

# The Epistle

October 2014

*All things come of thee, O Lord,  
and of thine own have we given thee.*

These are familiar words and are spoken at the Offertory as part of the celebration of Holy Eucharist. They are recorded in I Chronicles and said to be uttered by King David in the presence of the gathered assembly. It was the practice of the Hebrew people to willingly give "lavishly" to God and the work of the temple as a sheer act of adoration. Each one gave from their own treasure. The habit of giving was seen to be an act of selfless praise – perhaps the one thing that the congregation could do in response to God's boundless generosity. This offertory line tells us that we would not even be able to give had we not first been the recipients of God's unmerited favor.

We at St. Paul's have inherited that historic practice of generosity. Like the early Christian communities, the practice of learning discipleship leads us to share what we have with those in need. We are admonished to remember those easily forgotten – the widows and orphans. Moreover, we are called to be a Sacred Place where the human journey and God's mercy intersect and in that process we are changed into Christ's likeness.

I am learning to give. It's been a process. I am generous with time and space, but treasure has been a more difficult road. I have had some wonderful mentors over the last twenty years. These are some of the things I have noticed about their witness to living a generous life:

- ◆ They hold to a belief that all that comes to them is simply not theirs to keep.
- ◆ Their generosity begets generosity and becomes contagious.
- ◆ Fear that withholding will keep me financially safe leads only to more fear.
- ◆ Giving is a spiritual practice, just like prayer or meditation. It is a muscle to be exercised over time before it becomes instinct.
- ◆ Giving is about opening myself to the discovery that God CAN be trusted and that giving does not create scarcity.
- ◆ Giving begets joy. It just does!

On **Saturday, October 25<sup>th</sup>**, it is the Vestry's joy to host a dinner for the members and friends of St. Paul's in appreciation for your continual generosity. There will be a social time beginning at **6pm** with dinner at **6:30pm**. There is no cost for the dinner and all are welcome.

On **Sunday, October 26<sup>th</sup>**, we will invite members and friends of St. Paul's to bring their **2015 Pledge Cards** and place them in the offering plate to be blessed at both the 8am and 10am services. The community's gifts will be the basis for the Vestry to plan our ministry for next year.

May this and all decisions be rooted in prayer.

*Almighty God, whose loving hand has given us all that we possess: Grant us grace that we may honor you with our substance and be faithful stewards of your bounty, through Jesus Christ our Lord. Amen. (Adapted from BCP)*

Faithfully,

Lynell+  
The Rev. Canon Lynell Walker  
Priest-in-Charge

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## Sabbath time and Clinical Pastoral Education

I was invited to participate in a conference for my "day job" earlier this year. To my delight the conference was scheduled to be held in New Orleans – a city that I definitely had on my "must visit someday" list. With frequent flier points I was able to fly Jon out to join me as the conference ended and extend my stay for four additional days. I took advantage of this time to treat myself to Sabbath time. Sabbath time is true down time. It is time for self-care and to refresh oneself physically and spiritually. With my bi-vocational career I frequently find it hard to have regular time to set aside for rest and refreshment.

Sabbath time is important. It is Biblical and even God is reported resting on the seventh day of creation! Sabbath time is important for all of us. Sometimes I have to measure my Sabbath times in hours instead of days which I suspect is true for many people. I have been taught that it is important to intentionally set and name Sabbath time. I admit that I am bad at it and tend to power through until I become so drained that I am forced to take recovery time. So this is certainly a

"don't follow my example" situation. Please, do not allow yourself to only have recovery time but to also include Sabbath time. Take time for both physical and spiritual refreshment. Don't wait until it becomes recovery time where exhaustion overcomes us and we are forced to disconnect. And sometimes this means that we take time off from church too.

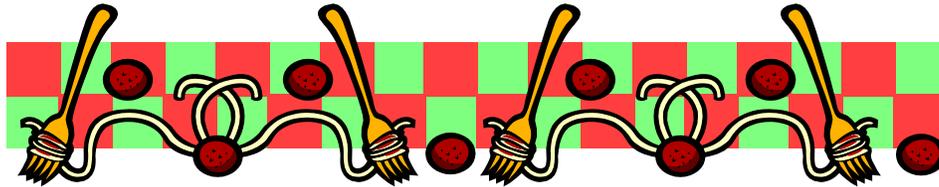
So back to New Orleans. It is a fabulous city. We were able to enjoy the architecture, the food and the ever-present music. Jon took nearly 500 photographs in four days – did I mention we enjoyed the architecture. We did many tourist things – such as beignets and coffee at Café Du Monde and a self guided walking tour of the Garden District. I did manage to sweet talk my way into the Episcopal Cathedral when it was not normally open – as long as I promised not to disturb the organist who was practicing some difficult pieces in anticipation of the Bishop's visitation the next day. What I found surprising was that while the French Quarter and the Garden District show little evidence of Hurricane Katrina the outlying neighborhoods still show evidence with boarded up buildings and huge

open spaces where houses used to stand. I ended my time refreshed and thankful for the opportunity to celebrate Sabbath time before starting my last major training prior to ordination to the priesthood – Clinical Pastoral Education

This past Monday I started my Clinical Pastoral Education – or CPE. I will be serving as an intern at VITAS Hospice services. The program is 400 hours – 300 clinical hours and 100 education hours – between now and April 3<sup>rd</sup>. As of writing this I am still trying to figure out how I am going to fit my secular job, CPE, church (and sleep?) into my schedule. My CPE time may require me to step back from some of my church responsibilities. I ask your prayers as I enter this time of formation and understanding if I need to take some Sabbath time away from St. Paul's from time to time.

Peace!

Rik+

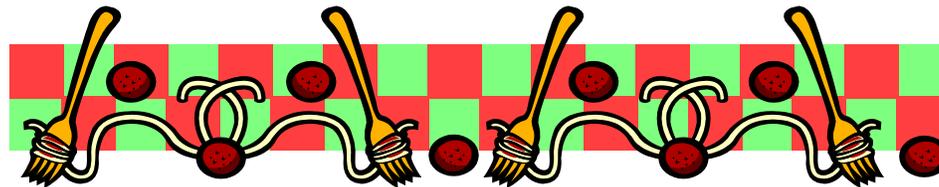


## Parish Appreciation Dinner

Saturday October 25, 2014

Social Time: Wine and Cheese 6:00PM

Dinner: from Bucca de Beppo 6:30PM



### Well Done, Good and Faithful Servant

Doug Clay

Many times and in many places, the first people to be noticed are the most vocal. The first voices to be heard are the loudest. But as you spend time in a situation or a group, you can come to the realization that there is often a quieter, unassuming, compassionate, and reasoning voice that is also influential.

This is so in St Paul's Episcopal Church, Sacramento. Over a number of years, I have noticed small groups gathering, often in pews at the back and side of the church, qui-

etly in discussions or for new attendees in thoughtful learning situations.

I would like to say "Well done, good and faithful servant" to the one most often at the center of these gatherings. **Loreen Kleinschmidt** has served our parish in the unsung position as "catechist" for over a decade. She is an essential member of the education and spiritual growth efforts at St. Paul's. She currently, and for some time, has represented our community as

a diocesan representative and also as one of our lay preachers. In all these positions she brings her reason and compassion to the entire assembled church.

Her support of those of us seeking knowledge and answers is accomplished without drawing attention to herself. As I see Loreen in the midst of these quiet discussions, I can sense God's Spirit hovering near to listen and quietly but confidently whispering – "Yes! Well done!"

## Treasurer's Corner

### Financial Summary\* September 2014

Budgeted Income	2014 Actual	2014 Budget
Pledge	\$ 46,488	\$ 48,477
Giver of Record	\$ 7,201	\$ 6,667
Loose Plate	\$ 1,925	\$ 2,333
Special Offerings	\$ 4,754	\$ 933
Interest	\$ 54	\$ 33
Building Use	\$ 2,315	\$ 1,467
Altar Guild	\$ 283	\$ 167
<b>Budgeted Income</b>	<b>\$ 63,020</b>	<b>\$ 60,047</b>
Budgeted Expense		
Office/telephone	\$ 4,247	\$ 2,667
Insurance & Taxes	\$ 4,399	\$ 6,000
Repairs & Maintenance	\$ 2,114	\$ 2,000
Utilities	\$ 6,234	\$ 7,333
Subtotal	\$ 16,994	\$ 18,000
Diocesan Apportionment	\$ 7,193	\$ 6,667
Altar Guild	\$ 1,254	\$ 1,833
Endowment	\$ 1,775	\$ 1,510
Stewardship	\$ -	\$ 250
Outreach	\$ 2,670	\$ 1,583
Subtotal	\$ 12,892	\$ 11,843
Payroll	\$ 35,923	\$ 36,287
<b>Budgeted Expense</b>	<b>\$ 65,809</b>	<b>\$ 66,130</b>
Other Income		
Building Fund	\$ 6,750	
Music Fund	\$ 550	
Restricted Income	\$ 1,301	
Other Expense		
Building Fund Expense	\$ 6,750	
Music Expense	\$ 884	
Other Nonbudgeted	\$ 301	
<b>Net Income</b>	<b>\$ (6,419)</b>	<b>(6,083)</b>

\* This is a summary of the financial report presented to the Vestry and reported to the Diocese.

Respectfully submitted,

Douglas Clay, Treasurer

## A Moving Story

Carolyn Konrad, Senior Warden

I would like to share a moving story with you. It is, literally, about moving. I am moving myself and the belongings I wish to bring, to a small place: from a 4-bedroom, 2-bath home on a quarter of an acre, to a one-bedroom apartment.

The move is my choice. There is no emergency. No urgency. It is simply time to simplify. When Canon Lynell returned from her 500-mile trek across northern Spain last summer, she told a laughter-filled story of pitching things from her backpack that were too heavy to carry. Things that seemed important, but were not necessary. Things that someone else may need, but she did not.

Her story touched a tender place within me. I drifted a bit as she spoke and we laughed, thinking about what I needed to jettison from my life. The answer was instantaneous and compelling: my

house.

And so for the past year I have been praying and searching for my next step. Now that step is here. Moving means I must lay my hand on every object I own and DECIDE: what will come with me and what will go.

What do I value most? Things of the spirit. My family. My church family. Friends. Community and the wider world.

And so, when it is time to give of the blessings I have been given, my priorities are clear.

Now is a good time for all of us to prayerfully consider our priorities. Where will I place the blessings I have been given? They are not mine to hold and possess and move. These are for me to give away. It's time to lighten my backpack.

Bless you, my friends, as you consider your gifts to St. Paul's in the coming year. My gifts will be in-

creasing. I hope yours will be touched by the delight of realizing your own true values.

I hope to see you at our Member Appreciation Dinner to be held Saturday, October 25 at 6pm in the church. Your Vestry members play host. YOU are invited to be our guest. It will be an evening of celebration of a year of blessings past and a year of blessings to come.

St. Paul's is a remarkably giving church. And when I say "church", I mean the people of St. Paul's, not the building, not the organization, not the history. I mean the people who choose to come to church every Sunday -- or who are with us in their hearts, even if they can not be with their church family.

When I think of "our church", I think of the people of St. Paul's. Serving together. Caring for each other. Prayerful. Devoted. Faithful.



## Stewardship

The Outreach Committee has been very busy this summer. We meet the first Sunday of each month at 9:15 AM in the Parish Hall. Anyone who is interested in outreach may join us. The next meeting will be November 2<sup>nd</sup>. Here are some of the projects we are working on or have completed.

**Sack lunch program** - We assemble sack lunches the last Sunday of every month following the 10:00 AM service in the Parish Hall. The next assembly of lunches will be October 26<sup>th</sup>. We distribute the lunches to the homeless throughout the month. Due to the fact that we have been assembling over 300 lunches a month (315 in September and 412 in August), our supplies have been severally depleted.

We need the following items: Protein (Vienna sausages, tuna, chicken), fruit cups, juice, pudding or snack cups, napkins, and plastic spoons.

Please bring nonperishable easy-to-open single serve items. For anyone who is unable to shop but would like to contribute can make a donation. Please just note on the check or cash envelope that it is for the "Sack Lunch Program."

**Holiday Indoor/Outdoor Yard Sale & Craft Fair** - We will be hosting a indoor/outdoor yard sale and craft fair on November 22<sup>nd</sup> from 9:00 AM to 3:00 PM in the Parish Hall and parking area next to the Parish Hall. Participants can rent a ta-

ble to sell their items for a \$25 donation per table. Each participant is responsible for their items, and all items must be removed at the end of the sale. For more information or to participate in the committee, please contact Tammy at [t\\_a\\_m\\_m\\_y.trovatten@yahoo.com](mailto:t_a_m_m_y.trovatten@yahoo.com).

### Music and concerts -

Thanks to Dorcas Chung and Carolyn Konrad letters are being sent out to various music instructors letting them know about our beautiful and historic acoustic space.

We have the following concerts and recitals coming up:

**Carley Neill-Vann Voice Studio Recital** - October 19<sup>th</sup> at 2:00 PM

**Baroque Soloist Concert** - December 6<sup>th</sup> at 1:00 PM  
Chamber Music Society Concert - December 7<sup>th</sup> at 7:30 PM

**Flute Club Holiday Event** - December 14<sup>th</sup> at 1:00 PM

Please come out and support these wonderful cultural events.

### Saturday noon service -

Thanks to Helen Harper preparations are being made to start a noon worship service on Saturdays with a meal at coffee hour to follow. Helen and Barry are working with some local food groups to get fresh fruits and vegetables for this on a monthly basis starting next year.

### Daughter's Of The King (DOK) chapter

- Thanks to Anne McKeever and Sally Smith a DOK chapter has been started at St. Paul's. This is a great way for women in the church to commit to a faith journey based upon prayer, helping the clergy and church community, and spreading the word of Jesus. The next meeting will be head in the church after the 10:00 AM service on November 2<sup>nd</sup>. If you are interested in the DOK, please contact Anne McKeever at [amckeever@wavecable.com](mailto:amckeever@wavecable.com) or Sally Smith at [sally1369@comcast.net](mailto:sally1369@comcast.net).

**Ingathering** - Thanks to all of you that made donations of food that went to St. Matthew's food closet.

**Our next campaign** is to collect 2015 calendars for the Seaman's Church Institute. Seaman's Church Institute is an affiliate of the Episcopal church. They serve mariners and the shipping industry and have centers in the bay area and New York. They collect and pass on calendars to mariners.

For more info, check out their websites:

<http://www.seamenschurch.org/>  
<http://www.seamenschurch.org/bay-area-center>

Loreen will get the calendars over to the SCI in the port of Oakland in December. Thank you Loreen for bringing this campaign to St. Paul's for another year.

## In the Life of Our Congregation

### St. Paul's 165<sup>th</sup> Anniversary and Celebration of the Re- Opening of the 15<sup>th</sup> St. Doors

On Sunday, October 5<sup>th</sup> we gathered for an Evening Prayer service and welcomed +Bishop Barry Beisner to officiate and bless the newly re-opened 15<sup>th</sup> St. doors. We welcomed back The Rev. Tina Campbell, a Deacon in our diocese, who was raised up for ministry from St. Paul's. Dr. Dennis Weber, our former organist, came to play for the service and accompany Chris Miller, Jean Alford, Laurel Jensen, Maria Bueb, and Mary Honsinger in singing the Magnificat by T.Tallis and Love Divine by Howard Goodall. St. Paul's is grateful to Keith and Joann Askew, Richard and Sharon Kennedy and all who worked on restoring the 15<sup>th</sup> St. entrance. We had many guests and former friends of St. Paul's gather for the grand occasion. I am also grateful to all who brought refreshments and cleaned up after a wonderful reception. St. Paul's continues to be a gathering place of worship for our community, a tradition we have held since 1849. May God continue to strengthen our ministry in the years to come.

With gratitude,  
Lynell+



*(Photo above, L-R) The Rt. Rev. Barry L. Beisner, Bishop, Diocese of Northern California, Rev. Canon Lynell Walker, Priest-in-Charge, Rev. Canon Tina R. Campbell, Deacon*





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OPEN MINDS**

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### St. Paul's Vestry

Carolyn Konrad, Sr. Warden (2017)	Keith Askew, Jr. Warden(2016)
Doug Clay, Treasurer (2015)	Leigh Stamets (2015)
John Paul Olafson (2015)	Sharon Kennedy (2016)
Eric Symons (2016)	Tammy Trovatten (2017)

### Clergy and Staff

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Rev. Anne Slakey, Associate Priest	st1849paul@sbcglobal.net
Rev. Anne McKeever, Associate Priest	st1849paul@sbcglobal.net
Rev. Helen Harper, Associate Priest	st1849paul@sbcglobal.net
Rev. Michael Backlund, Associate Priest	st1849paul@sbcglobal.net
Rev. Rik Rasmussen, Deacon	st1849paul@sbcglobal.net
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