

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



The August *Epistle* published  
August 3, 2011.

**Deadline for the Sept.-Oct. *Epistle* is August 18th.**

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

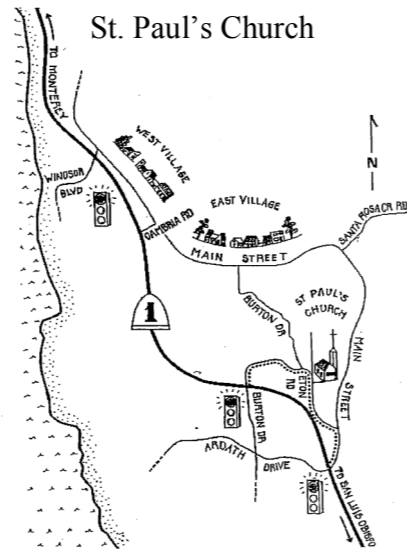
The *Epistle* is a monthly or bi-monthly publication of  
St. Paul's Episcopal Church

The Rev. Fred Heard, Rector

2700 Eton Road · Cambria, CA 93428

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View our web page at: [www.stpaulscambria.org](http://www.stpaulscambria.org)



**St. Paul's**

# EPISTLE

## August 2011 Newsletter

### The Heard Word

#### What happened to the quiet summer at Saint Paul's????!!!!

I want to thank and praise Lou Ann Carter and Van Jahnes-Smith for stepping up and organizing our archives. For years boxes of old checks, minutes, statements and other assorted papers have been accumulating mainly in boxes in the parish office. I asked Lou Ann and Van if they would familiarize themselves with the Episcopal procedures manual on disposal of paper documents and with an eye on history, go through those documents. They have been hard at work most of the summer going through materials paper by paper. They have found copies of our bulletins going clear back to the beginning of Saint Paul's and they are now located in the library. We have found minutes of Bishop's Advisory Committee meetings along with minutes from the Vestry as we became a parish. Samples have been retained for history. Mountains of non-historic paper have been shredded and the remainder, have been retained in "mouse proof" plastic bins. As each January 1 approaches, more old checks, etc. are eligible for shredding and they have been carefully wrapped so that all we have to do is reach in and do the deed. This way the work that Lou Ann and Van are doing will stay current. Thank you so much to both Lou Ann and Van for helping us save ourselves from a mountain of paper.

George Butterfield and his generous bequest to Saint Paul's has been very much on our minds this summer. Way back at our retreat in January, the Vestry voted to rehabilitate our campus with attention to dry rot and paint. The process is underway. Alan Desmond and his company Home Repairs, Etc. won the contract to remove the dry rot from our buildings. We discovered, for instance, that the stairway next to my office had many hollow spots and without much effort, could have collapsed. The Vestry has instructed the Refurbishing Committee to look at 30 years from now and not just "fix the problem for today." Truly this is the best use of stewardship I have seen on a church campus. In talking to our crew from Home Repairs, I have learned a great deal about dry rot. The enemy is in the spores that eat their way into healthy

*Continued on Page 2*

wood and believe me there were a lot of spores! We were blessed that termites were not detected. But please know the funds that this takes for these repairs will make it possible for Saint Paul's to pass on a healthy campus to the generations that follow us. The Vestry had a vision and we are seeing it unfold.

Words fail me in describing the steady, responsible, and responsive work of the Refurbishing Committee. They had to start with a vision and "put legs on it." They have researched, made telephone calls, done interviews, argued, prayed, and come together with a vital plan for our campus. They have stayed faithful to the vision as presented by the Vestry. With the work going on everywhere on campus, we see the results of their months of planning. We owe the committee a great big thank you...Chair Barbara Hagiwara, Joni Michel, Sue Johnson, Dick DeLauer, Frank Schutz, and Doug Spelts.

Our Parish Administrator has designed a "welcome bag" for our young visitors and the results are really impressive. She has included crayons, a coloring book, and a book designed for young hands. When youngsters come to Saint Paul's we now have a special way to welcome them.

I am going to a conference in September in Richmond, Virginia. It is called CREDO and it is sponsored by the Church Pension Fund. Presiding Bishop Katharine Jefferts-Schori has said this about CREDO: "The work of CREDO is meant to equip leaders in the church to attend to their own healing and wholeness in every sphere of existence, that they may in turn lead others into greater health."

Over the years, I have been invited a number of times and for one reason or another have "put it off." Clergy friends have said, "You really should do this, Fred." Well, this is my year and I really

am looking forward to it. I will leave September 7 and return September 21.

Participants explore a deeper sense of who they are and where God is calling them by exploring the cycle of Identity, Discernment, Practice, and Transformation. It calls forth four fundamental questions: Identity — Who am I? Discernment — Who is God calling me to be? Practice — How am I responding to God's call? Transformation — How am I changing? The preparation involves a great deal of thought and preparation on my part.

Please keep me in your prayers as I depart for this important conference in September.

Fred+

## Got Clutter? Closets Bursting at the Seams?

Solve your space issues while supporting a great program:

*The Annual ECW Rummage Sale!*

Donation drop-offs begin August 8th so...

**Don't delay..de-clutter today!**

*We will cheerfully accept your Gently used:*

Jewelry Books Housewares  
Toys Sporting Goods  
Clothing Outerware Collectibles &  
Almost Anything Else

**Except:**

Large Furniture Magazines  
Soiled/Broken/Badly Worn Items



## Parish Office Help Needed

Want to do something for the church without committing to a weekly volunteer schedule? Enjoy working with others? Do you enjoy organizing, whether it be your garage, desk, closet or something else all together? If you answer "yes" to most of these questions, or even *some* of these questions, the Parish Administrator wants you!

Help is needed to answer phones, sort mail and take messages while the administrator is on vacation occasionally, or to assist with the organizing of files and bookshelves, or the making of phone calls or copies once or twice a month.

Anyone interested in helping out in the office on an occasional basis, can contact Michelle any Tuesday, Wednesday or Thursday after 9:00 am. Thanks!

## - Vestry and Staff -

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

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

## Updated Directories Available

Please check the ushers' cart or come by the office for the most current copy of our phone directory, which now features a complete parish birthday list.

# NEWS AND NOTES

## The Deacon's Views and News

*The Rev. Dn. Gay Blundell*



### Note of Thanks

Dear Parish Family,

Many, many thanks for all of the prayers, calls, cards, and food during this long and rather mysterious illness of mine. I have felt so

loved during this whole experience!

Thank you and Blessings to you all!

-Deacon Gay

### Deacon's Celebration Set for August 28th

On Sunday, August 28th, we will honor retiring Deacon Gay Blundell at a special coffee hour, hosted by the Hospitality Team. On that day we will hold one service only, at 9:30 am, with the Deacon's reception immediately following in the Parish Hall.

Deacon Gay, whose official retirement date is September 1, plans to remain involved here at St. Paul's as a member of the Outreach Committee, among other things.

So please make a note of the special service time and reception planned for August 28th! Hope to see you there!

### Episcopal Church Women Host Deacon Gay Blundell At June Meeting

Deacon Gay Blundell spoke to a full room at the June ECW meeting. Her presentation answered an often asked question to her, "What led to your decision to become an ordained vocational Deacon?". Her talk covered events from her childhood in Missouri and the turbulent 1960's, on through to her pre-ordination days here at St. Paul's.

For anyone who was unfortunate enough to have missed her talk, the text of it is available in the church office and can be loaned out for your reading pleasure. Simply call the church office: 927-3239 to make arrangements.

### Wanted: Good Home for Hammond Organ

Judy Olson has a Hammond organ that she would like to give away. The organ works but may need tuning. Currently the organ is in Bakersfield, but delivery to Cambria may be possible. Anyone interested can call Judy for further information: 927-5067.

Spread the word!

# PARISH LIFE

## WORSHIP

**Sunday Worship:** August services are as follows: 8/7 & 8/28 at 9:30 am; 8/14 & 8/21 at 8:00 am & 10:30 am.

**Choir:** The Choir meets Mondays at 2:00 pm. Please contact Kate Hepworth if interested in joining: 314-0886. (Choir is off for summer.)

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

## MINISTRY

**Altar Guild** meets the 4th Thursday at 9:30 am in the library. **No meeting in August.**

**C.A.N. Food volunteers meet** at 6:00 am on the first Thursday of the month. Want to donate? Bring food to the services 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. Thanks!**

**Grief Support Group** meets the 1st & 3rd Tuesday of the month at 10:00 am in the Church Library. Info: 927-5807

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

## 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.

**ECW** meets the 2nd Tuesday of the month at

noon. In August, we will prepare for our August 13th Rummage Sale, rather than hold a meeting. See ad below for more info.

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

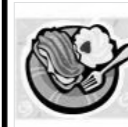
**Grounds Patrol** meets the 4th Tuesday of each month from 9am-11am. Bring gardening gloves and pruning shears if possible.



### ECW Rummage Sale Prep and Drop-offs

**Monday, August 8th  
through  
Thursday August 11th  
9 am-2 pm**

Thanks in advance for your donations and volunteer help! See page 11 for more info.



### Men's Group Breakfasts

**Thursday, August 11th  
Thursday, August 25th**

**8:00 am • Redwood Café**

# NEWS AND NOTES

## A Hello From Friends Near and Far

*Dear Friends in Christ,*

On Pentecost Sunday my husband and I had the pleasure of worshipping with you. What a warm welcome we received! It was a pleasure to be with you and I would like to thank you for the lunch which was packed for us from the coffee hour treats. We enjoyed it all when we stopped in Santa Barbara on our way to San Diego.

We were also blessed by the interest shown in the growth and life of the church in the Middle East, especially Qatar where we live and work. We hope you found the video clip on the Episcopal News Service helpful.

May God's goodness continue to flow through all His people there in Cambria. We hope to see you again.

*In His Service,  
Father Bill and Edith Schwartz  
PO Box 3210  
Doha, Qatar  
billnedie@qatar.net.qa*

## From Eve Popich

Eve wishes everyone well and misses her church family here at St. Paul's. She has a cell phone, should you wish to chat with her: **541.815.2491**.

**Please also add her birth date to your directory: August 14th.**



## A Note From the Music Director



Since returning to studying the piano after over twenty years, I am rediscovering a love of music and in particular the piano music I had listened to and played growing up in England. We had two harpsichords in the house and so there was always an appreciation of baroque and early classical music; but it was my Grandfather, an accomplished pianist (and son of a church organist), who had the greatest influence on me. He taught me to appreciate Chopin and Litz (both of whom lived and composed in France), the Russian romantic composers and the French composers who bridged the transition from the romantic era into the modern: Faure, Ravel, Satie, Saints-Saens, Poulenc and my personal favorite, Debussy.

During my trip to England I rummaged through the stacks of piano music selecting a few pieces to play as musical preludes on Sundays; pieces I had played for my elderly Grandfather when he came to live with us after he had long since given up playing himself. So if there is a definite French flavor to my playing this summer then c'est la joi de vie!

Also, this summer, we welcome your nominations of favorite hymns from our hymnal. Simply print the hymn number on the form or index card provided in your Sunday bulletin (or get them from the ushers' cart) and place them in the offering basket during the service. You may also turn them into the office. We will take care of the rest.

*-Kate Hepworth*

## In Our Prayers

**Members of St. Paul's:** Don & Huntley Lewis, Geri Swift, Gay Blundell, Phyllis Golowka, Jeanne Gerhardt, Ted Inouye, Jim Wilson, Fred Fox, Shanna Knorr, George Sewell, Dee Jackson, Dick DeLauer, Lou Fedor, Arnold Hagiwara, Helen Allinder, Stevely Anderson, Carol Ford, Mary Warren, Nancy Easton, Eve Popich, Ann Cichowski, Don Lagrand & Anne Hubbard.

**Family and Friends:** Carolyn Golowka, Kacy DeMicco, Michael Jennings, Glen & Anne Bennett, the Anderson Family, Shirley Christian, Gena Wright, Sarah S. Morrow, Marty Durrett, Ramsay, Hall & Donal Botkin, the Dallmann sisters, Kara Peterson, Lydia Roedel, Jennifer Davy, The Reardons, Betty Miller, Amy Anderson, Margot & Frank Guire, Jessica Dietz.

**Recently departed:** Betty White

**Prayer Chain Coordinator:** Helen Allinder, 927-1935

**Church Bulletin:** Michelle Costa: 927-3239

**August St. Paul's Helpers Contact:** Ann Cichowski, 927-0123



## August Birthdays

- 2 Vernon Maino
- 3 Richard Smith
- 8 Mary Warren
- 10 David Hills
- 11 Ted Inouye
- 12 Pattie Page
- 14 Eve Popich
- 19 Huntley Lewis
- 20 Sue Johnson
- 24 Dee Jackson
- 31 Connie Helps

*Happy Birthday to Everyone*

## Worship Calendar: A Look Ahead

**Sunday, August 7th** (Birthday Sunday)

Season of Ordinary Time

9:30 am Service w/ HE

The Rev. Fred Heard/ The Rev. Dn. Gay Blundell

**Sunday, August 14th**

Season of Ordinary Time

8:00 am & 10:30 am Services w/ HE

The Rev. Fred Heard

**Sunday, August 21st**

Season of Ordinary Time

8:00 am & 10:30 am Services w/ HE

The Rev. Fred Heard

**Sunday, August 28th SPECIAL TIME!**

Season of Ordinary Time

9:30 am Services w/HE

The Rev. Fred Heard

(See page 10 for more info.)

**Sunday, September 4th**

Season of Ordinary Time

9:30 am Service w/ HE

The Rev. Fred Heard

**Sunday, September 11th**

Season of Ordinary Time

8:00 am & 10:30 am Morning Prayer

Leaders: Fred Stimson & Stevely Anderson

**Sunday, September 18th**

Season of Ordinary Time

8:00 am & 10:30 am Services w/HE

Rev. Don Dallmann

**Sunday, September 25th**

Season of Ordinary Time

8:00 am & 10:30 am Services w/HE

The Rev. Fred Heard



# NEWS AND NOTES

## Needle and Loom Needs You!

The St. Paul's Needle & Loom Group is currently making yarn covered clothes hangers to be sold at the 2012 Mitford Tea. Donations of acrylic or wool yarn are needed to help create the popular hangers. According to Phyllis Golowka, Group Coordinator, help is also needed with the making of small items such as brooches, from easy to follow instructions.

Needle & Loom meets at 1:00 pm on all Fridays except the 4th Friday of the month, at the home of Dee Jackson. For further information about the Group's efforts or to donate yarn, contact Phyllis Golowka: 927-0594.

## The Case of the Missing Scrapbook!



Don Dallmann has misplaced or otherwise lost track of an important scrapbook containing newspaper clippings and other mementos from the 1960's and '70's. The album has a dark green cover. If you have any idea where it might be, or if you come across it, please contact him ASAP: 927-5807. He'd be very grateful as well as relieved.

## Refurbishing Team Busy As Bees!



St. Paul's Refurbishing Team has been very busy over the past couple of months. Soliciting and reviewing bids for repairs, paint, floor coverings and more, the group, led by Barbara Hagiwara, has spent countless hours examining how to best use the generous gift left to us by the late George Butterfield. Soon the dry rot will be repaired, new steps in place, and the painting of our buildings underway. For all of their efforts, the Refurbishing Team members have been selected as Busy Bees of the Month. Congratulations and many thanks to Barbara and her team: Joni Michel, Doug Spelts, Dick DeLauer, Sue Johnson and Frank Schutz, for all of their time and effort.



Above: Fr. Fred gets an update from Alan Desmond of Home Repairs, Etc. regarding the stairs project.

# NEWS AND NOTES

## The Green Scene

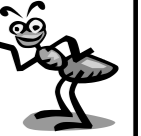
Your Green Commission is busy behind the scenes, working on several different projects:

- The Commission is proud to say that five benches have been purchased for the Quiet Garden and Labyrinth area. The benches arrived in late July. We all are very appreciative of those who have been so gracious as to provide these gifts. They will be a wonderful addition to St. Paul's lovely outdoor space. The Commission will help pay for the plaques for each bench as well as for the materials to secure them.
- The Commission continues to offer fair trade items for sale as well as several sets of "tea cups-strainers-lids" which weren't sold at the 2010 Mitford Tea. The proceeds from these sales will help pay for the bench plaques. The sets will be available for \$10.00 each, along with coffee products, in the Parish Hall on the first Sunday in August.
- The Green Commission is beginning the process of writing a 'United Thank Offering' grant which is provided by the Episcopal Church. Our goal is to provide easier access to the Labyrinth and Quiet Garden by constructing a new walkway.

-Jim Huchthausen and Ann Cichowski



## St. Paul's Annual Parish Picnic!



**Sunday, Sept. 25th**  
**12 pm • Shamel Park**  
**\$10.00/person**

(non-refundable)

**Food! Fellowship! Fun!**  
**Paid reservations to Bill Baker**  
**(927-4994) due by September 15th**

See Parish Hall bulletin board for more info.

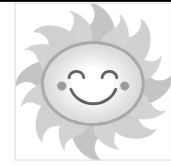
Coming to a beach near you.



**CALIFORNIA COASTAL CLEANUP DAY**  
SATURDAY, SEPT. 17, 2011 | 9 AM - Noon



# AUGUST 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>SENIOR NUTRITION</b> MONDAY-FRIDAY 11:45 am  <i>Call 927-1268 for reservations.</i>	<b>1</b>	<b>2</b> 10 a CARES 10 a Grief Support 3:15 p CARES Board  Fr. Fred-Office hours PM	<b>3</b>  Fr. Fred- Pastoral visits	<b>4</b> 6 a CAN distribution 10 a Caregivers Group 10 a CARES Fr. Fred- Office hours AM	<b>5</b> 1 p Needle & Loom  Fr. Fred- Day off	<b>6</b>  2:30-4:15 p AA: Library
<b>7</b> 9:30 a Service w/HE Birthday Sunday Fair Trade Sale Today	<b>8</b> 9 a Rummage Sale Prep & Drop-offs 9:30 a-12 p Sr. Health Screening  Fr. Fred- Sermon prep &	<b>9</b> 9 a Rummage Sale Prep & Drop-offs 10 a CARES  Fr. Fred-Office hours PM	<b>10</b> 9 a Rummage Sale Prep & Drop-offs  Fr. Fred- Pastoral visits	<b>11</b> 8 a Men's Group 9 a Rummage Sale Prep & Drop-offs 10 a CARES Fr. Fred- Office hours AM	<b>12</b> 9a Rummage Sale set up No Needle & Loom today  Fr. Fred- Day off	<b>13</b> <b>RUMMAGE SALE</b> 8 a-2 p  2:30-4:15 p AA: Sanctuary
<b>14</b> 8 a & 10:30 a Services w/ HE	<b>15</b> Fr. Fred- Sermon prep & research	<b>16</b> 10 a Grief Support 10 a CARES  Fr. Fred-Office hours PM	<b>17</b>  Fr. Fred- Pastoral visits	<b>18</b> 10 a CARES 10 a Caregivers 11 a Volunteer Refresher Trng. Fr. Fred- Office hours AM	<b>19</b> 1 p Needle & Loom  Fr. Fred- Day off	<b>20</b>  9:45-11:15 a Al-Anon 2:30-4:15 p AA : Library
<b>21</b> 8 a & 10:30 a Service w/ HE	<b>22</b> Fr. Fred- Sermon prep & research	<b>23</b> 10 a CARES 9 a Grounds Patrol  Fr. Fred- Office hours PM	<b>24</b> 9 a Vestry Meeting  Fr. Fred- Pastoral Visits	<b>25</b> 8 a Men's Group 10 a CARES  Fr. Fred-Office hours AM	<b>26</b>  11:30 a Lunch Bunch Fr. Fred- Day off	<b>27</b>  9:45-11:15 a Al-Anon 2:30-4:15 p AA: Library
<b>28</b> 9:30 a Services w/ HE Deacon's Reception	<b>29</b> Fr. Fred- Sermon prep & research	<b>30</b> 10 a CARES Fr. Fred- Office hours PM	<b>31</b>  Fr. Fred- Pastoral Visits	<b>1</b> 6 a CAN 10 a Caregivers/ CARES Fr. Fred- Office hours AM	<b>2</b> 1 p Needle & Loom Fr. Fred- Day off	<b>3</b> 9:45-11:15 a Al-Anon 2:30-4:15 p AA: Library
<b>4</b> 9:30 a Service w/HE	<b>5</b> Holiday! No Sr. Nutrition	<b>6</b> 10 a Grief / 3:15 p CARES Bd.	<b>7</b> Fr. Fred- Pastoral Visits	<b>8</b> 8a Men's Breakfast 10a CARES	<b>9</b> 1 p Needle & Loom	