

St. Paul's Episcopal Church
2700 Eton Road
Cambria, CA 93428
Address Correction Requested



The Easter *Epistle* published
April 3, 2011.

Deadline for the next *Epistle* is April 18th.

Articles should be submitted *via email* to
stpauls@stpaulscambria.org or *submitted via CD* to the
Parish Administrator on or before the deadline.

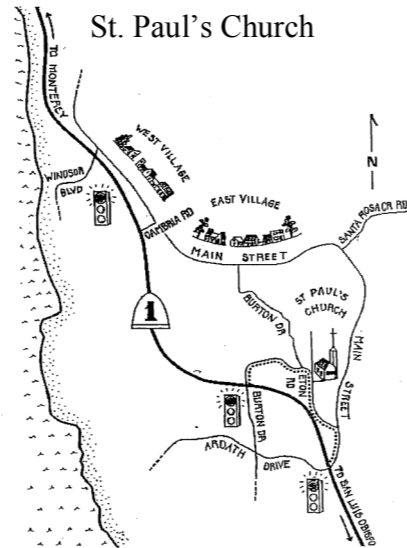
The *Epistle* is a monthly or bi-monthly publication of
St. Paul's Episcopal Church

The Rev. Fred Heard, Rector

2700 Eton Road · Cambria, CA 93428

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View our web page at: www.stpaulscambria.org



St. Paul's

EPISTLE

Easter 2011 Newsletter

The Heard Word

As I write this article, it is March and it is raining...oh my gosh! Is it ever raining. I just had lunch with the seniors and looked out the windows in the parish hall and noted the beautiful green hills and the lush landscape. We were talking about heaven at the table after someone replied that they were fine and alive which was better than the alternative. With that comment someone said, "Oh if you are going to heaven...death isn't such a bad alternative." To that comment, I added, "Well it is what you know compared to what you don't know right?" Then someone added that Cambria is like "a little bit of heaven." To that we all said "AMEN!"

For Christians though, death offers the promise of hope because the tomb is empty... the cross is empty.

The rain will stop...we don't expect that it will rain for 40 days and 40 nights and the rain will bring more green and more flowers. That is our hope.

We have walked the way of Lent. We have fasted. We have studied. We have grown. We have prayed. We have been in community. We will process with our palms..."All glory, laud, and honor to thee, Redeemer, King! To whom the lips of children made sweet hosannas ring...To thee before thy passion they sang their hymns of praise; to thee, now high exalted our melody we raise." We will solemnly walk with Jesus during Holy Week and on Wednesday we will come together and reflect on the readings of Tenebrae and as the candles are extinguished, we will come closer to our Lord. We will eat a meal together on Maundy Thursday, and we will commemorate our Lord's Last Supper and then strip the altar and prepare for the solemn three hour Good Friday service with the Stations of the Cross, music and drama, and the liturgy from the Book of Common Prayer. At the Easter Vigil on Saturday, we will come together as a community as we proclaim the joy of the first Easter. All of this then culminates at Sunrise on Easter Day as we gather at the empty cross to proclaim that the Lord has risen. Our second service of Easter Day will be a Choral Eucharist in what promises to be a memorable proclamation of the empty cross and the empty tomb.

Oh Yes! On this rainy day in March...there is a promise of sunshine to come and all

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of the glory of God's creation...but more importantly, there is the promise of eternal life because the tomb is empty on Easter Day.

As your rector, I believe we have an obligation to address the physical needs of Saint Paul's because one day we will pass this campus and all of its furnishings to those who will follow us. Accordingly, the vestry has identified painting and redecorating of our campus buildings (inside and out) as the number one physical priority after we receive the very generous bequest from the George Butterfield estate. In addition to painting, we will also ask for a termite and dry rot check.

We will be tithing ten per cent for outreach and investing a substantial portion of what is left.

I have appointed a committee that will have responsibility for receiving bids for prepping and painting all of our buildings inside and out, making recommendations to the vestry for the acceptance of bid (s), approving paint colors, approving updates for our signage both on and around the campus, and for redecorating the parish hall. I have asked Barbara Hagiwara to chair the committee. Thankfully, she has accepted this call to service.

So after Easter, big things will be happening on our Saint Paul's campus and I want to thank all who will make this possible including, certainly, the generosity of George Butterfield. Fred+



A Note From the Music Director



In a couple of weeks, we will celebrate Easter. Plans are underway to once again include the jubilant sounds of horns in our Easter Choral Eucharist service. This year we'll welcome back the Burnished Brass Quartet, whose talent was introduced to us last Easter. The quartet blends the talents of four gifted musicians with varying musical styles who are associated with the San Luis Obispo Symphony and the Santa Maria Philharmonic Orchestra.

The group has performed for many events, both public and private, including the Paso Robles Library evening concert series, the Cuesta College Portraits in Music series, in the Cal Poly Performing Arts Center, and in the Concerts in the Mall series at the Santa Maria Town Center. In addition, they perform outreach concerts for children throughout San Luis Obispo County. Their repertoire ranges from the Renaissance to the contemporary, from music inspired by religious observances to modern jazz standards and humorous works.

Advance thanks to everyone who is planning on making an offering towards the music program this Easter. It is very much appreciated.

-Kate Hepworth

A Note of Thanks

To My Dear Friends at St. Paul's,

Thank you all for all the love and support given to me and my family during these last few difficult weeks. Your prayers, concern, calls and offers of help have meant so much to me. I know, too, that the fact that you were here for me let Chris feel at ease with my being alone and so far away.

With much love and thanks, Lou Ann



Presenting your 2011 Vestry. Clockwise: Marj Sewell, Jim Wilson, Jim Huchthausen, Frank Michel, Carol Schutz, Dick DeLauer, Betty Malone, Fr. Fred, Lou Ann Carter and Van Jahnes-Smith. Many thanks to all of you for serving!

A Peek Ahead: May Birthdays



- 1 Lainie DeMicco
Caitlin Warner
- 3 Camaryn Warner
- 4 Marg. Davy
- 6 Vivian Russo
Carson Warner
- 7 Carol Schutz
- 9 Barbara Marks
- 10 Donna Crocker
- 13 Helen Allinder
Phyllis Golowka
- 15 Sara Blair Field
- 21 Anne Hubbard
- 22 Jim Wilson
- 25 Michelle Costa
- 26 Shanna Knorr
- 31 Richard Moratin

- Vestry and Staff -

- Betty Malone, Sr. Warden (2014) 927-2965
bettymalone@charter.net
- Dick De Lauer, Jr. Warden (2013) 924-0804
highlight67@charter.net
- Frank Michel, Treasurer (2013) 927-7608
rubymfj@charter.net
- Lou Ann Carter (2012) 927-5583
louanncambria@gmail.com
- Jim Huchthausen (2014) 924-1946
jphuck@charter.net
- Van Jahnes-Smith (2014) 924-1443
jsva1114@charter.net
- Carol Schutz (2012) 995-0830
fracar296@aol.com
- Marj Sewell (2012) 927-8471
mrsewell@charter.net
- Jim Wilson (2013) 927-5842
jmertw@sbcglobal.net
- Phyllis Golowka, Co-Treasurer 927-0594
jpgolowka@gmail.com
- Louise Windisch, Co-Treasurer 927-6842

- The Rev. Fred Heard Office: 927-3239
rectorfred@gmail.com Home: 203-5075
- The Rev. Dn. Gay Blundell 927-3999
billblundell@thegrid.net
- Michelle Costa 927-3239
Parish Administrator
stpauls@stpaulscambria.org
- Kate Hepworth 314-0886
Music Director
hepworthkate@yahoo.com

DIRECTORY UPDATES

- Cindy Conner Judith Olson
1795 Hudson 2650 Main # 9
Cambria Cambria
805.395.0176 927-5067

WELCOME TO ST. PAUL'S!

Treasurer's Data: February 2011

	YTD \$ Received	YTD \$ Budgeted	YTD \$ Difference
Pledge	19,613	19,666	- 53
Total Income	21,903	21,532	+ 371
	YTD \$ Expended	YTD \$ Budgeted	YTD \$ Difference
Total Expenses	21,899	22,731	- 832

NEWS AND NOTES

Unity Potluck 2011

Recently St. Paul's parishioners joined members of Santa Rosa Catholic Church (SRCC) for the 1st Annual (hopefully) Unity Potluck at SRCC. Parishioners from both churches agreed that it was a wonderful time of fellowship. The food was good too! Many thanks to Joni Michel, co-organizer.



Above left: A Mardi Gras masked SRCC parishioner leads Julian Crocker & Frank Michel down the food line. (On right is Pat Sturcke & Miyo Inouye) **Below:** Fr Mark (SRCC) & Fr. Fred.



PARISH LIFE

WORSHIP

Sunday Worship: Upcoming services are as follows: 4/10 at 8 & 10:30 am; 4/17 at 9:30 am. For Holy Week services, see Page 9.

Choir: The Choir meets Mondays at 2:00 pm. Please contact the Music Director, Kate Hepworth, if interested in joining: 314-0886

Communion at Bayside Care Center (MB): Offered every Sunday at 2:30 pm.

ECW meets the 2nd Tuesday of the month at noon. **Next 2 meetings: April 12 (brown bag) and May 10.** Info: Georgia Spelts 924-1943

The Lunch Bunch meets at 11:30 am the 4th Friday of the month. Info: Jeanne Gerhardt at 927-7061.

Grounds Patrol meets the 4th Tuesday of each month from 9am-11am. Bring gardening gloves and pruning shears if possible.

MINISTRY

Altar Guild meets the 4th Thursday at 9:30 am in the library.

C.A.N. Food volunteers meet at 6:00 am on the first Thursday of the month. Bring food to the services or the church office; or place checks for food purchase in the offering plate (memo: CAN Food). **Please bring donations on or before the last Sunday of the month. Thank you!**

Caregivers Support Group meets at 10:00 am on the 1st & 3rd Thursdays of each month. For info call Gay Blundell, 927-3999.

Grief Support Group meets the 1st Tuesday of the month at 10:00 am in the Church Library.

Cambria CARES Board meets the 1st Tuesday of the month at 3:15 pm (Library).

FELLOWSHIP

Men's Group meets for breakfast at the Redwood Café on the 2nd & 4th Thursdays at 8:00 am. Call Arnold Hagiwara at 995-1032.

Needle and Loom Group meets at 1:00 pm on Fridays except on **Lunch Bunch** Fridays. For information, call Phyllis Golowka 927-0594.



April ECW Brown Bag
Tuesday, April 12th
12 noon • Library

This month, we will assemble personal care kits for the Women's Shelter.



Men's Group
Breakfasts

Thursday, April 14th
Thursday, April 28th
Thursday, May 12th
Thursday, May 26th

8:00 am • Redwood Café

NEWS AND NOTES

Food Donations Needed

Canned goods and other staples are in short supply for Cambria's food program for the needy. PLEASE support CAN's efforts by bringing food donations on Sundays. Here are some suggestions for food items:

- Canned spaghetti sauce & noodles
- Instant potatoes/rice/beans
- Canned soups; Macaroni and cheese
- Canned: tuna, chicken or other meat
- Pancake mix and syrup
- Oatmeal or breakfast cereal
- Items for school lunches
- Juice in cans, jugs or boxes
- Jell-o; Crackers or cookies

Please give generously.

Outreach: Homeless Project

With the generous help of the congregation, I was able to deliver 12 kits for homeless men and 8 for homeless women and children. Here's what I've learned:

The North County Women's Resource Center has moved to 1030 Vine Street, Paso Robles. They loved the kits and said that the household size toiletries will be good for those who may be staying in the shelter for up to 90 days while they receive counseling, and job training and guidance. Clients often have children in tow, so an extra child's toothbrush could be useful. They were VERY grateful for the baby wipes, and diapers are also always welcome. For those women staying in the shelter for shorter periods, the smaller kits also work.

The men's kits were delivered to One Stop in SLO, a multi service agency for parolees, veterans and unemployed persons seeking job training and guidance. It is a resource center (not a shelter), with 2 other branches in the county. They particularly liked the fact that the kits were in individually sealed bags.

Thank you, generous church family, for helping those in need. *-Amanda Stimson*



The "Welcoming Bags"
that are distributed to
Sunday visitors, come to us by way of the
dexterous sewing fingers of Marj Sewell.

Many thanks, Marj!

In Our Prayers

Members of St. Paul's: Lou Ann Carter, Paul & Mary Genis, Jeanne Gerhardt, Frank Schutz, Louise Windisch, Jim Wilson, Fred Fox, Shanna Knorr, George Sewell, Alva Jahnes-Smith, Dee Jackson, Dick DeLauer, Phyllis Golowka, Ted Inouye, Lou Fedor, Arnold Hagiwara, Helen Allinder, Stevely Anderson, Carol Ford, Mary Warren, Nancy Easton, Esther Laver, Eve Popich, Ann Cichowski, Don Lagrand, Anne Hubbard.

Family and Friends: The Carter Family, Kacy DeMicco, Audrey Milligan, Glen & Anne Bennett, The Rev. Canon Robin Underhill, the Anderson Family, Shirley Christian, Gena Wright, Marge Reilly, Sarah Sunshine Morrow, Marty Durrett, Ramsay & Hall Botkin, Becca Carlson, Allyson Dallmann, Kara Peterson, Lydia Roedel, Jennifer Davy, The Reardons & Betty Miller.

Recently departed: Karina Carter

Prayer Chain Coordinator: Helen Allinder, 927-1935

Church Bulletin: Michelle Costa: 927-3239

April Coordinator-St. Paul's Helpers: Miyo Inouye



April Birthdays

- 1 Fred Stimson
- 7 Jeanne Gerhardt
- 11 Fran Conklin
Van Jahnes-Smith
- 12 George Sewell
- 13 Bea Balint
- 23 Arnold Hagiwara
- 29 Bobby Malone

*Happy Birthday to Everyone
celebrating April / May birthdays!*

(For May birthdays, see Page 11.)

Worship Calendar: A Look Ahead

Sunday, April 3 (Birthday Sunday)
4th Sunday in Lent
9:30 am Service w/ Consecrated Eucharist
The Rev. Dn. Gay Blundell

Sunday, April 10
5th Sunday in Lent
8:00 am & 10:30 am Services w/ HE
The Rev. Fred Heard

Sunday, April 17
Sunday of the Passion: Palm Sunday
9:30 am Service w/ HE
The Rev. Fred Heard

Wednesday, April 20
7:00 pm Tenebrae Service
"Service of Shadows"
The Rev. Dn. Gay Blundell

Thursday, April 21
Maundy Thursday
7:00 pm Service w/HE (Supper at 6:00 pm)
The Rev. Fred Heard/ The Rev. Dn. Gay Blundell

Good Friday, April 22
12 p Stations of the Cross
1 p Drama/Music
2 p Liturgy

Holy Saturday, April 23
7:30 p Easter Vigil w/HE
The Rev. Fred Heard

Easter Sunday, April 24
6:30 am Sunrise Service w/ HE
The Rev. Fred Heard
9:30 am Choral Eucharist w/HE
The Rev. Fred Heard/The Rev. Dn. Gay Blundell



NEWS AND NOTES

Wednesday Night Lenten Study:

Radical Hospitality

Final Two Sessions
April 6th & 13th

6:00 *Soup Supper*
6:30 *Lenten Study*

St. Paul's Parish Hall

(Continued from Page 5)

basis. After answering 27 easy questions the quiz taker is able to compare his/her own Ecological Footprint to others', and learn how to reduce their impact on the Earth. The results may surprise even the most "green conscious" person. To take the quiz, visit: <http://myfootprint.org>.



Please join us...

Sunday, May 8, 2011
9:30 am

***For our Holy Eucharist Service
and the
Baptism of Carson Warner***

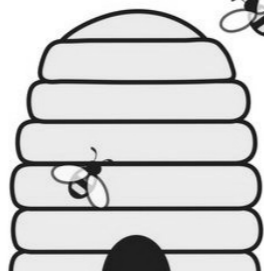


**National
Volunteer Week**
April 10-16, 2011



*From Altar Guild to Vestry, and everything
in between, our volunteers keep
St. Paul's buzzing!*

Thank you for your time!



NEWS AND NOTES

The Green Commission

The Green Commission is completing Phase I of a four phase reconstruction project in the Quiet Garden. Work in progress includes tilling, soil improvements, the installation of topsoil and gravel, additional irrigation lines and the installation of several native, deer resistant plants. Future plans, among other things, include exploring the possibility of improving the Garden's access for those with limited mobility,

In the past several months there have been some parishioners who have spoken about dedicating benches for the Quiet Garden. The Green Commission has done some research and has found a bench that best meets our requirements.

Our criteria for benches included the following:

- Low maintenance
- Very long lasting
- Comfortable
- With a back
- Attractive



We have spent several months looking for the just the right bench. After hours of searching the web, we found "our bench" at a shop in SLO! The shop, *Daylight Garden*, is giving us a deal. Our bench, if purchased retail would be close to \$500.00. *Daylight Gardens*, has quoted \$375.00 as the price for the bench we have chosen. They are not charging us shipping charges or taxes, and is discounting the retail price a bit.

We will need to place our orders by the end of May to have delivery by June or July. We will need a vehicle to pick the benches up and a

team of people to assemble the benches. We were thinking of having a pizza party after a service and assemble and place the benches all at once.

The plan is to have three or four benches placed around the Quiet Garden and the Labyrinth. If more benches are desired, we will place them where one can view our beautiful landscape.

The Green Commission is planning to help with the cost of the plaques and the anchoring of the benches (so that they will stand for us to enjoy forever).

If you are interested in purchasing a bench as a memorial or if you are interested in making a donation to a "bench fund" please call Ann Cichowski (927-0123) or Jim Huchthausen (924-1946). Remember: the end of May is our deadline.

Earth Day is April 22nd

How are you treating Planet Earth? Find out by taking the Ecological Footprint survey.

Have you ever wondered how much "nature" your lifestyle requires? *Ecological footprints* measure humanity's demands on nature... because everything we do has consequences.





The online Ecological Footprint Quiz estimates the amount of land and ocean area required to sustain an individual's consumption patterns and absorb their wastes on an annual

(See Footprint, Page 8)



APRIL 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 DURING HOLY WEEK PASTORAL VISITS W/ COMMUNION ARE AVAILABLE. CALL 927-3239 TO SCHEDULE.	SENIOR NUTRITION MONDAY-FRIDAY 11:45 am <i>Call 927-1268 for reservations.</i>				1 1 p Needle & Loom Fr. Fred- Day off	2 LABYRINTH EVENT HAS BEEN CANCELLED ! 2:30-4:15 p AA Library
3 9:30 a Reserved Sacrament Birthday Sunday Fair Trade Sale Today	4 2 p Choir Practice Fr. Fred- Sermon prep & Research	5 10 a CARES 10 a Grief Support 3:15 p CARES Board Fr. Fred-Office hours PM	6 6 p Lenten Soup Supper/Study Fr. Fred- Deanery Retreat AM	7 6 a CAN distribution 10 a Caregivers Group Fr. Fred- Office hours	8 10 a Outreach Committee 1 p Needle & Loom Fr. Fred- Day off	9 2:30-4:15 p AA: Library
10 8 a & 10:30 a Services w/ HE NATIONAL VOLUNTEER WK.	11 9:30 a-12 p Sr. Health Screening 2 p Choir Practice Fr. Fred- Sermon research	12 10 a CARES 12 p ECW Brown Bag Fr. Fred-Office hours PM	13 9 a Vestry Meeting 6 p Lenten Soup Supper/Study Fr. Fred- Pastoral visits	14 8 a Men's Group 10 a CARES Fr. Fred- Office hours AM	15 1 p Needle & Loom Fr. Fred- Day off	16 2:30-4:15 p AA : Library
17 PALM SUNDAY 9:30 a Service w/ HE 	18 2 p Choir Practice EPISTLE DEADLINE Fr. Fred- Sermon prep & research	19 10 a CARES Fr. Fred- Office hours PM	20 TENEBRAE 7 p Tenebrae Service Fr. Fred- Pastoral HE Visits	21 MAUNDY THURSDAY 10 a Caregivers/ 10 a CARES 6 p Dinner 7 p Service Fr. Fred-Office hours	22 GOOD FRIDAY  12 p Stations of the Cross 1 p Drama & Music Program 2 p Service	23 HOLY SATURDAY 2:30-4:15 p AA: Library 7:30 p Easter Vigil Service
24 EASTER SUNDAY 6:30 a Sunrise Service w/HE 9:30 a Choral Eucharist 1 9:30 a Reserved Sacrament	25 2 p Choir Practice Fr. Fred- Sermon research 2 Michelle off this week »	26 9 a Grounds Patrol 10 a CARES	27 WEDNESDAY IN EASTER WEEK 	28 8 a Men's Group 10 a CARES	29 Michelle begins time off » 1 p Needle & Loom Fr. Fred- Day off	30 2:30-4:15 p AA: Library