

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



The November *Epistle* published  
October 30, 2010.

**Deadline for the next *Epistle* is November 8th.**

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

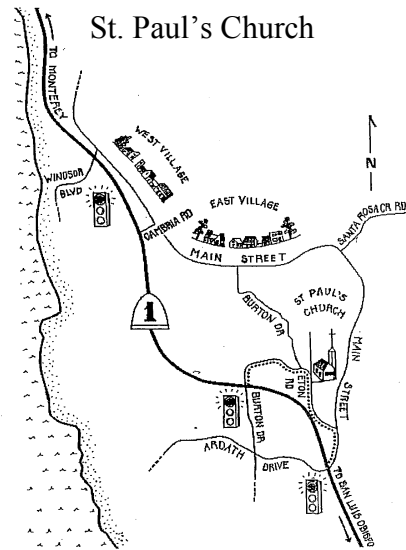
The *Epistle* is a monthly or bi-monthly publication of  
St. Paul's Episcopal Church

The Rev. Fred Heard, Rector

2700 Eton Road · Cambria, CA 93428

Phone: 805-927-3239; email: stpauls@stpaulscambria.org

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



**St. Paul's**

# EPISTLE

## November Newsletter

### The Heard Word

Well, autumn is moving along. Daylight Saving Time ends November 7. Clocks will be turned back one hour at 2 am that night. We will have one service the morning of the 7th at 9:30. If you fail to turn your clocks back, you will arrive to church one hour early...horrors! That happened to us one year.

November 7 is our observance of All Souls' Day. You will be invited to bring 5x7 (or smaller) photographs of loved ones who have died during the past 12 months. We will be prepared to receive these photos beginning October 31. They will be displayed in the church for the entire week. On Sunday, the names will be called and the bell will toll for each person who has died during the year. This is a feast day and it memorializes all people who have died in the Christian faith "without suffering martyrdom." This feast was established around 988 AD.

"So faith by itself, if it has no works, is dead." (James 2:17) Saint Paul's Stewardship drive will kick off November 14 with our traditional pie social. We are so grateful to Joni Michel for heading up this very important event in the life of our church. A steward was the one who controlled the mechanics of the household...directing the domestic affairs...controlling both finances and supervision of servants and workers. Joseph had a steward (Genesis 43:19) and so did Abraham (Genesis 15:2). Every Christian is a steward of God's mysteries. Stewardship is not limited to money or material goods. Rather it involves everything God has provided...ability, talents, time, emotions, and even life. "How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses to help?" (1 John 3:17)

The church new year begins November 28 and will continue for the next four Sundays. We will have special Advent music each Sunday. During Advent

*(Continued on page 2)*

we will conduct a Sunday morning adult class featuring Dr. Marcus Borg. The program, entitled “Embracing An Adult Faith”, will be broken into five parts: *Who was Jesus? Who is God? What is Salvation? How do we practice our faith? How do we live in community?* Please contact the Parish Office if you think you will be attending the class so that we can have an adequate supply of materials available for class participants.

Advent started at the end of the 5<sup>th</sup> Century as a preparation for the celebration of the Birth of our Lord. Advent also refers to the Second Coming of Christ and the final judgment. It is a time of fasting and repentance, yet there are strong notes of joy as the Christmas season approaches.

A community wide ecumenical service of Advent music is scheduled at the Presbyterian Church on December 1 at 7 pm. It promises to be a great start to this special season.

Fred+

### Treasurer’s Data: September 2010

	YTD \$ Received	YTD \$ Budgeted	YTD \$ Difference
Pledge	86,850	84,369	+ 2,481
<b>Total Income</b>	<b>94,558</b>	<b>93,206</b>	<b>+1,352</b>
	YTD \$ Expended	YTD \$ Budgeted	YTD \$ Difference
<b>Total Expenses</b>	<b>97,097</b>	<b>97,016</b>	<b>+ 81</b>



### Blessing of the Animals 2010

*Above, Father Fred blesses Lily, beloved dog of Erick and Pat Sturcke (shown). Thelma Huchthausen was also on hand to assist with the blessings.*



*Below, Father Fred blesses several feline friends at the Homeless Animal Rescue Team Shelter in Cambria. Nearly 100 cats along with 1 dog were blessed that day.*



## Vestry Profile Frank Michel

Frank was born and raised in St. Louis, Missouri, where he also attended college, subsequently earning a BS degree in Electrical Engineering from Washington University-St. Louis.

Frank served in the Army for 9 years, both in active duty and as a reserve before retiring from service as a Captain. It was a job in the Defense Industry that eventually brought him to California. He enjoyed the work and remained in the industry for 40 years before retiring. “During my career, the work involved designing electronic test equipment and writing software that controlled automatic testing machines”, explained Frank.

Frank and his wife, Joni have a blended family that includes 5 adult children and their spouses, and 15 grandchildren. When Frank and Joni retired, they wanted to do something different. So they left Southern California and headed north, looking for an interesting and less populated place to live. Cambria seemed to be the ideal place for them, and so, for the past 13 years, they have called Cambria “home”. Since moving here, Frank has been involved with the Senior Nutrition program, served on the Outreach, Finance and Rector Search Committees, and now serves on the Vestry and as Church Treasurer.

His current interests include the stock market, reading science fiction, gardening, traveling with Joni to various destinations in the U.S., Canada and Europe, and studying astronomy.

So, with astronomy in mind, a big “thank you” to you Frank, for your *stellar* work on behalf of your church family here at St. Paul’s. We are so grateful and glad that you’re here!

## - Vestry and Staff -

<b>Julian Crocker, Sr. Warden (2011)</b>	924-1776
<i>jcrocker@slocoe.org</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>Betty Malone (2011)</b>	927-2965
<i>bettymalone@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>Anne Harris Smith (2011)</b>	927-4644
<i>dollytango@charter.net</i>	
<b>Jim Wilson (2013)</b>	927-5842
<i>jmertw@sbcglobal.net</i>	
<b>Phyllis Golowka, Co-Treasurer</b>	927-0594
<i>jpgolowka@gmail.com</i>	
<b>Louise Windisch, Co-Treasurer</b>	927-6842

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



## CARES Fundraiser

**Tuesday, November 9th • 6 pm**  
**St. Paul’s Parish Hall**

\$35/person includes lasagna dinner, wine, dessert & Program by David Yudovin, Marathon Swimmer  
**For Tickets, Call 927-0680 (new number)**

# NEWS AND NOTES



Above: Senior Warden Julian Crocker and Father Fred pose with our patron saint, St. Paul, whose debut was inspired by Cambria's 2nd Annual Scarecrow Festival. Thank you, Marj Sewell and Sara Blair, for your creativity!

## CONGRATULATIONS

to

Former St. Paul's Parish Administrator

**BARBARA MILLER**

Who was recently made a Postulant for Holy Orders by the Commission on Ministry.

Barbara will graduate with a B.A. degree from Cal Poly in June 2011 and begin attending Seminary in Fall 2011.

If you wish to personally congratulate her, she can be reached through St. James' Episcopal Church 514 14th Street • Paso Robles, CA 93446

## Stewardship 2011

*St. Paul's needs your pledge to continue its ministries.*

St. Paul's budget operates on a pledge system: each fall, members make a financial pledge for the following year, which allows St. Paul's to plan for future ministry. New members may make a pledge at any time of the year.

\* St. Paul's expects that every member pledge a proportion of his or her income to the church. When determining your pledge, we recommend the Biblical standard of the tithe; since all our blessings come from God, a portion of our income is given back to God through the ministry of the church.

\* Pledges may be paid by the week, by the month, quarterly, or by the year. Some members, rather than giving money, give securities.

\* Pledges cover all costs involved in doing ministry: personnel, programs for spiritual life, upkeep for buildings and grounds, office expenses, insurance, etc. (Special programs such as outreach to the community and building for the future, come out of separate, restricted funds.)

\* Pledges are made at the annual Ingathering on Stewardship Sunday each fall.

\* After pledges are totaled, the Finance Committee prepares the next year's budget. When costs are higher than pledges, St. Paul's must draw from diminishing reserves, whose purpose is not to support the annual budget.

**Your pledge keeps our ministries going.**

*-Joni Michel*

# PARISH LIFE

## WORSHIP

**Sunday Worship:** Upcoming Holy Eucharist services are as follows: 11/7, 11/14, 11/28 & 12/5 at 9:30 am; 11/21 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.

ECW meets the 2nd Tuesday of the month at noon for a pot-luck/program. Next meeting: November 9th. Info: Sara Blair-Field, 927-3132.

**The Lunch Bunch** meets at 11:30 am the 4th Friday of the month. Info: Jeanne Gerhardt at 927-7061. No meetings in Nov. or Dec.

**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 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.



**To All Those St. Paul's Family Members and Friends Who Made Our Annual ECW Rummage Sale Such a Big Success:**

*Our rummage sale was amazing! Tables came and went, as well as food; boxes were unpacked, items priced and put out; then afterward, the "leftovers" were packed up, and somehow disappeared! Pat yourselves on the back for a "GREAT JOB!"*

**God Loves You and So Do We!**  
**Helen Allinder • Lou Ann Carter**  
**Anne Harris Smith**  
ECW Rummage Sale Co-Chairs

# NEWS AND NOTES



## Hunger Walk '10

On September 26th, volunteers throughout the county walked to raise money for the hungry. In Cambria, over \$4,400.00 was raised. A special thanks to Marj Sewell and Amanda Stimson for their roles in the planning of the event. Thanks also to those from our parish that walked or provided refreshments and other hospitality support. You all did an awesome job!



## Congratulations And Many Thanks To Our November Busy Bees St. Paul's Helpers

Currently our St. Paul's Helpers include Betty Pierce, Betty Malone, Miyo Inouye, Ann Cichowski, Esther Laver and Anne Harris Smith. Volunteers coordinate transportation and drivers for parishioners with medical appointments; meals during an illness or after surgery; and keep in contact with our homebound members. Some of them struggle with their own physical issues yet make themselves available to help care for others. Thank you to everyone who volunteers for this vital program.

***Our St. Paul's Helpers are currently in need of several more volunteer drivers. Please call Betty Pierce if you can help drive: 927-8573.***

## Canterbury Bike Classic



### Morro Bay to Avila Bay Saturday, November 13th • 8 a.m.

Two Rides: Metric Century or 50 K  
\$35 in fees or pledges to enter

Includes breakfast, lunch and more!

Ride helps fund Canterbury's work with local college students.

More info regarding starting location, etc, is available at [www.sloepiscopalians.org/canterbury](http://www.sloepiscopalians.org/canterbury)



*You're Invited To...*

## "Embracing An Adult Faith"

*A 5-Part Class Beginning Soon  
Facilitated by Father Fred*

**Sunday Mornings • 9:15 am  
November 28\*  
December 12, 19  
January 9, 16**

Advance sign-ups appreciated to ensure adequate class materials. To register, call 927-3239.

\* Class meets immediately after Coffee Hour on this date.

## In Our Prayers

**Members of St. Paul's:** Frank DiMicco, Shanna Knorr, Dick De Lauer, Dee Jackson, Ted Inouye, Phyllis Golowka, Bill Baker, Arnold Hagiwara, Lou Fedor, Bob & Stevely Anderson, Carol Ford, Don Lagrand, Mary Warren, Nancy Easton, Esther Laver, Anne Hubbard, Ann Cichowski, Helen Allinder, Eve Popich, & Jeanne Savage .

**Family and Friends:** Cal Anderson, Chris & Katherine Carter & expected twins; Dr. McBride, the Durrettts, Shirley Christian, Lea Ann Kenecht, Jennifer Davy, the Blundell Family, Lydia Roedel, Kara Peterson, Becca & Allyson Dallmann, Ramsay & Hall Botkin, Caryn & family, Norman & Betty Miller, Marge Reilly, Sarah S. Morrow, Paula Kelly, Bruce Latin, Lisa & Mark Reardon, Dan McDonald, Page Risque, Dr. Gong, Gena Wright, Lori Hill and the Sutton & Costa Families.

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

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

**November Coordinator-St. Paul's Helpers:** Esther Laver



## November Birthdays

- 1 Thelma Huchthausen
- 2 Dick DeLauer
- 4 Lori Murphy
- 20 David Pearson
- 29 Esther Laver
- 30 Frank Michel

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

## Worship Calendar: A Look Ahead

**Sunday, November 7**  
**All Saints' Sunday**  
9:30 am Service w/ HE  
The Rev. Fred Heard

**Sunday, November 14\***  
9:30 am Service w/ HE  
The Rev. Fred Heard

**Sunday, November 21**  
8:00 am & 10:30 am Services w/ HE  
The Rev. Fred Heard/Jim Wilson

**Sunday, November 28**  
1st Sunday of Advent  
9:30 am Services w/ HE  
Class: *Embracing an Adult Faith*, after Coffee Hour  
The Rev. Fred Heard



\* Stewardship Kick-off

**Sunday, December 5•**  
2nd Sunday of Advent  
9:30 am Service w/ HE  
The Rev. Fred Heard/The Rev. Dn. Gay Blundell

**Sunday, December 12**  
3rd Sunday of Advent  
8:00 am & 10:30 am Services w/ HE;  
The Rev. Fred Heard

**Sunday, December 19**  
4th Sunday of Advent  
8:00 am & 10:30 am Services w/ HE;  
The Rev. Fred Heard

**Christmas Eve: Friday, December 24**  
7:00 pm Service w/HE  
The Rev. Fred Heard

•Stewardship Brunch

# NEWS AND NOTES

## The Deacon's View

### *“Ordinary Time” Lessons from the Eastern Sierras, 2010*

While heat records were being set in Los Angeles and even Cambria, the 89 degree temperature in the Eastern Sierras began to drop. The skies turned dark, the winds picked up and rain began to fall in large splats all around us. A clap of thunder boomed, an ominous signal when one is hiking out in the open using metal hiking poles. We picked up our pace, hoping to reach a grove of tall trees up ahead before the lightning flashed.

Overnight the rain turned to snow and we awakened to a silent, totally white world. A lone robin standing atop the snow outside our door seemed puzzled, as if it knew it had missed the last flight going south, while a dazzling Steller's Jay squawked lustily as if proclaiming the joy of winter's advance. The snow laden fir branches sagged, while the still brilliant aspens in vivid gold and yellows seemed to join in a final defiant dance of celebration, shaking away the snow as if to say, “We're not through yet!”

Later, at 10,000 feet, the air is cold and sharp. As we stand at the trailhead to Chicken Foot Lake, the towering mountains rise with such indomitable strength that I feel as small as an ant. And I sense that behind the beauty of this snow covered world, beneath the sudden stillness that seems to prevail, there is another, stronger presence; one that makes it clear: “You are not the One in control.” Life is fragile, as fragile as a falling yellow aspen leaf that will soon turn brown and disappear.

The human penchant to try to control the events around us is both ancient and futile. But the lesson of the Sierras reminds me again that when we grasp to control the uncontrollable, we also lose the ability to enter into the joy-filled dance of the fragile, golden aspen leaf.

As we all enter into the final weeks of “Ordinary Time”, may we pause, *wherever* we find ourselves, and take in the ever-present invitations to dance.

*Gay Blundell, Deacon*

# NEWS AND NOTES

## Green Commission



### **“America Recycles Day!” is November 15th**

*Strategies to Recycle More and Use Less:*

**Compost!** Composting through either a passive outside pile, or a worm bin, is easy and fun. In our rural forest environment, use caution when building a passive pile—make sure materials being placed in the pile will not become an attractive nuisance for wildlife or vermin.

Avoid placing dairy, oil, or meat products, or pungent smelling foods like onions, in your pile or bin. Most other kitchen food waste is fair game! Remember— even dryer lint is compostable.

**Have a recyclables bag handy** under the sink, or near wherever you store your kitchen or bathroom trash can. You'd be surprised how much more recyclables will make it into the blue bin when sorting and storing become more convenient.

**Give used greeting cards a second life** by simply cutting the covers off and using them as postcards. Stamps cost less and paper is saved. (Some larger sizes may require first class postage.)

**Recycle ink cartridges** through the St. Paul's Office.

**Check online “Green Gift Guides”** for holiday gift ideas. Many gifts feature items made from recycled pop tops, newspapers, etc.

*This past year we studied / researched specific topics: **Fair Trade, Composting, Water Conservation, Solar Energy and the Quiet Garden Movement.***

Thank you for your support of our **FAIR TRADE coffee and tea sales**. We will continue to hold our sales on the first Sunday of each month.

The **Holiday FAIR TRADE Sale** will not be held this year; rather, the sale will be biannual. This sale has several steps and phases. We want to encourage you to be apart of this fun and exciting event. More information will be available later, in 2011.

Our fountain in the **QUIET GARDEN** is still flowing, thanks to Dick De Lauer. Many thanks to all who help maintain and keep the garden looking beautiful. It has been noted that many use the garden and we are hoping even more will use the garden once we have more benches for seating. Researching these additional benches is our current focus and we hope to have a bench model soon that we all like and that is within our budget. We have had a few members of our parish as well as friends of St. Paul's wanting to donate a bench. If interested in donating a bench as a memorial, please give Michelle a call in the office at 927-3239. Alternative numbers are Ann Cichowski: 927-0123, or Jim Huchthausen: 924-2936.



Once again thank you for your support and interest.

*-Ann Cichowski*



# NOVEMBER 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>SAVE THE DATE!</b> <b>NOV. 9TH • 6 PM</b> CARES Italian Dinner, w/ Music & Program by Dave Yudovin. \$35.	<b>1</b> Fr. Fred– Sermon prep & research	<b>2</b> 10 a Grief Support 10 a CARES 3:15 p CARES Board Fr. Fred–Office hours	<b>3</b> 1p Knit-wits Fr. Fred– Pastoral visits	<b>4</b> 6 a CAN distribution 9:30 a Caregivers Group 10 a CARES 1 p Choir Practice	<b>5</b> 1 p Needle & Loom Fr. Fred– Vacation	<b>6</b> SET CLOCKS BACK TO STANDARD TIME BEFORE RETIRING 2:30-4:30 AA Library
<b>7</b> ALL SAINTS' SUNDAY  9:30 a Service w/ HE Birthday Sunday NO Fair Trade Sale Today STANDARD TIME RESUMES	<b>8</b> Deadline for next Epistle. Fr. Fred– Sermon prep & research	<b>9</b> 10 a CARES  12 p ECW 6 p CARES Fundraiser Dinner Fr. Fred–Office hours	<b>10</b> 9 a Vestry Meeting 1 p Knit-wits Fr. Fred– Pastoral visits	<b>11 VETERANS' DAY</b> 8 a Men's Group 1 p Choir Practice Fr. Fred– Office hours SENIOR NUTRITION & CARES CLOSED	<b>12</b> 1 p Needle & Loom Fr. Fred– Day off	<b>13</b> 2:30-4:30 AA: Library
<b>14</b> 9:30 a Service w/ HE Stewardship Kick-off & Pie Social	<b>15 AMERICA RECYCLES! DAY</b> Fr. Fred– Sermon prep & research	<b>16</b> 10 a CARES Fr. Fred–Office hours	<b>17</b> 1p Knit-wits Fr. Fred– Pastoral visits	<b>18</b> 9:30 a Altar Gld.-Sanctuary 9:30 a Caregivers Group 10 a CARES 1 p Choir Practice Fr. Fred– Office hours	<b>19</b> 1 p Needle & Loom Fr. Fred– Day off	<b>20</b> 2:30-4:30 AA : Library
<b>21</b> 8 a & 10:30 a Services w/ HE	<b>22</b> Fr. Fred– Sermon prep & research	<b>23</b> 9 a Grounds Patrol 10 a CARES	<b>24</b> 1p Knit-wits Fr. Fred– Pastoral visits	<b>25 THANKSGIVING OFFICE CLOSED</b> No meetings, CARES or Senior Nutrition today.	<b>26</b> No Lunch Bunch in November (or December) Fr. Fred– Day off SENIOR NUTRITION CLOSED	<b>27</b> 2:30-4:30 AA: Library
<b>28</b> First Sunday of Advent 9:30 a Service w/ HE Class: <i>Embracing an Adult Faith</i> After Coffee Hour	<b>29</b> Fr. Fred– Sermon prep & research	<b>30</b> 10 a CARES Fr. Fred–Office hours	<b>(1)</b> 1p Knit-wits 7p ECUMENICAL ADVENT PROGRAM Fr. Fred– Pastoral visits	<b>(2) HOSPITALITY NIGHT</b> 6 a CAN 9:30 a Caregivers 10 a CARES 1 p Choir Practice Fr. Fred–Office hours	<b>SENIOR NUTRITION MONDAY-FRIDAY 11:45 am</b> Reservations: 927-1268 Holidays: 11/11, 11/25 & 11/26.	