The Episcopal Church of Our Saviour
A vibrant Episcopal parish known for ongoing spiritual formation & engagement with our community and the world.

Dear friends in Christ,

The year 2020 has taken a toll on everyone - some are experiencing many layers of frustration, isolation, and grief. Some of us have known others who have died from COVID or other causes. The isolation for some has been a time to renew contemplative faith practices and reading or taken up a hobby or learning a new language. Others try to find a way to learn new technologies just to stay in touch, or help children and grandchildren navigate their own online schools.

Be gentle with yourselves. If you are feeling isolated and lonely, reach out. If you are feeling overwhelmed and frustrated, take time to slow down. Pray, meditate, garden, breathe. Lift your eyes and your hearts and your souls to the hills - help does come from our Lord.

Blessings,

Rev Deb

Bubble groups or quaran-teams

The following article comes from ‘theconversation.com’ and was written by Melissa Hawkins, Professor of Public Health, Director of Public Health Scholars Program, American University. If anyone is interested in being part of a Church of Our Saviour ‘Quaranteam’ or ‘Bubble Group’ please let Rev Deb know. The vestry will help get you started.

“Quarantine bubbles – when done right – limit coronavirus risk and help fight loneliness

Staying indoors, avoiding all contact with friends or family and having food and groceries delivered would be the best way to limit your risk of catching SARS-CoV-2. But the risks of the pandemic extend beyond the harm from infection. Health encompasses mental as well as physical well-being.

The negative mental health impacts of the pandemic are already starting to become evident. A recent survey of U.S. adults found that 13.6% reported symptoms of serious psychological distress, up from 3.9% in 2018. A quarter of people 18 to 29 years old reported serious psychological distress, the highest levels of all ages groups. Many people are experiencing anxiety and depression due to the pandemic or were already living with these challenges. Loneliness certainly doesn’t help.

Loneliness and social isolation increase the risk for depression and anxiety and can also lead to increases in the risk for serious physical diseases like coronary heart disease, stroke and premature death.
Quaranteams, therefore, are not simply a convenient idea because they let people see their friends and family. Isolation poses serious health risks – both physically and mentally – that social bubbles can help alleviate while improving social well-being and quality of life.”


**Public Policy**

You may not be aware of the fact the the Episcopal church has a Public Policy Network. They are going to have webinars on the two Tuesdays leading up to Election Day, November 3rd.

There are almost 2 million Episcopalians in the U.S., and our voices matter in the 2020 election not just for the presidential race, but for Congress and state and local elections too. In this webinar, you will hear from diverse Episcopalians about the importance of the election and voting and what you can do from now until Election Day to empower the vote in your congregation and your community.

Voting in this election is important for a number of reasons. However, the work does not and cannot stop after casting our votes on November 3rd. In this webinar, we will discuss how to build on your vote by engaging in advocacy to hold those elected accountable while in office. We must continue to work year-round regardless of who wins: strengthening our democracy and elections, ending poverty, and achieving racial equity and justice.

Both webinars will be in English, with simultaneous interpretation into Spanish available.

1. **Empowering the Vote: Voices from the Church** Tuesday, October 20th, 9:00-10:00 am PST
2. **Voting Beyond 2020: You vote Nov. 3, now what?** Tuesday, October 27th, 12:00-1:00 PST

Register at: https://zoom.us/webinar/register WN_FN47lzArSAivVN6bIhb8Ow

**After the Election**

Trinity Cathedral is participating in a Braver Angels program called With Malice Toward None. Braver Angels is an organization committed to bringing people with diverse political opinions together to find common values and foster peace in our polarized political environment.

With Malice Toward None takes its title from Lincoln’s second inaugural address, when he sought to heal the nation after the trauma of the Civil War. The heart of the program will be a prayer service on the Cathedral live-stream the day after the election.

Please email braverangels@trinitycathedral.org for more information and if you wish to participate.
All Saints and Souls - Día de Los Muertos

All Saints’ is Nov 1. It has been a custom to recognize and name our loved ones who have passed on during our worship services that day. Please submit the names of your beloved deceased for the All Saints’ liturgy by emailing Rev Deb at revdebra.oursaviour@gmail.com or call the church office at 530-622-2441.

From the diocese: “The diocese is inviting all congregations to join in observing El Día de Los Muertos on All Saints Sunday, November 1, 2020. Originating in Mexico, the Day of the Dead is now widely celebrated across Latin America and in Spanish-speaking communities around the world. In this year of extraordinary loss and grief, the Day of the Dead offers us all a moment to mark our mourning, to remember our loved ones, and to affirm the life that we cherish in community.

This diocesan observance was proposed by the Task Force for Latino/Hispanic Ministries, a working group of the diocesan Commission for Intercultural Ministries, and approved by Bishop Megan Traquair. The task force has prepared the toolkit for congregations, complete with resources for event planning, worship, pastoral care, public outreach, and cultural background.

Since March 2020, our faith communities have gathered onlineto keep our people safe and healthy in accordance with public health orders and diocesan directives. Yet in such a time as this, the suffering is too severe, the grief too great, the lamentation too long to be contained in virtual spaces. In such a time as this, we need a sacred and civic space—located in a physical and public place, shaped by strong symbols and rich rituals—to give us room to express our shared sorrows.

Ofrendas(altars)are richly decorated with flowers (usually cempasúchilesor Mexican marigolds), photos, and mementos of the dead. Other items are more playful: calaveras(fancifully figured skulls), catrinas(whimsically well-dressed skeletons), favorite foods, and beloved beverages.

While the festive air of El Día de Los Muertos may seem frivolous to those accustomed to more somber observances, it does serve to make death a more “normal” and accepted part of life. With some attention to explaining the significance of the less familiar symbols and rituals, we can enrich both our cultural awareness and our liturgical vocabulary.

Communities throughout Latin America and the United States have set up shared ofrendas at churches, schools, plazas, and other gathering places. We will have an ofrenda in the playground which will be made available for others in the community to use.”

The Church of Our Saviour will be setting up an ofrenda in the Parish Hall. After each worship service (8 and 10:30) we will process to the Parish Hall and say a prayer for our loved ones.
You can bring in a memento and a photo to be placed on the ofrenda. If you are not able to come in person you can email in a photo which we will print and place for you.

**Financial News**

To summarize the financial situation as of month end for Church of Our Saviour we are in good shape. While there are seemingly always small questions each month as to classification of expenditures and other details we are within a couple of hundred dollars of budget. When you consider the budget was created before all of the shut down and general confusion of COVID I feel we are doing fine.

While we are okay so far this year I personally would like to reminds us all that while some feel they need to worship from a distance the business of our church community continues so please keep up with you pledges and financial commitments so as we move back to normalcy we continue to be ready to accept everyone back to the body of Christ.

Deacon Stephen Shortes

**Deacon Stephen returns from sabbatical**

I will be through with my sabbatical and in Church the first Sunday of November. I am truly looking forward to seeing you and preparing for a great future celebrating with you the love of God in Christ

**Vestry News**

We have a new treasurer! Ed Mathews has been helping with some financial matters over the last several months and has agreed to take on the position of treasurer. Deacon Stephen and Judy Claypool will be training him and he will be ready to fly solo soon! Welcome aboard Ed!

**Communication**

Please check out our website at [http://oursaviourplacerville.org](http://oursaviourplacerville.org), watch your emails, and the church Facebook page, for more news and updates.
Values and Descriptions
Our core values remind us what matters most at Our Saviour.
Our values keep us focused on achieving our purpose.
They direct major leadership decisions, as well as the daily work of our ministries.
They shape what we do – and who we are – together as disciples of Christ.

Authentic: We are a community of the Spirit of God.

Rooted: We are rooted in Holy Scripture, history, traditions, sacraments and worship.

Christ-centered: We strive to encounter and emulate Jesus Christ.

Inviting: We seek out and invite all to this holy work.

Welcoming: We welcome all whom God has created, extending hospitality and compassion to them.

Relevant: We engage the world in which we live with the love of Christ.

Serving: We share the love of Christ through our service with others in our parish, neighborhoods and the world.

Purpose Statement
Our purpose explains why we (the Church of Our Saviour) exists:
To proclaim the presence and love of God through Jesus Christ and the Holy Spirit who transform and give meaning to our lives.

Vision
Our vision answers "What will Our Saviour look like when/if we are successful at achieving your purpose?"
Church of Our Saviour is a vibrant Episcopal parish known for ongoing spiritual formation and engagement with our community and the world.
10:30 October Ministry Schedule

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<td>Tom F</td>
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<td>18</td>
<td>Becky L</td>
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<td>Randy D, Donna D</td>
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<td>25</td>
<td>Boyd R</td>
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<td>Boyd R, Debbie L</td>
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October Birthdays:
- Karin Aquilar Oct 3
- Lorna Perpall Oct 4
- Trish Wilson Oct 12
- Lee Weikert Oct 21

Contact list

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<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
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<tbody>
<tr>
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<tr>
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<tr>
<td>Treasurer</td>
<td>Ed Mathews</td>
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TIME DATE MATERIAL. PLEASE EXPEDITE