



St. Paul's

EPISTLE

March-Lent Newsletter

The Heard Word

Well, Christmas is past and a very long Epiphany is well underway. It is so long, in fact, that we have reserved a portion of this period for another season of “ordinary time.” It is good now to reflect on the past year and consider what lies ahead with the observance of a Holy Lent.

I recently hung a beautiful sketch of my Baptist grandfather, WA Heard in my office. He was a good man and when I ran for State Representative back in the 1960's, there were so many people who remembered him in Lake County Oregon. He had stayed in many of their homes during evangelistic meetings he conducted in Lake County during the 1920's and 1930's. They loved him there and he had married and buried many, and he baptized more than a few. I only won my first race by about 90 votes, and so I have said that it was my grandfather who elected me to my first office!

I invite you, in the name of the church, to the observance of a Holy Lent. In the Episcopal Church, we do not have evangelistic meetings, but we do have Lent. Both offer a chance for renewal and study and meditation and reflection. It has been said that those who “keep a Holy Lent” will greet an Easter Day with even more joy and that has certainly been true for me. I urge you to visit our church website at www.stpaulscambria.org and follow the link to the lectionary page and read and ponder the lesson for next Sunday and each Sunday during Lent. Read the scripture and re-read it. Ask how this applies to you and your life today. Look for a phrase or a half sentence and take it with you during the day. Spend some time alone and just ponder your blessings...write them down...pray over them and thank God. Visit a friend. Visit a member of the Saint Paul's community who needs company. Send a “thinking of you” card to someone who lives some distance from you. When you start to think negatively about something...shake your head...and say out loud, “I want to be positive. This is a good day.”

During the last Sunday before Lent, we have scheduled an Instructed Eucharist.

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Heard, Continued from Page 1

Please plan to come and learn why we do certain things as Episcopalians on that Sunday.

We will observe Shrove Tuesday and gather as a community and eat pancakes on March 8 at 5 pm and observe Ash Wednesday at noon on March 9. Bring a friend to both the supper and the Ash Wednesday service.

During the Sundays of Lent, we will extinguish one of the candles in the Lenten wreath and hear a commentary from a member of our parish. Wednesday nights will feature our annual soup supper and a class. This year we will discuss radical welcoming and how we might embrace that spiritual practice. We will learn how we join the ministry of welcome and hospitality.

I wish each of you a blessed and Holy Lent.

-Fred+



Treasurer's Data: January 2011			
	YTD	YTD	YTD
	\$ Received	\$ Budgeted	\$ Difference
Pledge	10,019	9,833	+ 186
Total Income	11,605	10,755	+ 850
	YTD	YTD	YTD
	\$ Expended	\$ Budgeted	\$ Difference
Total Expenses	9,792	12,204	- 2,412



A Note From the Music Director

Two great bits of news from the Music Program:
Instructed Eucharist: I am excited about the opportunity to share a bit of historical church music with you on March 6th during our Instructed Eucharist. This year the service will be expanded to include a summary of the history of church music, using hymns from various periods to illustrate the evolution of our music.

The hymns which have been selected range from an 8th century chant, to a piece by Beethoven; from spirituals to contemporary hymns.

I hope you will join us for this special opportunity to learn more about our music tradition and its significance.

New Choir Member: A warm welcome to Roberta Martinez, who recently joined our choir! Roberta and her sister, Pattie Page are regulars here at St. Paul's, as well as being our "across the street" neighbors. I am thrilled to have Roberta as part of our choir family.

If anyone else has been thinking of joining the choir but needs a little more information before committing to it, feel free to call me for more information at 314-0886.

-Kate Hepworth

A Note from Mary Brockman

Dear Father Fred,

Thank you for visiting me in the hospital in Monterey. I appreciated both [your visit] and your prayers... Gratefully, my health is much improved.

Thanks also to Gay and the parishioners at St. Paul's for your healing prayers. I know they helped in restoring my health.

My best to you and all at St. Paul's,

-Mary Brockman

PARISH LIFE

WORSHIP

Sunday Worship: Upcoming Holy Eucharist services are as follows: 3/6 & 4/3 at 9:30 am; 3/9 at 12 pm; 3/13, 3/20, 3/27, 4/10 & 4/17 at 8 am & 10:30 am.

Choir: The Choir meets Thursdays at 1:00 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.

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 9:30 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.

ECW meets the 2nd Tuesday of the month at noon for a pot-luck/program. Next meeting: March 8th. 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.



March ECW Potluck

**Tuesday, March 8th
12 noon • Library**



March Men's Breakfasts

8:00 am

**Thursday, March 10th
Thursday, March 24th**

Redwood Café, Cambria

NEWS AND NOTES

Food Donations Needed

There is a serious need for the canned goods and other staples that are typically distributed through Cambria's food program for the needy. You can support CAN's efforts by bringing food donations on Sundays, or bringing them to the Wednesday Soup Suppers during Lent.

Your generosity is appreciated!



Oktoberfest Correction



I will not be serving as the Chair of the 2011 Cambria Oktoberfest. Sorry...we were misinformed.

-Don Dallmann



Congratulations And Heartfelt Thanks To...

Frank Schutz Who Has Been Selected As *March's Busy Bee*

Frank has been an integral part of the Outreach and Finance Committees whose help with developing our annual budgets has been invaluable. Frank is also a talented handyman and woodworker whose most recent projects on campus include building a lectern shelf and supports for our new kneelers.

Congratulations to you , Frank and many thanks for all you do in support of our church.

Wanted: Used Lateral File

If anyone has a spare 2-drawer lateral file that they can share, please contact Father Fred. Thanks!



You're Invited To The...

Shrove Tuesday Pancake Feed

March 8th, 2011
5:00 pm -7:00 pm

Hosted by the Men's Group
Free Will Offering

NEWS AND NOTES

Introducing on Vestry...

Jim Huchthausen

The son and grandson of Lutheran pastors, Jim has been a life-long Lutheran. After moving to Cambria, he and Thelma initially were members of Mount Carmel Lutheran Church in San Luis Obispo, then subsequently joined St. Paul's.

Jim received a B.A. (Cal Lutheran University) and M.A. (Cal State Northridge) in History and Political Science. After serving in the Vietnam War, he entered the teaching profession. Jim taught Political Science, American History, and International Relations at Simi Valley High School and later accepted a position at College of the Canyons in Santa Clarita.

Jim was awarded a Fulbright scholarship to study in Italy and a Department of Education grant to study in Shanghai, China. He was a member of a human rights delegation in Nicaragua during the Contra War in the 1980s. Jim is also a charter member of the Cal Lutheran University Hall of Fame in both basketball and baseball.

Jim and Thelma have two children and a grandson. Their daughter and son-in-law and grandson live in Berkeley, and their son lives in Sacramento.

The couple retired to Cambria after living

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Van Jahnes-Smith

Van Jahnes-Smith, the youngest of 3 brothers, was born in Watertown NY and grew up in nearby Dexter (population 1,000) with wonder filled summers living aboard a vintage (1928) cabin cruiser on the St. Lawrence River among the 1000 Islands. He graduated from the University of Rochester in 1970 and was commissioned as an officer in the U.S. Navy. Later that same year, he married Alva.

After leaving the service, Alva and Van were house parents for 16 children ages 4-12, in a rural Connecticut school for children with disabilities. They later moved to San Diego where both worked for the University of California, and while working they also completed an MBA/JD program at USD. In 1985, Van and Alva undertook study at the Institute for International and Comparative Legal Systems at Oxford University in England.

Van retired from UCSD in 2001 to accept a position as Dean of Administration at Jefferson Community College in Watertown NY, retiring again five years later. Going home to the "North Country" was wonderful as he and Alva could live where he spent summers as a child. In 2005, they pur-

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MARCH

Sun	Mon	Tue	Wed
		1 10 a Grief Support 3:15 p CARES Board	2 1p Knit-wits Fr. Fred– Pastoral visits
6 9:30 a Service w/ Instructed HE Birthday Sunday Fair Trade Sale Today	7 1:30 p Wisdom Jesus Study Fr. Fred– Sermon prep & Research	8 SHROVE TUESDAY 10 a CARES 12 p ECW Potluck 5 p Pancake Supper Fr. Fred–Office hours PM	9 ASH WEDNESDAY 9 a Vestry Meeting 12 p Ash Wed. Service 1 p Knit-wits Fr. Fred– Pastoral visits
13 8 a & 10:30 a Services w/ HE Dn. Gay begins time off »	14 9:30 a-12 p Sr. Health Screening EPISTLE DEADLINE (Firm) Fr. Fred– Sermon prep & research	15 10 a CARES Fr. Fred–Office hours PM	16 1p Knit-wits 6 p Lenten Soup Supper/Study Fr. Fred– Pastoral visits
20 8 a & 10:30 a Services w/ HE	21 Fr. Fred– Sermon prep & research	22 9 a Grounds Patrol 10 a CARES Fr. Fred– Office hours PM	23 1p Knit-wits 6 p Lenten Soup Supper/Study Fr. Fred– Pastoral visits
27 8 a & 10:30 a Services w/HE 3 9:30 a Service w/ HE	28 Fr. Fred– Sermon prep & research « Dn. Gay ends time off .	29 10 a CARES Fr. Fred– Office hours PM	30 1p Knit-wits 6 p Lenten Soup Supper/Study Fr. Fred– Pastoral visits

H 2011



Thu	Fri	Sat
3 6 a CAN distribution 10 a Caregivers / 10a CARES 1 p Choir Practice Fr. Fred-Office hours AM	4 11 a Outreach Committee 1 p Needle & Loom Fr. Fred- Day off	5 2:30-4:30 AA Library
10 8 a Men's Group 1 p Choir Practice Fr. Fred- Office hours AM	11 1 p Needle & Loom Fr. Fred- Day off	12 2:30-4:30 AA: Library
17 10 a Caregivers Group 10 a CARES 1 p Choir Practice Fr. Fred- Office hours AM	18 1 p Needle & Loom Fr. Fred- Day off	19 2:30-4:30 AA : Library
24 8 a Men's Group 9:30 a Altar Guild 10 a CARES 1 p Choir Practice Fr. Fred-Office hours AM	25 11:30 a Lunch Bunch Fr. Fred- Day off	26 2:30-4:30 AA: Library
31 10 a CARES 1 p Choir Practice Fr. Fred-Office hours AM	1 1 p Needle & Loom Fr. Fred- Day off	2 SENIOR NUTRITION MONDAY-FRIDAY 11:45 am Call 927-1268 for holiday schedule or reservations.

NEWS AND NOTES

Wednesday Night Lenten Study:

Radical Hospitality

**-Wednesday Evenings-
March 16–April 13th**

6:00 *Soup Supper*

6:30 *Lenten Study*

St. Paul's Parish Hall

Huchthausen Continued from Page 5.

down south. They enjoy many activities and Jim serves both on the Green Commission and as an usher. He has driven the Cambria community bus for six years. He also keeps active as a member of a local bicycling group and as a glass artist. Thelma is a member of the church's choir, the Outreach Committee, and the Altar Guild. She also sings in the Cambria Chorale.

Jim's life has been a spiritual journey which is based on his faith. His voyage has encompassed a quest for world justice and peace. Jim and Thelma feel nourished and loved at St. Paul's and are blessed to be in its family of faith.

Editor's Note: We here at St. Paul's also feel blessed to have both Jim and Thelma here, serving the Lord through the Church, week after week. Thank You!

Navigating the Ministry Discernment Process

March 26, 2011 10 am-1 pm
(9:30 Gathering/Coffee)

St. Paul's EC- Salinas

Agenda: Discernment, mission and tasks of the Commission on Ministry and a detailed overview of the ordination process.

Info: jrshreve@aol.com; Subject line: COM



March Birthdays

2	Alva Jahnes-Smith
9	Frank Schutz
11	Betty Maino
14	Sally Reilly
17	Joe Golowka
30	Paul Savage

April Birthdays found on Page 9

In Our Prayers

Members of St. Paul's: Jeanne Gerhardt, Louise Windisch, Jim Wilson, Fred Fox, Shanna Knorr, George Sewell, Alva Jahnes-Smith, Jeanne Savage, 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: Audrey Milligan, Glen & Anne Bennett, Pattie Page, Bishop Richard Shimpfky, 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, Lisa & Mark Reardon, Page Risque, Betty Miller & Cynthia Reece

Prayer Chain Coordinator: Helen Allinder, 927-1935

Church Bulletin: Michelle Costa: 927-3239

March Coordinator-St. Paul's Helpers: Betty Pierce



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 March or
April birthdays!*

Worship Calendar: A Look Ahead

Sunday, March 6 (Birthday Sunday)

Season of Ordinary Time

9:30 am Service w/ Instructed Eucharist

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

Ash Wednesday, March 9

1st Day of Lent

Noon Service w/ HE and Imposition of Ashes

The Rev. Fred Heard

Sunday, March 13

1st Sunday of Lent

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

The Rev. Fred Heard

Sunday, March 20

2nd Sunday of Lent

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

The Rev. Fred Heard



Sunday, March 27

3rd Sunday of Lent

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

The Rev. Fred Heard

Sunday, April 3

4th Sunday of Lent

9:30 am Service w/ HE

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

Sunday, April 10

5th Sunday of Lent

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

The Rev. Fred Heard

Sunday, April 17

Palm Sunday

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

The Rev. Fred Heard

NEWS AND NOTES

Jahnes-Smith, Continued from Page 5

chased a cottage in Cambria which they call "Pine Abbey", and became residents in earnest in 2009.

Van lives with and deeply enjoys an awareness of the weather and creatures that surround our daily lives. His two beloved Schnauzers are veteran cross country travelers, and frequently "request" walks - one of their favorites is an early morning amble along the boardwalk at Moonstone Beach.

Van was raised as a Presbyterian in a small rural church. Following Alva into her lifetime faith he was received into the Episcopal Church in 1977. He and Alva first visited St. Paul's in 2004 during brief trips to the area to look for a home, and found it to be a warm and welcoming Parish. All of Van and Alva's remaining family are located on the East Coast, and St. Paul's has happily become their family in Cambria. Van enjoys the men's breakfasts and marvels at the level of caring, intellect and kindness exhibited among the Clergy, Church Staff and all Parishioners.

St. Paul's is a spiritual home for which he and Alva are deeply grateful. Van's term on Vestry expires in 2014.

Editor's Note: We would also like to welcome Alva Jahnes-Smith in her new assignment on the Outreach Committee. Good Luck to you both, Van and Alva, and thanks for all you do in service to our Lord through this church.



Easter Program Offering Envelopes

***Will be available in the Parish Hall
Beginning March 27th***

OR

Simply return this form with your offering to the Parish Office

Offering made toward:

Music Flowers

In Memory of

OR

With Thanksgiving for

Given by _____

Central Coast Clergy and Laity for Justice

In this article, Amanda Stimson answers the question, "What is the CCCLJ?" and sheds some light on this very busy and important Central Coast organization.

The Central Coast Clergy and Laity for Justice (CCCLJ) is a multi-denominational group co-founded by The Reverend Caro Hall and The Reverend Susan Brecht that is dedicated to building awareness and understanding about the issues that deter justice and the Shalom that is the peace and harmony of God's kingdom here on earth. Several members of St. Paul's Church congregation have participated in the general meetings, which occur bi-monthly on the third Thursday, at the United Church of Christ on Los Osos Valley Road in SLO. The meetings usually include a presentation on a relevant topic: Peace, Social Justice, (e.g. living wage), Health Care for All, Hunger and Homelessness, Environmental Justice or the Transition Towns movement locally. There is time for small groups to focus on these areas and plan actions to address the issues publicly; and to partner with other organizations to achieve goals for a more just, integrated, and sustainable society.

Our participation is an outreach to other congregations and denominations which is mutually nourishing spiritually.

The CCCLJ has a website www.ccc4justice.org and a monthly newsletter via e mail, which could be forwarded to anyone interested in learning about upcoming opportunities for outreach and activism. Contact Amanda Stimson via email: dazzlesnow@gmail.com for more info.



March-Lent 2011

- Vestry and Staff -

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

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

DIRECTORY UPDATE:

Eve Popich
c/o Sherry Hason
31341 Carroll Ave.
Hayward, CA 94544

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



The March-Lent *Epistle* published
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Deadline for the next *Epistle* is March 14th.
Articles should be submitted *via email* to
stpauls@stpaulscambria.org or *submitted via CD* to the
Parish Administrator on or before the deadline.

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