

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



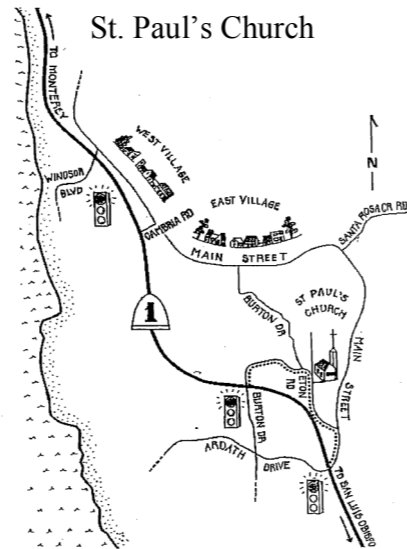
The December *Epistle* published  
December 1, 2011.

**The next Epistle will publish in February 2012.**

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 publication of St. Paul's Episcopal Church  
The Rev. Fred Heard, Rector

2700 Eton Road · Cambria, CA 93428  
Phone: 805-927-3239; email: stpauls@stpaulscambria.org  
View our web page at: [www.stpaulscambria.org](http://www.stpaulscambria.org)



**St. Paul's**



# EPISTLE



## December 2011 Newsletter

### The Heard Word

Well here we are...one year is passed and Advent begins. Happy New Year! It isn't just a new year, but a time to take a look at what has happened this year. We have grown and some loved ones have gone to their heavenly home.

What a wonderful community Advent service we enjoyed last week! Many of our members performed and made St. Paul's proud. The program was certainly the perfect way to usher in this important season in the life of the Church.

Our campus doesn't look the same. The refurbishing...contemplated at the beginning of the last year...has been completed and blessed. We are blessed by all that has been done. We have been good stewards. We have tithed a portion of the Butterfield bequest and we have rebuilt and polished a good portion of our buildings. I still blink when I drive in and see the incredible beauty of this place and what has been done to preserve and protect our physical surroundings.

We have been blessed by those "angels" who faithfully work on the grounds of our magnificent campus. Our memorial benches have arrived and will be installed during the early days of this New Year.

One of the most popular outreach efforts of the year, our annual Cookie Outreach, will take place Saturday, December 10<sup>th</sup> with cookie activity beginning at 9:30 am. I read many of the notes of thanks that came back last year after the tins were returned, and there is no doubt that for many within our community these little sweet surprises bring many huge smiles, and much comfort. My advance thanks to everyone who will once again contribute to the Cookie Outreach effort.

We have now begun the observance of Advent, during which our music changes and our messages are more contemplative. It is a grand time and this short season will carry us to the magic of the nativity. This year we introduce a wonderful new service...Lessons and Carols on December 11 at 9:30 am. Come hear the age old readings from the Old and New Testament and listen to our wonderful choir as they sing and lead us in the Carols of the season. Many of these Carols go un-sung simply because there is no time. This year there is time and we invite you to pause and enjoy

*(Continued on page 2)*

the wonder of these weeks. Better yet, come December 11 and bring family and friends; they are sure to enjoy this very special time.

Christmas Eve will begin with a 6:30 p. m. community sing. We will sing many of our favorite Christmas hymns. At 7 p. m. we will observe our Christmas Eve service with communion and music. Once again we will enjoy the strings musicians from the San Luis Obispo Symphony. It promises to be a night of magic and we hope you will be here.

Normally, Saint Paul's does not have a Christmas Day service, but this year we will hold a celebration of the Holy Eucharist at 9:30 a.m., since Christmas Day falls on Sunday.

Finally, on Wednesday, January 4, 2012 we will observe Epiphany with both a service and dinner. Details of that service and social time will be coming shortly.

I want to wish everyone a blessed Advent and the Merriest Christmas ever. May 2012 bring you and your families many blessings.

*Fred+*

## Lessons & Carols

*A special service of  
Old and New Testament Readings  
And Age-Old Carols*

### December 11 • 9:30 am

Plan to bring a friend to this very  
unique and reflective Advent service.



## A Note From the Music Director



Over the course of this Holiday Season the choir will be singing several pieces also being performed by the Cambria Advent Choir. At the Christmas Service the choir will be joined by a returning group of string musicians who all play for the SLO Symphony. They include: Ken Husted on cello, Bryn Albanese - 1st violin, Emily Cox - 2nd violin and Kim Wilkins on viola. The quartet will be putting together prelude/postlude music and will accompany the choir on several of the carols. I want to thank the choir for their continued commitment, and many thanks also to those offering encouraging feedback lately about the music. It is an exciting time for the music program, indeed! Have a Merry Christmas.

*-Kate Hepworth*

### Christmas Tributes

A beautiful way to remember a loved one or an event while helping to make our services special.

***Simply return this form with your offering to the office by 12/15/11.***

Please apply this towards:  
 Special Music    OR     Flowers

**In Memory of:**  
 \_\_\_\_\_  
 \_\_\_\_\_

OR

**With Thanksgiving for:**  
 \_\_\_\_\_  
 \_\_\_\_\_

**Given by:**  
 \_\_\_\_\_  
 \_\_\_\_\_

## Fred and Amanda Stimson Honored for Service

Congratulations to Fred and Amanda Stimson who were recently recognized by the Diocese of El Camino Real for their faithful chaplaincy efforts within our church and the community. The award, known as the Simple Servant Award, was announced at this year's Diocesan Convention, and then presented to the Stimsons by Convention Delegate Jim Wilson during services on November 6th.

Fred and Amanda have been active in many aspects of the Lord's service. Both help with the Sunday worship and communion program at Bayside Care Center, and, until recently, both were also serving as Sunday worship volunteers here at St. Paul's. In addition, Amanda just finished a term chairing the St. Paul's Outreach Committee while Fred has long been involved in the chaplaincy program at Twin Cities Hospital.

Though Fred and Amanda recently made the tough decision to withdraw their regular membership from St. Paul's in order to focus more energy on the hospital and nursing facility programs, they still plan on attending services here from time to time, which is good news.

We are extremely grateful for all Fred and Amanda have done as representatives of our church and are proud of their ministerial accomplishments while part of our parish.

***Congratulations, Fred and Amanda!  
Best wishes to you both always!***

## - Vestry and Staff -

<b>Betty Malone, Sr. Warden (2014)</b>	927-2965
<i>bettymalone@charter.net</i>	
<b>Dick De Lauer, Jr. Warden (2013)</b>	924-0804
<i>highflight67@charter.net</i>	
<b>Frank Michel, Treasurer (2013)</b>	927-7608
<i>rubymfj@charter.net</i>	
<b>Lou Ann Carter (2012)</b>	927-5583
<i>louanncambria@gmail.com</i>	
<b>Jim Huchthausen (2014)</b>	924-1946
<i>jphuck@charter.net</i>	
<b>Van Jahnes-Smith (2014)</b>	924-1443
<i>jsva1114@charter.net</i>	
<b>Carol Schutz (2012)</b>	995-0830
<i>fracar296@aol.com</i>	
<b>Marj Sewell (2012)</b>	927-8471
<i>mrsewell@charter.net</i>	
<b>Jim Wilson (2013)</b>	927-5842
<i>jmertw@sbcglobal.net</i>	
<b>Phyllis Golowka, Co-Treasurer</b>	927-0594
<b>Louise Windisch, Co-Treasurer</b>	927-6842
<b>Lou Ann Carter, Co-Treasurer</b>	927-5583

<b>The Rev. Fred Heard</b>	<b>Office: 927-3239</b>
<i>rectorfred@gmail.com</i>	
<b>Michelle Costa</b>	<b>Home: 203-5075</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>	

*Blundell Continued from Page 4*

each day in a tempo that is the total opposite of the frenzied tempo of the secular world in this pre-Christmas season. To focus on that which is real and eternal, and to do so in calmness and peace, is healing to the soul. And when the soul is healed, the body and mind are also healed.

My loving gratitude & Advent prayers/blessings,  
**Gay Blundell**

# NEWS AND NOTES

## Directory Updates

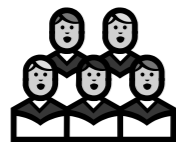
Joan Glassey  
1815 Cottage Terrace  
Redlands, CA 92374

*Have an updated address, email address or phone number? Please remember to report it to the office so we can keep in touch.*



## Congratulations To St. Paul's Choir Members

**For Their Part in Making  
This Year's Ecumenical  
Advent Program  
So Beautiful**



## Cambria Chorale Presents

### *Season of Love*

**3:00 PM**

**December 11 & 18**

## Community Presbyterian Church of Cambria

**Tickets: \$15.00**

*Come hear the Cambria Chorale  
make a joyful noise! Tickets available from  
any Chorale member or through  
the Joslyn Center*

### *Sporting His First Set of Wheels on Page 4...*

is our own Doug Spelts, whose efforts on behalf of the church include serving on the Outreach & Refurbishing Committees, as well as being a member of the monthly food giveaway team.

*Think your baby photo can stump our readers? Submit it to the office and it could end up in a future Epistle newsletter!*

# PARISH LIFE

## WORSHIP

**Sunday Worship:** Upcoming Holy Eucharist services are as follows: 12/4, & 12/11 at 9:30 am; 12/18 at 8 am & 10:30 am; 12/24 at 7 pm, 12/25 & 1/1 at 9:30 am.

**Choir:** The Choir meets weekly. Please contact Kate Hepworth for the current schedule or to join: 314-0886

**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.

**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: Food). **Please bring donations on or before the last Sunday of the month.** Thank you!

**Caregivers Support Group** meets at 9:30 am on the 1st & 3rd Thursdays of each month. For info call Gay Blundell, 927-3999.

**Grief Support Group** meets the 1st & 3rd Tuesdays 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, in

the Parish Hall. For information, call Phyllis Golowka 927-0594. (No December meetings.)

**ECW** meets the 2nd Tuesday of the month at noon for a pot-luck/program. Next meeting: December 13th. 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. No meeting in December.

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



## *ECW December Potluck & Sing-along*

**Tuesday, December 13th  
12 noon • Library**

**Please Bring**

**A friend!**

**A food donation for CAN!**

**A potluck item!**

**And lots of holiday cheer!**

**See you soon!**

# NEWS AND NOTES

## Cooperation Needed

Privacy and anonymity are extremely important to the recovery groups meeting at St. Paul's, yet over the past few months parishioners have tended to church matters in the Library or Parish Hall while set-up for meetings, or actual meetings, are taking place. PLEASE RESPECT THE PRIVACY OF OUR RECOVERY GROUPS by avoiding the north end of the Library, not using the restroom, or conducting any other business in meeting areas during meetings or prep/clean-up times. Thanks!

## From Gay Blundell

Dear Friends,

The outpouring of cards, phone calls, visits, flowers, food and offers of help have made these last two months doable for both me and Bill. The fact that all of these gestures of love are still continuing gives me the "pick-me-up" I have needed to keep from sinking into the "slough of discouragement" that accompanies pain and slow healing. Although I still cannot sleep lying down, and thus am always way too tired, I am now able to drive (to Morro Bay ... whee!!). Plus I get out and walk almost every day. The good news is that I have had time to read many books. One, Barbara Brown Taylor's An Altar in the World, I read twice, especially the chapter on dealing with pain. Another recommendation: Richard Rohr's new Book: Falling Upward.

Now we are about to enter my personal favorite season of the Church year: Advent. For me there is something totally renewing about living

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## Cookie Outreach 2011

*Holiday cheer is again a sweet treat!*

Bakers, cookie tin assemblers and cheery delivery elves are again needed for the 2011 Episcopal Church Women's Cookie Outreach. This year's event occurs on Saturday, December 10th. Please bring small, soft homemade cookies to the Parish Hall at 9:30 am. For those wishing to help with deliveries, please be at the Parish Hall by 10:30 am. So please save the date and plan to help ECW with this very special outreach project. *See you on the 10th!*



## Who is this aspiring NASCAR driver?



If you're not sure, keep reading our newsletter. The answer will be revealed on one of our remaining pages.

## In Our Prayers

**Members of St. Paul's:** Bea Balint, Harriett Hankins, Dick DeLauer, The Stimsons, Gay Blundell, Stevely Anderson, Anna Mae Wagner, Barbara Dallmann, Arnold Hagiwara, Geri Swift, Don & Huntley Lewis, Phyllis Golowka, Jeanne Gerhardt, Ted Inouye, Jim Wilson, Marty Durrett, Fred Fox, Shanna Knorr, Lou Fedor, Carol Ford, Mary Warren, Nancy Easton.

**Family and Friends:** St. Peter's Church, Alan Desmond, Alec Ross-Smith, Mary Kay Elwell, Summer Smith, Lowen Baird, Jas Dhillon, Mary Ann Carson, The Guire Family, the Safonovs, Jane Allen, The Knowles, Kacy DeMicco, Michael Jennings, the Anderson Family, Shirley Christian, Eve Popich, Gena Wright, The Botkins, the Dallmann sisters, Kara Peterson, Jennifer Davy, the Reardons, Betty Miller, Don Lagrand, Amy Anderson, Anne Hubbard.

**Those serving in the military:** Charlie Palmer, Justen Moratin, TC Dallmann, Adam Haupt & Michelle Fratto

**Prayer Chain Coordinator:** Betty Malone, 909-0124/927-2965  
**Church Bulletin:** Michelle Costa, stpauls@stpaulscambria.org



## December Birthdays

- 2 John Hubbard (F)
- 3 Nancy Easton
- 10 Lillian Roach
- 12 Adair Heard
- 20 Donna Ross (F)
- 22 Doug Spelts  
Sandy Hills
- 23 Julian Crocker

*Happy Birthday to All of You from your St. Paul's Family!*

\* F = Friend of St. Paul's

## Worship Calendar: A Look Ahead

### Sunday, December 4

2nd Sunday of Advent  
9:30 am Service w/ HE  
The Rev. Fred Heard

### Sunday, December 11 Special Time/Service!

3rd Sunday of Advent  
9:30 am Lessons & Carols  
The Rev. Fred Heard

### Sunday, December 18

4th Sunday of Advent  
8:00 am & 10:30 am Services w/ HE  
The Rev. Fred Heard

### Christmas Eve: Saturday, December 24

6:30 pm Carol Sing  
7:00 pm Service w/HE featuring SLO Symphony Strings  
The Rev. Fred Heard; The Rev. Ken Beason, Deacon

### Sunday, December 25 Christmas Day

9:30 am Service w/HE  
Rev. Don Dallmann; Barbara Dallmann, Organist

### Sunday, January 1 (2012)

9:30 am Service w/HE  
The Rev. Fred Heard

### Wednesday, January 4th Special Event

Epiphany Observed  
5 pm Service w/ HE; 6 pm Dinner  
The Rev. Fred Heard

### Sunday, January 8th

1st Sunday after Epiphany  
9:30 am Service w/ HE  
The Rev. Fred Heard



# NEWS AND NOTES

## My, What a Creative Bunch!

*There is no disputing that St. Paul's parishioners are talented. Whether it's painting, singing, playing instruments, folk dancing, or something else entirely, we are surrounded by amazingly creative people. Here are some things you may not know, however.*

**Sara Blair Field** joined several other local artists at the Painted Lily Gallery a little over a year ago. Sara offers an assortment of jewelry and crocheted items, along with some truly whimsical pieces such as seaweed mermaids and colorful felt elves. Her shop is located mid-village near the Garden Shed.

**Ann Cichowski** joined Painted Lily a few months ago. Ann's impressive collection of framed origami is truly a delight and was created while Ann was recuperating from back surgery. To view samples of Sara and Ann's wonderful handcrafted work online, visit [www.thepaintedlily.net](http://www.thepaintedlily.net).



*Above, a vintage sleigh & reindeer set from the 1950's is high-jacked by one of Sara Blair -Field's mischievous elves.*

**Sue Johnson**, long known for her beautiful landscapes in oil, has joined Studios on the Park in Paso Robles. For a great overview of her SLO County and international landscapes, visit [www.suejohnsonartist.com](http://www.suejohnsonartist.com).

**Fred Stimson's** website showcasing his beautiful photography is up and running. He says on the site, "I try to capture beautiful light by usually shooting in the early morning, evening, or on cloudy or foggy days." His photos within National Parks, the Redwoods and the desert are really something to see. Visit Fred on the web at [www.stimsonstudio.com](http://www.stimsonstudio.com).

# NEWS AND NOTES

## Living Green

*This month: Some strategies to keep your holidays more resource friendly.*



### Christmas Trees

Many people opt for living Christmas trees during the holidays. If however, you purchase a cut tree, make sure you recycle it, and that you do so in a timely manner after the holiday to prevent it from becoming a fire hazard.

Remember, trees must have all tinsel, decorations and the tree stand removed, in order to meet green waste recycling requirements. Flocked trees cannot be recycled. Holiday wrapping paper and bows or curling ribbon are NOT recyclable.

*To recycle your cut Christmas tree after December 25th:*

Cut trees into 4 foot or smaller lengths. No tinsel, stands or tree parts greater than 6 inches in diameter can be accepted. Flocked trees are also prohibited. Place tree parts in or beside your green waste cart **no later than 6:00 a.m.** on your regular collection day.

This information applies to the 3 North Coast communities and Templeton. For more information contact your disposal company.

**Fair Trade Sales on the 1st Sunday  
Of Each Month**

**Have Been Suspended Indefinitely**

*Thanks to All Who Supported This Effort.*

### Reducing Consumption of Resources During the Holidays

**When shopping, you can make a difference:**

- Bring your own reusable bags to carry items out of the store. For very large or very small items, forego the bag completely.
- Buy local goods whenever possible. Doing so reduces the need for trucking products over long distances (which impacts fuel supplies).
- If out of town shopping trips are necessary, carpool whenever possible.
- Shop vintage stores for those fond of records, antiques or other collectibles.

**When wrapping packages:** Decorate gifts with reusable fabric or recycled paper/bags, and trim with repurposed ribbon or natural items like cinnamon sticks or pine cones.

**When decorating inside, go outside !**

Use natural elements like pine cones, or boughs of colorful leptospermum (tea tree) or pyracantha for a festive look (except near heat sources).

**Repurpose, repurpose, repurpose!**

- Fill glass bowls or vases with retired tree ornaments for a festive look when decorating.
- Refurbish a thrift shop desk, bike or piece of playground equipment for your grandchild. You'll be surprised how fun those TLC projects can be!



# DECEMBER 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>SAVE THE DATES:</b> Dec. 10 Cookie Outreach Dec. 11 Lessons & Carols	<b>Bereaved Parents</b> Meetings will be announced in upcoming Sunday bulletins.	<b>Choir Practice</b> Dates & times vary. Contact Kate Hepworth, 314-0886 for current schedule.		<b>1 Hospitality Night</b> 6 a CAN distribution 9:30 a Caregivers / 10a CARES Fr. Fred-Office hours	<b>2</b> Fr. Fred- Day off	<b>3</b> 11 a Dee Jackson Graveside Service, Cambria Cemetery 9:40 a-11:20 a Al Anon: Library 2:30-4:30 AA: Library
<b>4</b> 9:30 a Service w/ HE Birthday Sunday	<b>5</b> Fr. Fred- Sermon prep & research	<b>6 Feast of St. Nicholas...</b> <i>4th century Bishop of Myra and patron saint of children</i> 10 a Grief Support/ CARES 3:15 p CARES Board Fr. Fred-Office hours	<b>7</b> Fr. Fred- Pastoral visits	<b>8</b> 8 a Men's Group Fr. Fred- Office hours	<b>9</b> Fr. Fred- Day off	<b>10 Cookie Outreach</b> 9:30 Cookie Outreach-P. Hall 9:40 a-11:20 a Al Anon: Library 2p George Sawyer Memorial (Sanctuary) 2:30-4:30 AA: Library
<b>11 SPECIAL TIME!</b> 9:30 a Lessons & Carols <b>BRING A FRIEND!</b> 3p Season of Love at CPCC (Cambria Chorale)	<b>12</b> 9:30 a-12 p Sr. Health Screening ANNUAL REPORT PRODUCED Fr. Fred- Sermon prep & research	<b>13</b> 10 a CARES 12 p ECW Potluck / Music (Bring food and a friend!) Fr. Fred-Office hours	<b>14</b> 9 a Vestry Meeting Fr. Fred- Pastoral visits	<b>15</b> 10 a Caregivers / CARES FLORAL/MUSIC TRIBUTES DUE (CHRISTMAS PROGRAM) Fr. Fred- Office hours	<b>16</b> Fr. Fred- Day off	<b>17</b> 9:40 a-11:20 a Al Anon: Library 2:30-4:30 AA : Library
<b>18</b> 8 a & 10:30 a Services w/ HE 1p-4 p: Private affair- P. Hall 3p Season of Love at CPCC (Cambria Chorale)	<b>19</b> Fr. Fred- Sermon prep & research	<b>20</b> 10 a CARES Fr. Fred- Office Hrs.	<b>21 OFFICE CLOSSES AT 12p FOR BULLETIN ASSEMBLY</b> Fr. Fred- Pastoral visits	<b>22 OFFICE OPEN FOR URGENT MATTERS ONLY</b> 8 a Men's Group 9:30 a Altar Guild 10 a CARES	<b>23</b> No Lunch Bunch in December SENIOR NUTRITION CLOSED	<b>24 Christmas Eve</b> 9:40 a-11:20 a Al Anon: Library 2:30-4:30 AA: Library 6:30 p Carol Sing 7 p HE Service
<b>25 Christmas</b> 9:30 a HE Service <b>1</b> 9:30 a To Be Announced	<b>26 Office Closed</b>	<b>27 Office Closed</b> 9 a Grounds Patrol 10 a CARES	<b>28 Office Closed</b>	<b>29 Office Closed</b> 10 a CARES	<b>30 New Year's Eve</b>	<b>31 SENIOR NUTRITION MONDAY-FRIDAY 11:45 am</b> Call 927-1268 for holiday schedule or reservations.