

The Epistle

July 2013

Veni Sancte Spiritus – Come Holy Spirit

On June 29th Trinity Cathedral hosted the ordination of “Transitional Deacons”. It was one of the largest ordination services in our diocese with eight of us being ordained on the same day. The ordination service was a wonderful event and a destination of a journey that was unique for each individual. For me it was the culmination of years of prodding by the Holy Spirit and by many wonderful people to say yes to even starting the journey and then the whirlwind of school and General Ordination Exams leading up to the actual ordination. It was wonderful to have so many friends and supporters in attendance at the service or holding us all in prayer during that day. I am thankful to the congregation for all of the love and support that you have given me on this journey.

The liturgy was full with all the trappings of our Anglican heritage in evidence. Starting with the grand procession and the fabulous music and a packed house and ending with the newly minted deacons giving the dismissal from the rear of the cathedral. With all the grandeur and ceremony one could almost get lost in the moment. For me there was, however, one moment that stirred me to the very depths of my soul. That moment was the quiet chanting of the *Veni Sancte Spiritus* that takes place by the people

and cantor while the ordinands kneel waiting for Bishop Beisner to lay-on hands and ordain us.

The atmosphere for me became electric as the people chanted quietly over and over again *Veni Sante Spiritus – Come Holy Spirit*. The chant is quiet but alive with energy as the people lift their voices in prayer – *Come Holy Spirit*. When the chanting is over there is a silence that fills all voids and the power of prayer in that space was palpable for me. God the Holy Spirit was indeed present at that moment. And before I knew it I felt the weight of the Bishop’s hands on my head making me a Deacon. The journey has indeed come to a destination – not a permanent destination for there is still a road to travel that – God willing – will lead to my ordination to the priesthood. But first there is time to explore the ministry of a deacon. It is a time to revel in proclaiming the Gospel on Sundays and to deeply explore my diaconal vows as a servant minister with the good people of St. Paul’s.

But as important an event as my ordination was in my life it was not the first – nor I pray the last time – that I will experience the movement of God in my life. And perhaps more importantly I believe that all of us receive the gift of the Holy Spirit at our Baptisms. It is our Baptismal

“ordinations” that set us apart as servant ministers bringing the good news of God’s love to our world. It is the Holy Spirit I observe at work in our congregation all of the time. It is the Holy Spirit of God that nurtures and sustains our ministries on the corner of 15th and J Streets in Sacramento. It is the glow of the Holy Spirit I see in so many of your faces as you go about doing God’s work both in the church and in the world – feeding the bodies and souls of the people we interact with every day. I invite you to join me in continuing to invite the Holy Spirit into our lives. To listen for the opportunities – wherever they arise – to spread God’s love for creation throughout our world. Come Holy Spirit – and be ready for her to prod us into action because that is what God’s Spirit calls us to do – to take actions and demonstrate that our God is a God of Love for all of creation.

Veni Sante Spiritus – COME HOLY SPIRIT!

Deacon Rik Rasmussen+

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ARE YOU FIT FOR WORSHIP ?

The divine worship of God demands that we be fit and ready for the experience; God demands no less than our very best in everything that we do, especially in the treatment of others and the act of praise, honour, devotion, prayer and action that we define as the worship of the Holy One.

And this takes a definite effort on our part. It cannot be a passive or passing act; to make worship effective and meaningful, it takes action. And that action requires that we be fit as individuals. Yes, I am referring to being fit in mind, body and soul. Coming to church tired or with a less than enthusiastic attitude puts us at risk of missing a special opportunity with our God. Like with the body itself, we must be prepared.....and ready to expect the unexpected.

So if being fit doesn't necessarily resonate with you as part of the worship experience, you are invited to see how you score in these following ten areas. If you can't say "I do that" to any of these, you may want to readjust yourself in some manner. That way, your body, mind and soul will be more ready to fully expect what God has in store for you at your next corporate worship experience at St. Paul's! So here are the ten:

1. Eat well (balanced diet, free of those nasty fats, with an emphasis on fruits and vegetables)
2. Maintain a healthy weight (we Episcopalians move up and down a lot during our service and a good weight helps us perform these actions with greater dexterity and more energy)
3. Stay physically active (yes, keep moving during the day; it is suggested that all of us should take a minimum of 10,000 steps daily)
4. Get quality sleep (prepare yourself for bedtime through reading, meditation, soothing music, deep breathing, or another activity that can calm your mind)
5. Wear sunscreen (I know this one may sound like it is in left field, but protecting your skin is definitely part of being fit)
6. Collaborate with a good primary-care physician regularly (make that appointment that you have been putting off and get a good check-up to help with your peace of mind)
7. Find your passion (and develop it regularly – it helps with your overall sense of well-being and will give you a sense of accomplishment)
8. Connect with others (network, network, network! Develop new friends and relationships. This will help keep you active, vital and happy)
9. Stop complaining – change what you can and accept what you cannot (this sounds like part of the 12-Step Serenity prayer, and.....it works!)
10. Stay curious (ask questions, get answers, have those conversations you have been meaning to have)

These are all simple, and best of all, quite doable. You will be more excited about your experiences with God, more enthusiastic at worship, and you will be more fulfilled, all because you are more fit. It's all about attitude, it's all about motivation, it's all about being a better you!! See you in church!

TREASURER'S CORNER

Doug Clay

Here is an outline of St. Paul's finances as of the first half of 2013. I plan to have 6 month pledge statements mailed by the end of July so each of you can see where you are compared to what you planned for support of our ministries for the year.

If you have any questions or concerns about the church finances, please feel free to contact me through the church web site or e-mail and I will be happy to respond as quickly as I can.

Faithfully,
Doug Clay
Treasurer

Financial report June 2013

<u>Budgeted Income</u>	June	Jan-June	Budget (Jan-Jun)
Pledge	4,447	30,298	34,250
Giver of record	979	5,723	4,250
Loose plate	249	1,695	1,800
Special offerings	---	1,297	700
Interest	---	23	---
Building use	230	1,500	1,100
Altar guild	8	175	250
Bequests	<u>1,218</u>	<u>4,269</u>	<u>7,307</u>
Budgeted income	7,131	44,980	49,658
<u>Budgeted Expense</u>			
Office/telephone	213	3,134	2,262
Insurance & taxes	1,672	5,175	4,750
Repairs & maintenance	173	1,295	2,250
Utilities	<u>717</u>	<u>5,424</u>	<u>- 5,000</u>
Subtotal	2,775	11,894	12,000
Diocese apportionment	983	4,033	5,499
Altar guild	---	1,536	1,000
Endowment	207	870	1,063
Stewardship	---	---	250
Outreach	<u>1,069</u>	<u>2,724</u>	<u>1,375</u>
Subtotal	2,259	9,163	9,187
Payroll	3,067	23,079	26,696
Budgeted Expense	<u>8,101</u>	<u>47,270</u>	<u>50,146</u>
<u>Other Income</u>			
Building fund	2,240	6,810	
Funeral	---	250	
Restricted Income	426	1,827	
Other Income	<u>2,666</u>	<u>8,630</u>	
<u>Other Expense</u>			
Building fund expense	---	6,143	
Music expense	---	720	
Other non budgeted	235	235	
Adjustments	1,000	(1,257)	
Other Expense	<u>1,235</u>	<u>5,841</u>	
Net Income	461	499	

A Pilgrim's Progress

Following are some of the thoughts Canon Lynell Walker sent via Facebook over the past few weeks, hiking "The Way of St. James" in Southern France and Northern Spain. She is a few weeks into her two-month pilgrimage to the Cathedral of Santiago de Compostela – said to be the final resting place of St. James the Apostle.

June 19, 2013

St. Jean de Port, France

Landed at Madrid and gradually found my way to St. Jean de Port. Went to mass tonight and the service ended with the priest inviting all pilgrims to come forward, surrounded by the local residents, for a special blessing. We each told our country of origin. It was a global community for sure. The mass was in French but the devotion and rhythm was universal. Total strangers have been so helpful getting me pointed literally in the right direction. I'm in a place tonight with chickens, chicks, cats and dogs. All seem to live downstairs in perfect harmony. I'm sharing a room with 3 college kids who are great at all things electronic! The Lord Is good indeed. Now the journey begins. Blessings to all.

June 21, 2013

Roncevalles, France

I am overwhelmed at the kindness and generosity of strangers. Enjoying the company of new friends from all over the world -many my age and older. The scenery is breathtaking.

June 23, 2013

Auritz-Burguete, France

I have been reminded of many obvious truths that are often lost in the motion of life. It has been so odd to sit with total strangers and have such deep conversations about such meaningful things so quickly. People seem very aware that time is short and there is not the privilege to wait to say what longs to be said. We sat for breakfast this morning and one noted that it felt like we had already been to church. There was gratitude expressed for the hospitality we had been given in this young woman's home, there was pa-

tiency and generosity in straining to communicate in something other than our native language, there was the offering of stories of faith and hope, there were treatments for healing sore feet and joints, and we left with a sense of joy for the day to come. It is just not that hard, it seems. . . . listening to the cows grazing along the hillsides. Many are wearing cow bells of different sizes and pitches. The sounds echo down the deep valleys. The bells are very large and the tones are deep and resonate. I had to wonder if it drove the cow nuts to be so marked that it could not move its head or eat without making a loud noise all day, every day. But they looked content.

June 23, 2013

Huarte, Navarro, Spain

Spending the night at a monastery that has just opened a new facility for pilgrims. Half of us cooked, the other half cleaned up. We then went into an adjacent chapel for a Taize service -sort of a Compline type liturgy. People were given a chance to name an intention for their Camino walk. It was followed by Eucharist administered by a nun standing behind the altar. She and the other two nuns prayed a blessing over the pilgrims. They have been given charge of this chapel for this particular ministry. There are no monks in residence. Everyone at dinner decided to go though none were obligated. It was a most amazing way to end the day. Doesn't seem so hard.

June 24, 2013

...Spent the day walking to a village past the western outskirts of Pamplona. They are getting ready for the Running of the Bulls. Everything is red and white. They even had a store selling infant children's

clothing with images of the upcoming event embroidered across the front. Pamplona is a beautiful city with stunning architecture, colorful buildings and beautiful parks...and it happens to be flat (a huge plus today)!

Making new friends - had dinner tonight with a RC Deacon from Long Island. Much to talk about. We were joined by a young American who was recently baptized at the Easter Vigil and is trying to sort out how that experience is beginning to shape his life. That is why he is walking the Camino. Blessings to all.

June 26, 2013

near Ciraqui, Navarro, Spain

Last shout out for today. Here is to all Spanish teachers from high school who thought their kids were not listening. I had to memorize, in say 11th or 12th grade, this line as part of a conversation I was to have with my desk mate: Por que no jugamos a las damas Chinas...or Why don't we play Chinese checkers. Now why I can remember that and not when bills are due remains a mystery. But here I am in Spain, in a bar, at 64 and what do you see in the photo but a boxed game of Chinese Checkers ready to be played. It has finally become useful! I have had this incredible recall of high school Spanish bubbling up out of deep and it is soooooo cool. I can welcome people, I can thank them for their hospitality, I can tell them the meal was delicious, I can get to the bathroom and...finally invite them to play Chinese Checkers. So a shout out tonight to all High School Spanish Teachers!

June 29, 2013

Estella, Spain

Last night began the celebration of St Peter and St Paul. They set off the streets with votives and a Fiesta began. My heart has been with the Ordinands at Trinity Cathedral all day. The Church has been strengthened and awakened by what has happened there. May you each have a Buen Camino as you take the Light of Christ into the lives of those you touch this and every day. Love to all.

June 30, 2013

Los Arcos

Tonight I am in a quaint Albergue in Los Arcos. I choose the word quaint with some deliberation as it has a broad application that could accommodate many types of settings. Some places are modest, some are comfortable...this one...is quaint. I see that there is a good reason why one never stays in the same place twice along the Camino. This Albergue encourages that practice. There is a stunning church in the middle of the village and the local restaurant provided a wonderful meal. Local wines have changed as I move west. The walk was beautiful today.

July 2, 2013

Near Logrono, La Rioja

Tonight I am in Logrono. Today was a beautiful walk among the vineyards and not too far from my previous nights stay. This picture was taken inside the old church which is the center of the historic square. It was dead quiet there a few hours ago but now the shops have all opened and the night life is about to begin. I am always struck by how much our faith is shaped by our art. Like music, it works at the rough edges of our lives and makes a profound statement of the ultimate triumph of good over evil even when we struggle to believe.

Today was a new shoe day. It was hard to let go of the boots that

faithfully took me over the Pyrenees but it was time to say good bye. I had a lot invested in those boots. They were blessed by St. Paul's before I left, they were recommended by others on shoe blogs, they were new...but they were creating blisters and are now on their way home to become a planter for geraniums on the patio. The Camino has invited me to let go of other investments too, stories that served their day perhaps but over time have in reality only provided blisters. Love to you all.

July 4, 2013

I thought I brought a reasonably light load. Humm.....wrong! Every day now begins with the ritual of letting something go and leaving it behind me (because believe me, I'm not going to turn around and reclaim it!)

July 7, 2013

near Belorado, Castilla y Leon

Thoughts on shade: Shade happens when something or someone stands between you and whatever is beating down on you. Sometimes trees, sometimes people. They provide resting places. One of my shade trees passed away just before I left for the Camino. Her name was Elisabeth Bower, a former nurse and Jungian analyst. I had just reconnected with her after several years to take a course on Carl Jung and Aging. There were 10 or so of us together, sorting out what lies ahead. It was geared for those in the healing professions like clergy, social workers and therapists. As I walked today I gave thanks for each and every tree that buffered me from the hot Spanish sun and for those who have played that role in my life. I count those of you reading this among them. Gracias! Muchas Gracias!





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