

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



# EPISTLE

**St. Paul's**

## September-October Newsletter

### The Heard Word

Fall is in the air and we have come through a wonderful summer. Hope you have rested and done everything to restore your spirits. Time now to think about the coming church year...and how we all move forward in our lives at Saint Paul's.

I concluded my sermon on September 5 with these words: What if every member of our church supported the church as you do? What kind of church would we have? What if every single member served the church, attended the church, loved the church, shared the church, and gave to the church exactly as you do? What kind of church would we be?

During these early weeks of the new program year, you might want to reflect on these words. Perhaps you have been doing projects and programs that are tiring now because you have done them so long and perhaps you might like a new challenge? Think and pray about it and let's talk about ideas for you.

Good news from New York! Van and Alva **HAVE SOLD THEIR NEW YORK PROPERTY!** They will be returning to California in October. We have missed them and it will be good to have them back with their Saint Paul's family.

We will have one service on October 3 with Blessing of the Animals following at 11:15. Bring all God's special creatures on that day and we will have a great blessing.

Looking forward to our latest book study set for September 19 between Sunday services...we will explore Greg Mortenson's Stones into Schools. Not so long ago we discussed Three Cups of Tea.

I will be putting together training for LEMS and Home Visitors during the fall. Looking forward to that. More details will be coming. And thank you

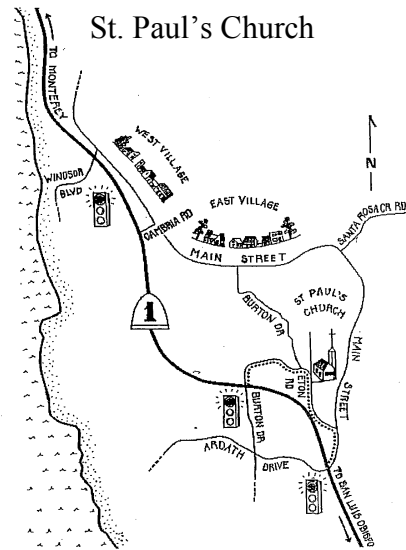
*(Continued on page 2)*

The September-October *Epistle* published  
September 10, 2010.

**Deadline for the next *Epistle* is October 11th.**

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 and 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



to Joni Michel for agreeing to chair the Stewardship Campaign again. Joni does such a great job! Also can't tell you how pleased I am with our Treasurer's Report carried in this issue of the Epistle. Good job Saint Paul's!

Thank you so much to Amanda Stimson and Marj Sewell for agreeing to coordinate the Hunger Walk on September 26... a joint program with Santa Rosa Catholic Church. This important program will benefit the Food Bank Coalition. See page 4 for more info.

Deep condolences and blessings to Michelle and her family on the tragic death of her niece. May light perpetual shine on Jasmine. *Fred+*

### Treasurer's Data: August 2010

	YTD \$ Received	YTD \$ Budgeted	YTD \$ Difference
Pledge	77,943	74,995	+ 2,948
<b>Total Income</b>	<b>84,988</b>	<b>82,815</b>	<b>+2,173</b>
	YTD \$ Expended	YTD \$ Budgeted	YTD \$ Difference
<b>Total Expenses</b>	<b>87,021</b>	<b>86,027</b>	<b>+ 994</b>

### Fall Trivia Question

What significant event occurred on October 17th, 1989?

*Answer on Page 11*

## Coastal Clean-Up Day 2010

People from all over the planet join together each year to clean up the world's oceans and shorelines by removing the trash resulting from human impact. Ocean trash kills more than one million seabirds and 100,000 marine mammals and turtles each year through ingestion and entanglement. Common culprits include plastic bags (resembling jelly fish), fishing line, fishing nets, six-pack holders, balloons, kite and balloon string, glass bottles and cans. Other disturbing facts:

#### Ocean Trash Entangles Animals and...

Wraps around flippers causing circulation loss and amputations;  
Creates wounds and cuts leading to bacterial infections;  
Slows animals' ability to swim making them more vulnerable to predators;  
Smothers or traps animals, causing them to drown;  
Causes starvation as animals can no longer eat or feed its young.

#### Ingestion of Ocean Trash...

Leads to starvation by blocking digestive tracks;  
Provides false sense of being full once swallowed, which leads to starvation;  
Ingests sharp objects like metal or glass that perforate the stomach, causing internal bleeding;  
Becomes lodged in animals' windpipes, cutting off airflow and causing suffocation.

#### How Long Does It Take for Trash in the Ocean to Decompose?

-A tin can that entered the ocean in 1986 is still decomposing in 2036  
-A plastic bottle that entered the ocean in 1986 is decomposing in 2436  
-A glass bottle that entered the ocean in 1986 is decomposing in year 1,001,986! So save the date...

*Coastal Clean Up Day is scheduled for September 25, 9-12, in Cambria & San Simeon!*



## Oktoberfest 2010

Oktoberfest 2010 will be held Saturday and Sunday, October 2nd and 3rd at the Vet's Hall in Cambria.

St. Paul's is no longer a co-sponsor of Cambria's Oktoberfest, but we are still strongly supporting this wonderful event, which generates thousands of dollars for local charities. Barbara Marks (927-5513) and Don Dallmann (927-5807) are selling drawing tickets (for \$50) and recruiting volunteers to work both days of the event. Please contact one of them if interested in either effort.

*Oktoberfest ist sehr gut!*

#### Trivia *from Page 2*

The Loma Prieta Earthquake, measuring 7.0 on the Richter Scale hit the Bay Area at 5:04 PM, October 17th, 1989. 62 people died, 3,757 were injured, and estimated damages totaled 6-8 billion dollars. Seismologists believe the "Big One" is yet to occur. Be prepared! Visit [www.redcross.org](http://www.redcross.org) for info.

*Continued from Page 9*

### October Birthdays

- 3 Louise Windisch
- 9 Barbara Dallmann
- Rob Ross
- 12 Gary Murphy
- 13 Jim Huchthausen
- 15 Karen Pearson
- 16 Erick Sturcke
- 19 Courtney Warner
- 22 Betty Pierce
- 31 Dan Field



*Best Wishes to All of You !*

## - 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>	<b>927-3999</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>email: hepworthkate@yahoo.com</i>	



## Busy Bee Nominations Are Now Being Sought

Contact Michelle in the office if you have someone in mind for this recognition. Thanks!

# NEWS AND NOTES

Continued from Page 7

## October Pocket Calendar

2	2:30-4:30	AA-Library
3	9:30a	HE Service
	11:15	Blessing of the Animals
5	10:00	Grief Support Group
7	6:30 (am)	CAN distribution
	9:30	Caregivers Support
8	1:00	Needle & Loom
9	2:30-4:30	AA-Library
10	8 & 10:30	HE Services; w/ 9:30a Book Study
12	12:00	ECW
13	9:00	Vestry
14	8:00	Men's Group
15	1:00	Needle & Loom
16	2:30-4:30	AA-Library
17	8 & 10:30	HE Services w/ 9:30 a Book Study
21	9:30	Caregivers Support
22	11:30	Lunch Bunch
23	2:30-4:30	AA-Library
24	8 & 10:30	HE Service w/ 9:30 a Book Study
26	9:00 (am)	Grounds Patrol
28	8:00	Men's Group
	9:30	Altar Guild
29	1:00	Needle & Loom
31	8 & 10:30	HE Services w/ 9:30 a Book Study
Tue/Thu	10:00-3:00	CARES
Mon-Fri	11:45 am	Senior Nutrition

**Solar** Continued from Page 5

solar PV panels into the size of an electric current for which the system is designed.

The result of dividing *average daily electric power use* by the *number of hours of peak sunlight* will determine the initial amount of power output (measured in *kilowatts*) each solar panel will need to produce. However, this result must then be adjusted three times. The first adjustment is to take into consideration the maximum amount of electric power needed in the building at any one time during the course of an average yr, usually called the "*peak electric power demand*" for the building. Unless "*peak electric power demand*" is estimated and included in the sizing of the solar system, the system won't generate enough electricity to be able to meet that peak demand.

The second adjustment will add a percent "*comfort margin*" in excess of that peak electric demand to take into consideration any unforeseen additional electric power need or use.

-LG

## CONGRATULATIONS

To Former St. Paul's Music Director  
**RACHEL CARPENTIER**

Who Recently Graduated Cum Laude  
from

**HARVARD UNIVERSITY**

With a Bachelor of Arts degree in  
Music and Sanskrit/ Indian Studies

September-October 2010

# PARISH LIFE

## WORSHIP

**Sunday Worship:** Services w/ Holy Eucharist are as follows: First Sunday of Month: 9:30 am  
All other Sundays: 8:00 and 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 Red wood 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: September 14th. 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.

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



## ECW MEETS

September 14

and

October 12

*Please plan on joining us  
for a tasty  
potluck luncheon  
and fellowship!*

# NEWS AND NOTES



## Hunger Walk '10

On September 26th, volunteers throughout the county will walk to raise money for the hungry. In Cambria, the walk starts at Santa Rosa Catholic Church at 2:00 pm. Amanda Stimson and Marj Sewell are serving as St. Paul's representatives during the planning stages of the event. To make a pledge or register to walk, visit [www.slofoodbank.org](http://www.slofoodbank.org), or contact Amanda at 227-6831. Walker packets and t-shirts will then be sent to all volunteers. Volunteers are also needed on the day of the event for everything from staffing check-in tables to serving refreshments. If interested in serving in a support position at the event, contact Marj Sewell at 927-8471 or Consuelo Macedo at 927-3159.



## Congratulations and Many Thanks to Our Latest Busy Bees: St. Paul's Rummage Sale Volunteers

Women and men from the ECW, Men's Group, Vestry and general membership worked long hours during the week of August 8th, and at the sale on August 14th, to raise funds for outreach projects. Thanks to all of you and special thanks to this year's Co-Chairs Helen Allinder, Lou Ann Carter and Anne Harris Smith for leading the effort!

## STONES INTO SCHOOLS



*A study of Greg Mortenson's Sequel to Three Cups of Tea*

**Begins September 19th at 9:30 am**

PLEASE LET THE OFFICE KNOW IF YOU ARE PLANNING ON ATTENDING THE BOOK STUDY. *Thank You!*



## Pieces of the Poverty Puzzle

On Thursday, September 23, Central Coast Clergy and Laity for Justice will sponsor the first of its 2010-11 General Meetings on the theme, "Pieces of the Poverty Puzzle." During the first half of the meeting, Jessica Rothhaar representing Health Access and Biz Steinberg from CAPSLO will offer their perspectives on poverty at the statewide and SLO County levels respectively. During the second half, participants will join one of three small groups and explore various solutions to the crisis of poverty. Those interactive groups include People's Self Help Housing, Poverty Bridge, and Green Jobs. The meeting will be held at the United Church of Christ (Congregational), 11245 Los Osos Valley Rd., SLO. A time for networking will begin at 6:00 pm with the program beginning at 6:30. The meeting is open to the public.



## In Our Prayers

**Members of St. Paul's:** Dick De Lauer, Dee Jackson, Ted Inouye, Phyllis Golowka, Bill Baker, Arnold Hagiwara, Lou Fedor, Bob and 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:** Gene & Marty Durrett, Jennifer Davy, the Blundell Family, Lydia Roedel, Kara Peterson, Allyson Dallmann, Ramsay & Hall Botkin, Caryn & family, Norman & Betty Miller, Marge Reilly, Sarah S. Morrow, Paula Kelly, Bruce Lattin, Lisa & Mark Reardon, Dan McDonald, Page Risque, Rob Gong, Gena Wright, Lori Hill and the Sutton & Costa Families.

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

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

**September/ October Coordinator-St. Paul's Helpers:**

Sept: Ann Cichowski 927-0123/ Oct: Betty Pierce 927-8573



## September Birthdays

- 7 Joan Wilson
- 9 Father Fred
- 15 Carolyn Ford  
Anne Harris Smith  
Joni Michel
- 18 Stevely Anderson
- 22 Bill Baker
- 23 Bill Blundell  
Joan Glassey
- 28 Sharkey Warrick

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

*(October Birthdays on Page 11)*

## Worship Calendar: A Look Ahead

### Sunday, September 12

8:00 am & 10:30 am Services w/ HE  
The Rev. Don Dallmann

### Sunday, September 19

8:00 am & 10:30 am Services w/ HE;  
The Rev. Fred Heard

### Sunday, September 26

8:00 am & 10:30 am Services w/ HE;  
The Rev. Fred Heard

### Sunday, October 3

9:30 am Services w/ HE;  
11:15 am Blessing of the Animals  
The Rev. Fred Heard

### Sunday, October 10

8:00 am & 10:30 am Services w/ HE;  
The Rev. Fred Heard

### Sunday, October 17

8:00 am & 10:30 am Services w/ HE;  
The Rev. Fred Heard

### Sunday, October 24

8:00 am & 10:30 am Services w/ HE;  
The Rev. Fred Heard

### Sunday, October 31

8:00 am & 10:30 am Services w/ HE;  
The Rev. Fred Heard

### Sunday, November 7

All Saints' Sunday  
9:30 am Services w/ HE;  
The Rev. Fred Heard

### Weekday Holy Eucharist & Scripture Study

On break until later this Fall. Please consult upcoming newsletters for new times or dates.



# NEWS AND NOTES

## The Deacon's View

*This month I share information about a new Bible study series open to all women within the Cambria community. I will be a guest lecturer on several Mondays during the study's run. Hope to see you there.*

-Gay

On Monday, October 11, the *Open Heart, Open Mind Bible Study for Women* will begin a study of Genesis. This study meets at Community Presbyterian Church of Cambria, 2250 Yorkshire from 10:00 am to 11:45 am.

From the very beginning God has been working in human history in relationship to His creation. Adam and Eve, Abel, Enoch, Noah, Abraham and Sarah and others had many of the same problems in life as we do. They found it hard to trust God, tried to provide their own security, were lonely and frustrated, made unwise and selfish decisions, and struggled with sin and guilt. God did not give up on them but kept on caring about them while He helped them mature in their faith and trust in Him.

Each week there is a brief "coffee" time, music and prayer, a meeting in smaller

groups in which the week's lesson is discussed, and a larger group (lecture) teaching time. Bible study questions are the basis for discussion groups. Discussion groups close with a time of prayer.

The study dates are Part I: Oct. 11- Nov. 15, 2010 and Part II: Jan. 10-March 28, 2011.

All women in the community are invited to participate. This study begins in the Fellowship Hall. To register or for info, please contact the Presbyterian Church office 927-4356. Child care is available only with pre-registration of children.

*Open Heart, Open Mind* seeks to make available to our entire community, a Bible Study in which women discover for themselves, in the company of other women, God's words to us today. **Our purpose** is to grow nearer to Jesus Christ through both corporate and independent study of the Bible. **We believe** the Bible is God's Word to us, and is true and living (i.e. will speak to us in our time and place, and can transform us).

**World Alzheimer's Day**  
*A Movement to End Alzheimer's*  
**September 21, 6:30 PM at Gym One**  
**Refreshments•Info•Prizes**

# NEWS AND NOTES

## Green Commission



### *Exploring Solar Energy for St. Paul's Church*

*By Les Garden*

In the July issue, Part 2 of this article on the Green Committee's Solar Electric Initiative described PG&E's electric power rates, and the results of a review of St. Paul's monthly electric power use and costs. This month we will look at what will determine the size and cost of a solar electric system for St. Paul's.

#### **Part 3: Determining Solar Electric System Size For St. Paul's**

The size of a solar PV system designed to provide the electric power needs of any building is determined by 5 inter-related factors:

- the total amount of electric power, measured in kilowatt-hours (kwhrs), used in the building on an average day, called "average daily electric power use;"
- the total amount of hours of "peak" sunlight available during the day to generate solar electricity;
- the maximum amount of electric power needed in the building at any one time during the course of an average year, usually called the "peak electric demand" for the building;
- a percent "comfort margin" in excess of that peak electric demand; and
- a percent for "net metering surplus" allowed by the electric power utility.

The average daily electric power use in buildings is calculated by dividing actual electricity use in any one month by 30 days, and then

averaging that result with the average daily use of other months for an entire year. (Note -- use of electricity tends to vary according to season, and thus will change from one month to the next. Any system providing electricity to a building would have to be sized to take into account the higher averages of the "higher load" months.)

The average daily electric power use calculated for an entire year is expressed in kilowatt hrs. That number is then divided by the number of hours of "peak sunlight" -- which is the number of hrs that the light of the sun overhead is strongest. "Peak sunlight" is also subject to seasonal variation -- being greatest during late spring, summer and early fall, and being smallest in late fall, winter and early spring. While solar PV panels will generate electricity whenever there is some amount of daylight -- they produce the maximum kilowatts of electricity only during "peak sunlight hours."

Thus, while there may be daylight for as much as 15 to 16 hrs during the summer and as little as 10-11 hrs during the winter, there is only a limited number of hours when the sun is approaching, -- when it is at, -- and when it is just beyond, its peak position in the sky. Those hours of "peak sunlight" provide the maximum amount of solar "photons" -- i.e., units of light energy -- that can and will be converted by the

(See "Solar" on Page 10)



# SEPTEMBER 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>5 LABOR DAY</b> 9:30 Service w/ HE Fair Trade Sale; Birthdays	<b>6</b> Fr. Fred– Vacation	<b>7</b> 10 a Grief Support 10 a CARES 3:15 p CARES Board Fr. Fred-Vacation	<b>8</b> 1p Knit-wits Fr. Fred– Vacation	<b>9</b> 8 a Men’s Group 10 a CARES Fr. Fred– Vacation	<b>10</b> 1 p Needle & Loom Fr. Fred– Vacation	<b>11</b> 2:30-4:30 AA Library
<b>12</b> 8 a & 10:30 a Services w/ HE Grandparents’ Day !	<b>13</b> Fr. Fred– Sermon prep & research	<b>14</b> 10 a CARES 12 p ECW Fr. Fred–Office hours	<b>15</b> 9 a Vestry Meeting 1 p Knit-wits Fr. Fred– Pastoral visits	<b>16</b> 9:30 a Caregivers Support 10 a CARES Fr. Fred– Office hours	<b>17</b> 1 p Needle & Loom Fr. Fred– Day off	<b>18</b> 2:30-4:30 AA: Library
<b>19</b> 8 a & 10:30 a Services w/ HE 9:30 a Book Study, Session I <i>Stones into Schools</i>	<b>20</b> Fr. Fred– Sermon prep & research	<b>21</b> 10 a CARES Fr. Fred–Office hours 6:30 p Alzheimer’s Day, Gym 1	<b>22</b> 1p Knit-wits Fr. Fred– Pastoral visits	<b>23</b> 8 a Men’s Group 9:30 a Altar Guild 10 a CARES Fr. Fred– Office hours	<b>24</b> 11:30 p Lunch Bunch Fr. Fred– Day off	<b>25</b> 2:30-4:30 AA Library
<b>26</b> 8 a & 10:30 a Services w/ HE 9:30 a Book Study, Session II <i>Stones into Schools</i>	<b>27</b> Fr. Fred– Sermon prep & research	<b>28</b> 9 a Grounds Patrol 10 a CARES Fr. Fred– Commission on Ministry Meeting	<b>29</b> 1p Knit-wits Fr. Fred– Pastoral visits	<b>30</b> 10 a CARES Fr. Fred–Office hours	<b>(1)</b> 1:00 p Needle & Loom Fr. Fred– Day off	<b>(2)</b> 2:30-4:30 AA Library Cambria Oktoberfest event
<b>(3)</b> 9:30 a Services w/ HE 11:15 a Blessing of the Animals Birthday Sunday No Book Study Today! Cambria Oktoberfest event	<b>(4)</b> Fr. Fred– Sermon prep & research	<b>(5)</b> 10 a CARES/Grief Support 3:15 p CARES Board Fr. Fred–Office hours	<b>(6)</b> 1p Knit-wits Fr. Fred– Pastoral visits	<b>(7)</b> 6 a CAN; 9:30 a Caregivers 10 a HE service /scriptures 10 a CARES Fr. Fred–Office hours	<b>SENIOR NUTRITION MEETS</b> <b>MONDAY-FRIDAY</b> <b>11:45 am</b> <i>Reservations: 927-1268</i>	For complete October calendar see Page 10.