), and is the second of three autobiographies that he wrote.

He had no formal education and his knowledge of reading and writing was mostly self-taught, but this book demonstrates that he became a very accomplished writer.

While he does include some accounts of cruelty to himself and other slaves, he does not dwell on these matters. He focuses primarily on daily life and activities, his growing dissatisfaction at his status as property rather than a person, the injustices to slaves such as lack of basic necessities and reasonable freedoms, the difficulty in seeing members of his family, and his determination to become a free man.

The book does include some flowery language typical of that period, but it is still a very readable suspense story as we follow his attempts and ultimate success at escape. This part has a surprise ending—spoiler alert—he doesn't provide the actual details of his escape. His justification is that explaining it would ruin that option for other slaves. (Some information is available from other sources.)

In 1838, after his escape to Massachusetts, he changed his name to Douglass to avoid recapture. Though the north was antislavery, Mr. Douglass was dismayed by the segregation he found there such as in churches and transportation. He became a speaker and writer in the antislavery movement and later, to avoid pursuit, he traveled to England where he lectured to large crowds. He returned after his freedom was purchased and continued in the abolitionist activities.

The purpose of Frederick Douglass' first autobiography, published in 1845 at age 27, was to give credibility to his lectures about his life as a slave. This second expanded version continues that mission and serves as a remarkably eloquent personal story about the institution of slavery and the search for freedom at that time.





## Vestry Highlights

By JESSICA BEERBAUM

September 2021 Meeting

**Susan Burpee** and **Jessica Beerbaum** discussed the upcoming stewardship campaign, "Celebrating Our Gifts."

**The Real Estate Committee** is developing rules for the parking lot. The goal is to have adequate parking available for our tenants, guests, and parishioners while worshiping and attending church events.

Use of a security service is being explored for help with the parking lot and with folks sleeping on the campus. The committee continues to work on our relationship with Trinity Center.

**Rector's Report:** Beginning October 10, in-person services will be 7:30 am in the chapel, 9:30 am in the sanctuary, with Coffee Hour after each service.

- **The Rev. Krista** reported on the audiovisual project. In the design bid process, two contractors came back with bids much higher than expected. The team is rethinking the scope of the contract and will ask for further bids.
- Joyful Noise is currently meeting once a month. On the first Sunday of Advent, November 28, Joyful Noise will start meeting three times a month at 11:00 am.
- An Advent adult formation class will also be offered at 11:00 am starting November 28.
- The Pastoral Care team is actively reviewing the ways to care for others and ways to expand their work under guidance from **The Rev. Lynne**.
- Adult formation classes are being discussed under the guidance of The Rev. Lynne.

### Vestry

- Moved to explore the possibility of hiring a business manager.
- The 2022 budget process is underway, with Vestry members collecting information about the financial needs of our ministries.
- A motion was passed to release funds from the Contra Costa Interfaith Council's monies to purchase food cards. The Angel Tree is being planned.

### Starting Advent 1, Sunday, November 28, 2021

- **Joyful Noise:** now every Sunday at 11:00 am for time to pray and play with family and friends!
- **Advent Adult Formation:** Sundays at 11:00 am. Join us as we explore the characters of the Nativity story.
- **Study of the Gospel of Luke:** Starts Wednesday, December 1 from 6:30 - 7:30 pm via Zoom. Don't miss this enriching year-long study, designed for beginners and welcoming all, to study Luke through Scripture, prayer, music, art, and discussion. Details coming soon.

# A Look Back at 2021



There were fond farewells...



...hearty welcomes...



...and a lifesaving vaccine!



We donned our masks and gathered to make crosses for Palm Sunday

We marched for climate change...



...blessed all creatures, great and small...



...did good deeds...



...and enjoyed some great music!



# Reminders



## The Angel Tree Project 2021

Sunday, November 21 - Sunday, December 5, 2021

You'll find the Angel Tree in the church narthex where you can take an Angel, sign it out, and return it with a gift card for groceries and gifts. Cards from Target or Walmart are suggested, and monetary donations are always welcome—mark checks *Angel Tree*. Proceeds benefit the First Baptist Church Head Start program in Pittsburg, serving very low-income, single-parent families.

## Contra Costa Interfaith Coalition

### Critical Needs for Our Neighbors

Please help us provide food, shelter, and clothing to the less fortunate. Current needs include:

- Furniture
- Drivers and small trucks for pickup/delivery
- Funds for Safeway food cards
- Volunteers

To learn how you can help, contact:  
[contracostainterfaithcoalition@gmail.com](mailto:contracostainterfaithcoalition@gmail.com)

## All Saints' Day

Sunday, November 7 | 7:30 & 9:30 am  
9:30 am: Intergenerational service

## Ingathering Service

Sunday, November 14

## Lessons & Carols, date TBA

## Blue Christmas, date TBA

## Christmas Eve Services

Friday, December 24

## Christmas Day

Saturday, December 25



For details, visit  
[stpaulswc.org/  
news-events](http://stpaulswc.org/news-events)

# Inspiration

## Dear God of all,

Help us to see the world through your eyes, without dividing lines,  
To see just land and water, mountains, trees, and skies.

Help us to lay aside our class and skin, our background and race,  
To know our shared humanity, to see a brother or sister in every face.

Help us to wear forgiveness, to lay down our pride and pain,  
To seek first to understand, Lord may peace and reconciliation reign.  
Help us to feel your compassion so we can freely forgive. May we weave  
new threads of grace and cause seeds of hope to live.

Help us to play our own small part, with acts of kindness and of care.  
May we arise as your children and seek out what is justice and fair.  
Cause us to make new bonds of trust with neighbors near and far,  
And so to fashion a world where peace comes to Earth in this hour.

~Julie Palmer

Reprinted from *Coming Up* at St. Paul's email, September 15, 2021

# St. Paul's Leadership and Staff

<b>Rector</b>	The Rev. Krista Fregoso
<b>Associate Rector</b>	The Rev. Lynne Sharp
<b>Seminarian</b>	Jen Crompton
<b>Deacon Emeritus</b>	The Rev. Margaretmary Staller
<b>Deacon Emeritus</b>	The Rev. Donald Adolphson
<b>Communications</b>	Eileen Mitchell
<b>Director of Music</b>	Eric Newell

## St. Paul's Vestry

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

**Chief Financial Officer** Jennifer Machado

**Clerk** Ronnie Marty



## 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

**Editors:** Rhea Williams, Sheri Grosjean, Eileen Mitchell, Ned Soares. The Epistle Team wishes to thank all contributors to this issue. For article ideas and suggestions, please email [info@stpaulswc.org](mailto:info@stpaulswc.org).



TIME DATED MATERIAL  
PLEASE DELIVER PROMPTLY  
Address correction requested

Sunday Services  
7:30 am: Chapel  
9:30 am: Church &  
streaming live on  
Facebook & YouTube

1924 Trinity Avenue  
Walnut Creek, CA  
94596

(925) 934-2324

*info@stpaulswc.org*

Office Hours  
Monday & Wednesday  
10:00 am - 4:00 pm

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*The Epistle* online at  
[stpaulswc.org/newsletter](http://stpaulswc.org/newsletter)

