

# The Epistle

August 2016

## RHYTHMS OF GRACE

You've got to love summer! The evenings are long and the heat of the day has usually given way to the Delta breeze. Summer begs for casual clothes. Farmers' markets are full, summer vegetables and fruits are in abundant supply. There are free concerts in the parks and even the trees are timed to give their fullest shade.

Summer is a time to carve out a space for rest and re-creation. It's a chance to examine what is around you that can fill you with a sense of peace, beauty and joy. I love being a part of our weekday noon services here at St. Paul's. They are less complicated and give me a chance to pause and enjoy the beauty of our worship place. I love being the Church in the midst of the city noise and for the ability to stop and pray when we hear someone is in need of emergency care.

Summer is a chance to

play. There are some beautiful day trips from Sacramento that allow you to escape the heat and soak up the natural beauty that surrounds us. I love it when Pat and I can picnic up at Donner Lake State Park for the day. There are easy walking paths around the lake as well as tables for a mid-day meal. Big Trees National Park is another day trip that allows you to escape the noise of election news and experience the peace and majesty of these magnificent trees. But top on my list would always be a day at Muir Woods. It is a Church of God's own making. I am always in awe of how people – even families with children – settle into the sacredness of that space. Any argument that may have transpired in the car getting there seems to drain away when one walks into the holiness of that place. Closer to home, we are blessed to have

the Effie Yeaw Nature Center, the Crocker Art Museum and numerous cultural centers to help heal our wearied souls.

Jesus modeled the need for us to have rhythms of grace as part of living a holy life. The Gospel of Luke reminds us that: "As often as possible, Jesus withdrew to an out-of-the-way place to pray." (Luke 5:16) He knew that to do the work he was sent to do he needed to withdraw and find an open space to reconnect with God's life-giving grace. It's called "balance". We know when we have it and we suffer (as do those around us) when we lack it!

I encourage you to enjoy the gift of summer. May it be a time of respite and peace.

Blessings,  
*Lynell*

The Rev. Canon Lynell Walker  
Priest-in-Charge

### Inside this issue:


### LOAVES AND FISHES IS HAVING A TOILET PAPER DRIVE



Let's help them reach their goal of 40,000 rolls, and wipe out a big cost item from their budget. Bring your toilet paper contributions to the back of the nave. We will deliver it to Loaves and Fishes on Tuesday August 2. Questions? Loreen Kleinschmidt - loreenk@comcast.net

## GOOD FRIDAY OFFERING

St Paul's parish participated in the annual appeal to help support the Province of Jerusalem and The Middle East with a dedicated Good Friday offering. Our collection of \$200 was forwarded to the Province in Eastertide.

We have received a thank you letter from the Presiding Bishop Michael Curry which says in part:

*"Good news has reached my office about the outpouring of generosity you have provided through the Good Friday Offering. I want you to know how much your help means to the bishops, clergy and people of the Province of Jerusalem and the Middle East. In their own lands they continue to be icons of the reconciling love of our Lord Jesus through their parishes, schools and medical programs which serve all people in need throughout the region. They make known the love of Jesus in a part of the world where such love is hard to come by....I firmly believe that as members of the Jesus movement we are called upon by our Lord and Savior to create opportunities for all of God's children to live in harmony. The effort you have put forward in prayer and tangible support of Christian ministry in the Province of Jerusalem and the Middle East is a statement of solidarity which is nothing less than life-affirming..."*

God bless you,

Michael

## SPRUCING UP AT ST. PAUL'S



A big Thank You to all who gave time and effort to our April 2 and June 11 clean up days at St. Paul's. Much was accomplished with the help of Sharon and Richard Kennedy, Father Eric, Rev. Anne Slakey, William Jaeger and Joann Askew (apologies to anyone I have left out). We polished brass, cleaned floors of candle wax and dirt in the church and parish hall, vacuumed chairs, polished church columns and floors, washed 15<sup>th</sup> Street steps, gardened, cleaned the parking lot of leaves and debris.

The realities of life are daunting. I had a procedure at UC Davis recently, and because hospital staff had to do an IV on my left hand, I now have a visible bruise that reminds me everyday of my own morality. Thankfully, the bruise will eventually fade, but the timing of this experience it leads me perfectly into my next article for Stephen Ministry: Hospitalization and dealing with circumstances beyond one's control. Some health experiences can be chronic and may lead to longer stays and unanticipated physical problems. I'll repeat the first sentence here: the realities of life are daunting—and I will add "especially for those in long-term care". Being in a hospital or moving into a nursing home for any amount of time signifies a loss of autonomy and can involve handing the responsibility of one's life to another. You find you need assistance for some of the simplest tasks in life, like bathing, brushing your teeth, or dressing for bed. Stephen Ministry brings the presence of Christ into places of discord; in settings of hospitals and care homes. We talk to people who have been diagnosed with leukemia; We sit next to the beds of people with Lou Geh-

rig's disease; we hold the hands of those going chemotherapy treatment. In every circumstance we are called to witness, we follow Christ and it is both a challenging and rewarding ministry—the courage to bring love and hope in the context of sheer isolation, loneliness and desperation. Stephen Ministry brings Christ into places where grief and sorrow have a voice, and we listen with compassion, showing God's love wherever we go.

Sometimes it's hard to visit friends and family in "rest homes" or these types of facilities and we may feel powerless to do anything for our friends and loved ones—so what can anyone do? We can focus on the positive; we focus on what people can actually do while staying in a long-term facility. Some of the suggestions in my Stephen Ministry training are very simple, yet very profound, and can lead to a person feeling useful and also feeling better about the circumstances they are presently in. For example, patients can initiate a prayer list—(praying for others is a huge benefit)! They can call and check on members of the congregation. If they have a gift of crocheting, they can

make blankets, prayer shawls, or warm caps for those receiving chemotherapy. It is like a pebble thrown in a lake: the residual circle embraces every wave around it. We make waves when we care for others in anyway we can. Sometimes prayer is our only option and best defense against the weariness of the world. Look at page 857 of our Common Book of Prayer. It states: "What are intercession and petition? Intercession brings before God the needs of others; in petition, we present our own needs, that God's will may be done."

Reading all of this, I am sure you are still curious to what kind of "procedure" I had and its outcome. First thing to know: they were looking for a persistent cough I have and the procedure is called a bronchoscopy. It is a way for a specialist to look at an individual's air passages. I talked to the doctors throughout the procedure and they found what is referred to as a "web" that interferes with my breathing capacity. Keep in mind that everyone has some type of procedure done everyday. The blessing is that all of our personal experiences can become opportunities to pray for  
*(Continued on page 4)*

## THE REALITIES OF LIFE CONTINUED...

*(Continued from page 3: "The Realities of Life")*

others who are going through similar circumstances and we can pray for all the medical staff involved, as well.

I will admit, too, that sometimes it feels that God is gone when we are in the midst of having medical procedures done. In our anxiety, we cannot perceive that he is right beside us, holding our hand. During my test He was there—I heard Him in the voice of the tentative nurse that told me "I was doing fine and to keep breathing."

Taking a walk after I got home later, I perceived the sun, as its bright rays disappeared behind thick tree branches—but it still shone out. The light was still there, even when obstructed—His presence was still giving the light of life, still giving hope to the world. May the great healer show His presence in your life this very day. And please consider joining the family of Stephen Ministry. Training will start again in the Fall of 2016.

## BROTHERHOOD OF ST. ANDREW

All men of the parish are welcome to become members. Questions? Contact Phelps Hobart, 916-739-6949, email [phth@cwocwo.com](mailto:phth@cwocwo.com) or Fr. Eric, 916-849-6272, email [freric33@yahoo.com](mailto:freric33@yahoo.com).



## SACK LUNCH IN-GATHERING



The next assembly will be Sunday, July 31, after the 10am service.



New decorative ironwork has been added to the deck and ramps between the church and the Parish Hall which adds a new level of safety to users and to the buildings. For many months, the Vestry has struggled with the issue of how to minister to the homeless who gather at St. Paul's and how to protect the safety of those who worship here and the physical structure of the building itself. Our mission to be a welcoming place to those in need is increasingly being compromised by those who use our decks for more sinister purposes and acts of vandalism. We have added a series of iron scroll work panels and fencing with two gates to our deck and ramp areas. We have added new trellis work and climbing plants to shade and soften the look of the columns from the parking lot.

It is a good solution for our dilemma and hope all will be pleased with our new look.

## THE BRASS GUILD

Sally Smith has agreed to chair a new community of helpers to tend to the brass furnishings at St. Paul's. St. Paul's has many beautiful memorial pieces of brass to adorn our worship space and it is in need of some tender loving care. If you are interested in participating in this guild please contact Sally Smith at: 916-930-9564 or [sally0236@comcast.net](mailto:sally0236@comcast.net)



**St Paul's Episcopal Church**  
**Profit & Loss Budget vs. Actual**  
 January through June 2016

	<u>Jan - Jun 16</u>	<u>Budget</u>
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
Operating Income (Budgeted)	44,571.42	44,034.00
Operating Income (Non Budgeted)	250.00	
Uncategorized Income	100.00	10,597.00
<b>Total Income</b>	<u>44,921.42</u>	<u>54,631.00</u>
<b>Gross Profit</b>	44,921.42	54,631.00
<b>Expense</b>		
Budgeted Expenses	51,353.48	54,254.00
NonBudgeted Expense	150.00	
<b>Total Expense</b>	<u>51,503.48</u>	<u>54,254.00</u>
<b>Net Ordinary Income</b>	-6,582.06	377.00
<b>Other Income/Expense</b>		
<b>Other Income</b>		
Designated Income	175,350.88	
Non-Budgeted Income	189.30	
<b>Total Other Income</b>	<u>175,540.18</u>	
<b>Other Expense</b>		
Clergy Discretionary Account	1,405.00	
Designated Fund Expense		
Building Fund Expenses	16,863.80	
Music Expense	1,133.81	
<b>Total Designated Fund Expense</b>	<u>17,997.61</u>	
Non Budgeted Expense	270.00	
<b>Total Other Expense</b>	<u>19,872.61</u>	
<b>Net Other Income</b>	<u>155,867.57</u>	
<b>Net Income</b>	<u><u>149,285.51</u></u>	<u><u>377.00</u></u>

**BEQUESTS**

St Paul's has recently been the recipient of two generous donations from the estates of members of the community.

The vestry has considered ways to responsibly support the current needs of our community and promote a secure future for St. Paul's parish. We have kept in mind that these gifts cannot replace the continued support of our church family but can, if managed well, supplement the vision and ministry of the church.

We received the first of these gifts totaling approximately \$170,000 in late June. The benefactor had expressed the wish that the money be used for maintaining and preserving our historic church building. The vestry has willingly agreed to this designation.

Based on our current needs, the vestry has placed \$40,000 as seed money for the purpose of replacing our aging Heating/Air Conditioning system. The current system, as you probably have experienced, has required frequent repairs and is nearing the end of its useful life. This money will provide a beginning from which to raise funds for the entire project.

The vestry also recognized the need to stabilize and maintain the beautiful stained glass windows which are an integral part of our building and heritage. The amount of \$20,000 has been designated for this purpose. The remainder of this generous gift has been placed in our Building Fund for other needs related to the Church Building and Parish Hall.

The second gift is expected in the near future and I will report to you as it is received.

Faithfully,

*Doug Clay, Treasurer*

**PLEASE NOTE THAT ST. PAUL'S  
MAILING ADDRESS AND ZIP CODE  
HAS CHANGED.**

Please change your records to:

**St. Paul's Episcopal Church**

**P.O. Box 160914**

**Sacramento, CA 95816**



1430 J Street,  
Sacramento, CA 95814

**Mailing Address:**

P.O. Box 160914  
Sacramento, CA 95816  
(916)446-2620

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OPEN MINDS**

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Sacramento, CA

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[WWW.STPAULSSACRAMENTO.ORG](http://WWW.STPAULSSACRAMENTO.ORG)

### St. Paul's Vestry

Joann Askew, Jr. Warden (2017)

Sharon Kennedy (2016)

Chris Cacciatore, Sr. Warden (2018)

Loreen Kleinschmidt (2018)

Doug Clay, Treasurer

Carolyn Konrad (2017)

Dori Darrington, Clerk (2018)

Diane Richards, Strategic Plan

Mark Kane (2018)

Tammy Trovatten (2017)

### Clergy and Staff

Rev. Canon Lynell Walker, Priest-in-Charge

[st1849paul@sbcglobal.net](mailto:st1849paul@sbcglobal.net)

Rev. Eric Symons, Associate Priest

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Rev. Anne Slakey, Associate Priest

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Rev. Michael Backlund, Associate Priest

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Rev. Rik Rasmussen, Associate Priest

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Pat Underwood, Parish Administrator

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Nancy Metzger, Music Director

[st1849paul@sbcglobal.net](mailto:st1849paul@sbcglobal.net)

Mike Platz, Sexton

[st1849paul@sbcglobal.net](mailto:st1849paul@sbcglobal.net)