

# Spiritsword

The Newsletter of St. Paul's Episcopal Church



Volume 24, Issue 3

March 2014

Healdsburg, California

*Dear St. Paul's —*

It's hard to believe that Lent is almost upon us! How is it that time goes by so quickly?

I've said before that Lent isn't my favorite time of year, because I hate the idea of giving anything up. Who doesn't? Probably because we all hate giving things up, the trend over the past decade or so has been to *add* something to our lives at Lent — preferably something that will enrich our experience and understanding of this season of the church year, and prepare us to recognize more fully the risen Lord at work in our lives at Easter.

Giving things up can certainly be paradoxically enriching, but the problem I run into is thinking in terms of the whole exercise being goal-oriented and “good for me,” rather like a diet is good for achieving the goal of losing weight. Giving something up in this sense isn't a sacrifice motivated by the one thing that really matters to God, which is love. Any offering that we make that isn't in the spirit of love I don't believe is a pleasing sacrifice to God. That doesn't mean we have to love doing it, but the motivation behind our offering must be love. Remember the text from *Isaiah* for Ash Wednesday: “Is not this the fast I choose: to loose the bonds of injustice ... to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house?” [*Isaiah* 58:6-7] The whole point of fasting is to have more to share with others.

At this time of the year I usually find myself struggling to settle upon a Lenten discipline. This year, however, I'm very pleased to have come up with something perfect for me personally: I'm going to study Spanish faithfully each day. (You can hold me to it by testing my improvement!) This will be a sacrifice of time and energy, and it's motivated by my love of our Latino congregation and my desire to

communicate better with my sisters and brothers within our whole church. Hopefully I'll even keep it up after Lent.

I would like to suggest that we all take on another discipline this Lent, and that is participation in the LISTEN project that is being organized by Katherine Miller. This is something like a spiritual survey in which we reflect upon our faith journeys up to this point and write briefly about them. The goal is to then collect all of our reflections into a booklet. I have had the privilege of reading a few statements that have already been recorded, and I believe you will all be amazed at the simple beauty of our fellow members' faith. The purpose of the LISTEN project is to help us all to pause for a moment and linger together in that place where our lives become joined together: our faith in Jesus and our love of God. What draws us into this community, nurtures and sustains us, and gives us the will to live each day as our patron St. Paul says in *Romans* 12:5: (“so we, who are many, are one body in Christ, and individually we are members one of another”)? I suspect that each reflection on faith will serve as an inspiration to another person in a way that we would never expect.

Over the next couple of weeks, listen for this LISTEN project. How you can participate will be explained on the first Sunday in Lent, March 9. I hope you will take the time to share your love for and with our church family through this special undertaking.

*Peace be with you all  
in this holy season—*

*Sally+*

## Vestry Meeting Highlights of January 14, 2014

- Mother Sally thanked Linda and Greer for their service as Vestry members. They will be missed.
- Linda gave a follow-up report on the Every Member Canvass. It was very successful.
- Ginny Leary is moving at the end of January. She has been ill, but hopefully she will attend on January 26 so we can thank her for her service to St. Paul's.
- Greer reported that a thank-you letter was received from BECAS for our \$500 donation.
- The sanctuary sprinkler project is still getting bids, but costs are near \$53,000. Final bids should be gathered by the February meeting. The bequests from Kay Roberts and Gail Dewitt should cover this important project to protect our church building.
- Greta is continuing to work on setting up the language classes.
- 217 Matheson is still for sale and we are still pursuing the possibility of purchasing the property.
- Persis presented the proposed 2014 Budget developed by the Finance Committee. After review, the budget was adopted unanimously by the Vestry. Because of the increase in pledges, there is a small surplus.
- A Code of Conduct has been adopted to protect St. Paul's and the volunteers from unruly people. It will be posted in various places around the Parish Hall. A motion was approved to always have at least two adults on the premises during the shower ministry days.
- Bill Cordtz and Arnold Santucci have designed a plaque honoring Rosalie Sherriffs and dedicating our library and collection to her memory.
- There will be a Leadership Conference at Trinity Sonoma on March 8. Registration closes on March 5.

## Spring Programs at



- Moving into Spring, Welcoming the Light through writing, movement, chant, and art, March 7-9.
- Enneagram Workshop, March 8.
- Song and Silence: The Music of Hildegard von Bingen, March 14-16.
- A Lenten Quiet Day, March 15.
- Spring Wild Walk, March 22.
- Encaustic Collage Retreat, March 28-30.
- The Third Act: A New Stage and a New Purpose for Women over 50, April 4-6.

For details and registration go to  
[www.bishopsranch.org/programs.html](http://www.bishopsranch.org/programs.html)  
 or check the brochure above the info table in the P.H.

### A Record Month: NCCS Report for January

Through North County Community Services, in January one family (1 adult, 2 children) received SOS housing assistance, and financial assistance was given to 17 families (32A/27C) for utility bills, 4 families (5A/7C) for rental deposits, and 1 family (1A) for special needs. Sixty-eight bednights were spent in the Victory Transitional Unit, 62 bednights in the Holbrook unit, and 60 bednights (22 people) in the Spare Room, where 131 daytime showers were also taken during the month.

Life is harsh on the streets in winter! NCCS served more people during the month of January 2014 than in any previous single month. Vacancies in low-cost housing complexes are practically nonexistent. We have several families who will be moving out of the Victory complex because the length of their permitted tenancy is ending soon, and they have not been able to secure permanent housing. Please keep all our clients in your prayers, especially Elizabeth and her daughters, Kendra and her sons, and Ruth and her children.

—Yvonne Milligan, NCCS Director

## 2013 Bible Challenge Alums Looking Forward to the Next One

Some of us who had pursued the “Bishop’s Challenge” to read the entire Bible in one year met on February 20th to share our reactions to the experience. Most of the group agreed that it had been a difficult but worthwhile undertaking, though not one they would repeat anytime soon. The reading program that Bishop Beisner proposes for 2014, however, is less intensive and includes an individual prayer component as well as “nuggets” from our *Book of Common Prayer*. From the perspective of us “biblically challenged” veterans, it looks like a do-able, interesting, and beneficial “challenge lite.” It is designed to start March 5th (Ash Wednesday). I’m reprinting the Bishop’s introduction to it below, followed by the first two weeks of the schedule. The full schedule is available on the diocesan webpage ([norcalepiscopal.org](http://norcalepiscopal.org)) in an 8-page .pdf format; Faye will print out a copy for you if you don’t have computer access.

[Note that the Bible Challenge and our St. Paul’s Bible Study are two different things. The Thursday evening discussion group is taking up *1 Corinthians* for our sessions during Lent.]

—Ellen Silge

### Challenge 2014: The Bible and the BCP

The Episcopal Diocese of Northern California took the Bible Challenge in a big way in 2013. Over 1,100 readers started out reading together, and many finished! Now, I invite you to join me in a different challenge, beginning Ash Wednesday, March 5. I especially encourage you to use it as a Lenten discipline; if you choose to continue, the program lasts 300 days, finishing on December 30.

This will be a much lighter reading load than last year. Each day we use some form of the Daily Office from our Book of Common Prayer (BCP), read a Psalm from the Challenge schedule, one chapter of the New Testament, and a little nugget from elsewhere in the BCP (also on the schedule). We will re-acquaint ourselves with the Book of Common Prayer as a primary resource for our personal spiritual practices. You may also want to read a brief summary of each book of the New Testament on the day you begin each new book. These helpful summaries, by Bible scholar Peter Enns, are available on The Bible & the BCP section of the diocesan website.

... The Book of Common Prayer offers several “offices” from pages 37-140. Morning and Evening Prayer appear both in Rite I and II forms (traditional language or contemporary language). Compline (page 127) is a service before bedtime. There is also a short section called “Daily Devotions for Individuals and Families” (pages 136-140). Please start by using one of these Daily Devotions. Later in the year you may want to use Morning or Evening Prayer or Compline.

Here’s how it would work using the “In the Morning” Daily Devotion, found on page 137 of the BCP:

1. Begin with the Psalm from the reading schedule for the particular date you are on.
2. Continue with the appointed chapter from the New Testament.
3. Pray your personal prayers.
4. Pray the Lord’s Prayer.
5. Close with the nugget from the BCP appointed in the reading schedule.

[*I can’t quite figure out what, if anything, one would use from page 137. I’ll ask Mother Sally. —EGS*]

It’s that simple! My hope is to promote renewal of our Anglican practice of daily prayer and Bible reading, using the BCP.

Brothers and Sisters in Christ, I invite you to join me in taking and completing Challenge 2014!

+Barry

[The schedule for the first two weeks of Challenge 2014 is on the next page.]

## Challenge 2014 — The Bible and the Book of Common Prayer

### Daily Reading Schedule (March 5-18, 2014)

- Day 1** — March 5, 2014, Ash Wednesday — Psalm 1; Matthew I, Opening Collect of Ash Wednesday (BPC 264 top)
- Day 2** — Psalm 2; Matthew 2; Prayer 42, For Rain (BCP 828)
- Day 3** — Psalm 3; Matthew 3; Litany of Penance (BCP 267-268)
- Day 4** — Psalm 4; Matthew 4; Prayer 27, For Social Justice (BCP 823)
- Day 5** — March 9 — Enjoy hearing the Scriptures read aloud in church
- Day 6** — Psalm 5; Matthew 5; Canticle 9 (BCP 86)
- Day 7** — Psalm 6; Matthew 6; Prayer 30, For the Unemployed (BCP 824)
- Day 8** — Psalm 7; Matthew 7; A Collect for Protection (BCP 124)
- Day 9** — Psalm 8; Matthew 8; Collect 3, Of the Holy Angels (BCP 251)
- Day 10** — Psalm 9; Matthew 9; Collect 25, For Those in the Armed Forces of Our Country (BCP 823)
- Day 11** — Psalm 10; Matthew 10; A Collect for Saturdays (BCP 123)
- Day 12** — March 16 — Enjoy hearing the Scriptures read aloud in church
- Day 13** — Psalm 11; Matthew 11; Collect 8 (1st prayer), For the Departed (BCP 253)
- Day 14** — Psalm 12; Matthew 12; Evening Prayer I, Confession of Sin (BCP 62-63)

### Signs of a Stroke, and Where to Go for Help

Among the signs of a stroke are:

- Face droop
- Arm droop/weakness
- Speech (lack of)

If these appear suddenly,

Call 911 for help!

In the case of a stroke, every second counts. Healdsburg District Hospital's Wetzell Emergency Department is the site of the state-of-the-art Kozel Stroke Institute, which is staffed, supplied, and prepared for the fastest possible diagnosis and treatment of a stroke.

Dr. Bernstein, the founder of the Stroke Institute, says that someone should be taken there immediately even if you're not sure he or she is having a stroke. "Seven out of ten times it isn't a stroke," he says, "but 'false alarms' are good practice for the medical teams and don't bother us at all!"

We're lucky to have such a fine facility so close!

This information about strokes and the Healdsburg specialty treatment center came from a class for seniors and almost-seniors called "War and Medicine." The class is part of the OLLI program, which I highly recommend to you.

OLLI stands for the Osher Lifelong Learning Institute. It started at Sonoma State and has spread throughout the United States in conjunction with other universities. The classes, for those 50+, cost \$80 for six 2-hour sessions.\* There's no homework, no tests, no required reading—just great instructors who enjoy interacting with their listeners. Classes are held Tues., Wed., or Thursday in the Annex of the Villa Chanticleer in Healdsburg from 3-5. Upcoming classes (from March 25-May 1) are The Supreme Court: The Cases, Controversies, and Perspectives that Shaped American History (*Eric Williams, instructor*); Great Cities: Cities of Intrigue (*instructor Bruce Elliott is known to lecture in period costume*); and Monkeys, Fossils and Mother Nature (*with anthropologist Dianne Smith*). Check OLLI out at [www.sonoma.edu/exed/olli](http://www.sonoma.edu/exed/olli) or ask Ellen or Persis about it.

*\*Scholarships are available.*

## Librarian's Corner

### *Where Jesus Walked*

Ken Duncan, Photographer

I have never been to the Holy Land. Recently I was in the church library and I checked out the book *Where Jesus Walked*. This book is a photographic exploration of many of the places where Jesus actually spent his life. Ken Duncan had been invited to take photos on the set of the film *The Passion of Christ* in 2003, and he used guides to travel to the ancient, historic sites around the area and researched the most likely places that Jesus might have visited.

Duncan's explosive, vivid photos, juxtaposed to scripture and commentary by Pastor Robert H. Schuller, make this book extraordinary.

Throughout my life I have seen the names of these places and have found it difficult to imagine what they looked like. *Where Jesus Walked* gives us the opportunity to visualize these places. Reading through this book and admiring the wonderful photographs, I could better put Jesus and his teachings into perspective.

One of the many photos in this captivating book is a beautiful one of the Sea of Galilee at twilight, captioned with Matthew 7:7. The beauty of this remarkable picture and the Bible verse is a reminder to ask Jesus for all that we need, and it will be given; seek and we will find; and knock and it will be opened. The short commentary underneath gives one pause for reflection: "Never let a problem become an excuse."

The photographs in this book awe one's senses throughout. The picture of the Zacchaeus Tree (presumed to be at least 2,000 years old, in Jericho, Palestine) is magnificent. Perhaps it is the very tree Zacchaeus climbed when Jesus visited his city. The Scripture and commentary continue the inspiration: "God's care will carry you so you can carry others."

I recommend this book, *Where Jesus Walked*. An excellent librarian (like Alice) can always help you find the perfect book for your Lenten journey or any other need you have—she's wonderful at it!

—Mary Martha Allen, Guest Reviewer



[Photo by Elaine]

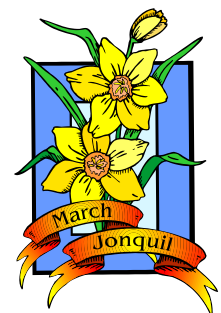
## Valentine's Lunch an ECW Treat

On Thursday February 13th, eighteen women gathered in the parish hall to discuss the business of our Episcopal Church Women and enjoy a meal prepared by Elaine Rock and Joyce Grocock. The festive lunch included stuffed zucchini, spinach salad, and cookies. Everyone received a Valentine card and a small gift.

The next ECW luncheon meeting will be Thursday March 13th. Please sign up on the list in the office by the 11th if you are planning to attend, so the March hostesses will know how many places to set. Remember, all women of St. Paul's are part of the ECW, and are very welcome to participate!

## March Birthdays

- 5 Bob Hopkins**
- 8 Christian Olsen**
- 16 Claire Posson**
- 18 Caroline Olsen**
- 20 Jennifer Lara**
- 25 Bill Cordtz**
- 26 Daniel Ertel**
- 29 Vic Sallee**



## Successful UTO Ingathering Still Ongoing

With many parishioners participating in the “in-gathering” of contributions for the United Thank Offering on Sunday March 2, we counted over \$350 in donations to this long-lived Episcopal program. Thank you all!

However, a significant number of our folks were out of town on the 2nd, so we are holding the collection period open. You can bring in a check made out to St. Paul's with a “UTO” notation in the memo line anytime through Sunday March 9th.

The mission of the UTO is “to encourage daily prayers, offerings, and awareness of the abundance of God's blessings.” The coins and small bills dropped into the colorful “mite boxes” (as we called them when I was a girl) add up to lots of help for special projects at Episcopal churches in the US and around the world. (St. Paul's received a UTO grant about 12 years ago to help outfit the kitchen for the Sunday free meals.)

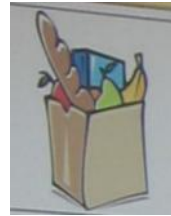
Lent is a good time to start filling your box again, or to get a box if you don't yet have one. (There are some on the info table in the parish hall.) If you successfully “give up” something, reward yourself by giving a coin to make a positive difference in the world.

—EGS



### Prayer for the UTO Offering

Gracious God, source of all creation, all love, all true joy; accept, we pray, these outward signs of our profound and continuing thankfulness for all of life. Keep each of us ever thankful for all the blessings of joy and challenge that come our way. Bless those who will benefit from these gifts through the outreach of the United Thank Offering. This we ask through Him who is the greatest gift and blessing of all, Jesus Christ. Amen



## But Another Giving Program Has Flagged of Late

We so enjoy seeing our young people bringing up the basket of food offerings for the Food Pantry at the offertory, but recently the basket hasn't been much of a load for them to carry. Perhaps we relied too much on Tom Fisher to fill it! We don't need to bring a whole bag of food each week—if each person brought just one can or box on Sunday morning, our youngsters would get a healthy workout and the hungry in our community would be better served. It would be a nice way to honor Tom's memory!

—EGS

## Service of Song and Silence

St. John's Episcopal Church of Petaluma invites you to the Taize service on the first Friday of each month at 7:00 p.m. The candlelight service of chant and meditation is held in the church sanctuary at 5th and C Streets in Petaluma, and all are welcome. There is a suggested donation amount of \$10, but any amount will be gratefully received. Taize was developed in southern France during the second world war as a form of worship where people of different backgrounds and faith could come together in peace.

**BRING YOUR PALMS  
FROM LAST YEAR'S  
PALM SUNDAY  
ON TUESDAY THE 4TH  
TO BE BURNED TO  
ASHES FOR  
WEDNESDAY THE 5TH!**

# St. Paul's Episcopal Church

**OFFERING A WARM WELCOME, RELEVANT WORSHIP,  
COMMUNITY SERVICE, AND PASTORAL CARE**

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(707) 433-2107; office@stpauls-healdsburg.org  
Office hours Tues.-Fri. 10-4  
website: www.stpauls-healdsburg.org**

**Clergy**—The Rev. Sally H. Hubbell, sally@stpauls-healdsburg.org;  
The Rev. Raymond B. Maloney, Assisting; The Rev. Patricia Moore, Hispanic Ministry;  
The Rev. Harry Allagree, Hispanic Ministry; Maggie Foster, Youth Ministry, foster.463@gmail.com

**Vestry**— Sr. Warden, Keith Fielder; Jr. Warden, Sabas Ramirez; Treasurer: Persis McCarley; Clerk,  
Marian Fielder; Randy Collins, Debby Dormire, David Householder, Will Jenney, Steve Jones,  
Lupe Lara, Don Mackay, Dennis Murphy, and Mary Taggart

**Staff**— Sextons: Raymundo and Marcella Perez; Office Manager: Faye Smith, office@stpauls-healdsburg.org;  
Organist & Choir Director: Fay Manes; *Spiritsword* Editor: Ellen Silge, ellensilge@yahoo.com;  
Webmaster: Linda Selover, selover2008@comcast.net (put "web" in subject line)

## March Calendar

### The "Evens"

**Sunday** 7:30 a.m. Holy Communion Rite I  
9:30 a.m. Holy Communion Rite II  
12:00 Holy Communion in Spanish  
Food collection for Food Pantry  
**Monday** 3:00 Bible Study  
**Wednesday** 10:00 a.m. Holy Communion and  
Healing Service  
11:00 a.m. Women in Prayer  
12 noon bulletin deadline  
7:00 Choir Practice  
**Thursday** Bible Study 7:00

### The "Specials"

**Mar 2** (Sun.) UTO Ingathering; Parish retreaters  
return from Camp Noel Porter  
**Mar.4** (Tues.) Shrove Tuesday Pancake Supper 5:00  
**Mar 5 Ash Wednesday** Services 10:00 am , 6:00,  
and 7:30 (Spanish)  
**Mar 11** (Tues.) Sign-up deadline for ECW luncheon  
Vestry meeting 6:30  
**Mar 13** (Thurs.) ECW luncheon 12:30  
**Mar 18** (Tues.) NCCS Board 7:00 pm  
**Mar 25** (Tues.) Deadline for April *Spiritsword*  
**Fridays during Lent** Stations of the Cross 6:00

### Our Traditional Pancake Supper

Indulge yourself in great food in great company at the Shrove Tuesday Supper on March. 4th. Service begins at 5:00. Katie Murphy will be cooking up multiple batches of her well-known pancakes, served with sausage, applesauce, juice, and coffee, and our youth will be the servers. A donation of \$5 is suggested. Invite your friends and extended family!

**Daylight Savings Time  
Starts March 9th!!**

### Schedule for Lent and Beyond

**Ash Wednesday March 5**  
10 am, 6:00, & 7:30 (Spanish)  
Eucharist & Imposition of Ashes

**Fridays at 6 pm** Stations of the Cross

**Palm Sunday, April 13**  
**Maundy Thursday, April 17**  
**Good Friday, April 18**  
**Holy Saturday, April 19**  
**Easter Day, April 20**