

The Epistle

Newsletter of St. Paul's Church
A Parish in the Diocese of San Joaquin
The Anglican Church in North America

September, 2009

The Habitual Life

The great writer Samuel Johnson is reported to have said, "The chains of habit are too weak to be felt until they are too strong to be broken." I'm not sure that this saying came from Johnson, but I'm quite sure that there is truth in it. Certainly, we all too often find ourselves slaves to bad habits, and we wonder how we got into such a situation.

But the saying is not entirely true, because although the chains of habit become stronger with time, they are never too strong to be broken. Sometimes it seems only to take fierce determination. Other times we need help from those around us. Or from God! But, no matter what, the chains of our habits can be broken.

Of course, not all habits need to be broken. And, in fact, some might very well need to be developed and strengthened. After all, it is good to have the habit of kindness, compassion and love. And it is good to have the habit of prayer, worship and service. It is good to live habitually if we have good habits!

But good habits are not automatic; they need to be chosen and developed if we are to be the kind of people God wants us to be. So, here are some habits to consider:

- saying grace before meals
- expressing love to family and friends
- reading the Bible and praying daily
- worshiping in church on Sundays
- giving away a portion of our income
- volunteering our skills and services.

What would you like to add?

St. Paul's Weekend Retreat

Members of the church are invited to spend a part of Labor Day weekend high in the mountains at Camp San Joaquin. The weekend is for everyone –

- individuals, couples, and families
- children, youth, and adults!

While there are a few structured activities, most of the time is left free for relaxation and recreation.

Some of the available choices are:

- Archery
- Crafts
- Hiking
- Swimming
- Mountain Biking

The weekend starts with dinner at 7:00 on Friday, and ends after lunch on Sunday, but those who cannot be at camp the whole time are invited to come late or leave early. Cost for the whole weekend is \$75 for adults, \$50 for children and youth, free for children six and under.

Fall Worship Schedule

Sundays

8:00 AM – Holy Communion, Rite I

9:30 AM – Sunday School Classes
(begins Sunday, September 13)

10:30 AM – Holy Communion, Rite II

Wednesdays

9:30 AM – Holy Communion
5:30 PM – Holy Communion in Rivera Hall
(begins Wednesday, September 16)

St. Paul's Church

120 North Hall Street
Visalia, California 93291
Church Office: (559) 732-4821
Rivera Hall: (559) 732-4822
Internet: www.spvisalia.com

Office Hours

Monday-Friday 8:30 AM to 4:30 PM

Communion Services

Sundays at 8:00 and 10:30 AM
Wednesdays at 9:30 AM and 5:30 PM

Clergy and Staff

The Very Rev. Richard I. James, Rector
The Rev. Tancredo R. Pastores, Assistant
Elaine McKinney, Parish Secretary
Antoinette Horsting, Financial Secretary
Melvin Morris, Sexton

Members of the Vestry

2009

Kathy Bernardi, Kris Bratton,
Randy Hammond, Kim Robinson,
Chet Smeds

2010

Amy Gunn, Mary Murray
Jack Ramirez, Kashy Rowland-Smith,
William Winn

2011

David Francis, Monica Norton
John Peters, Harry Tow, Larry Wilds

Delegates to Diocesan Convention

Kathy Bernardi, Betty Blackmon,
Kim Robinson, Chet Smeds

Alternates to Diocesan Convention

Amy Gunn, Bill Nebe, Nancy Salmon



Coffee Hour Teams

Thanks are due to the following people who have volunteered to be on a coffee hour team this month:

8:00 AM	10:30 AM
6 Marylyn McInnes (Help Please)	Claude & Sue Piper Cindy Hoover
13 Ellie Dennis Barbara Melton	Cyril & Sue Thompson Dale & Joan Wiley
20 Don & Louise Ford Mark & Amy Cave	Dennis & Brooke Mack Millie Moody Dorothy Neeley
27 Dave & Cathy Francis Inez Morse	Kathy Shannon B.T. & Patty Lawrence

Anyone able to help with coffee hours during the coming months is asked to call the church office at 732-4821.



Sunday School Classes Start September 13

Classes for children, youth and adults will be held from 9:30 to 10:15 AM each Sunday, beginning September 13.

“Wonderful Wednesday” Begins with a Potluck Supper on September 16

The Wonderful Wednesday program is set to resume on Wednesday, September 16, with a potluck supper at 6:00. All are welcome!

The schedule for Wednesday evenings will be as follows:

- 5:30 – Holy Communion in Rivera Hall
 - 6:00 – Dinner in Rivera Hall
 - 6:45 – Classes and Activities for all ages
 - 6:45 – Bell Choir Rehearsal
 - 7:45 – Choir Rehearsal
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WOMEN'S MINISTRIES

Anglican Church Women's Events

Welcome back. We are so thankful for all that is going on here at St. Paul's. Maggie King has agreed to help Dorothy Neeley with St. Anne's Guild. She will be a great addition.

Please remember the Honored Women's Luncheon on September 12 in Fresno at Tornino's Restaurant. This year's honored women are Dee Manley and Doris Newman. They have served the ECW/ACW for many faithful years.

If you are interested in being in a guild, please call Betty or the church office at 732-4821.

Thank you for all you do here and in the community. We are blessed by your presence.

Betty Peters
President, St. Paul's ACW

Dates to Remember

- September 14, 1:00 PM ACW Board Meeting
Guild Room
- September 21
10:00 AM St. Mary-Agnes' Guild
Guild Room
- 11:45 AM St. Anne's Guild
2830 Border Links
- October 5, 11:45 AM ACW Luncheon
Rivera Hall
- October 12, 1:00 PM ACW Board Meeting
Guild Room
- October 19,
10:00 AM Mary Agnes' Guild
Guild Room
- 11:45 AM St. Anne's Guild
Guild Room

The Daughters of the King

The Daughters of the King is a women's organization dedicated to the ministries of prayer and service. Their next meeting will be in the Guild Room at 10:00 AM, Thursday, September 10. All women are invited.

Church Women's Luncheons

The first fall luncheon will be on October 5 at 11:45, in Rivera Hall. Morri Nash, from the Rescue Mission will be the guest speaker. Tickets for the luncheon will be sold on Sundays in September and at Guild meetings. The cost is \$8.

All women are invited, and men are welcome, too! For newcomers, this is a great way to get acquainted with members of the congregation – we are so glad you are here and are a part of the church family.

Carol Whiteside is the leader of St. Mary-Agnes' Guild and Dorothy Neeley is the leader of St. Anne's Guild. Questions may also be addressed to ACW president Betty Peters.

From the Parish Records

Baptisms
Lillian Grace Iverson

Deaths
Marjorie Edwards
Lois Wenn

St. Paul's ACW Honored Women for 2009

Each year, the Diocesan Anglican Church Women hosts the "Honored Woman" luncheon, and invites each congregation in the parish to participate. This year, St. Paul's is honoring two women who have been long-time members of the parish, and who have contributed to the parish and wider community in a variety of ways.

Dee Manley

Dee was born in Fargo, North Dakota. When she was four years old, her mother took her to live with her grandparents on their farm in northern Saskatchewan. Unfortunately, her mother died soon after the move, but growing up on the farm was still a wonderful time for Dee. She fondly recalls having her own horse, which she says, "could jump fences and run like the wind."



At the age of seventeen, Dee moved to the small village of Springside, and from there to Maple Creek, Saskatchewan, where she worked for the telephone company handling calls for the Basic Training Military Camp and the surrounding area. It was at this time that Dee joined the Anglican Church, and had an opportunity to sing in a parish choir.

After the war, Dee moved to British Columbia and worked for the telephone company there. During this time she attended Westminster Anglican Cathedral. She also got married and had two children, both of whom were baptized at the cathedral.

Dee and her family moved to California in 1960. Following the death of her husband in 1979, Dee moved to Visalia and joined St. Paul's Church, where she immediately became very active in numerous ministries, including serving for a time as treasurer. She continues to be very active in a variety of ways, not the least through leadership in, and service through, the work of the ECW/ACW. Dee says, "I am blessed to be able to serve my Lord and work for His glory. I am grateful for this honor and know there are many more who are also deserving."

Doris Newman

Although it was difficult for the family to get used to the change in climate from Newport Beach to Visalia, Doris notes that with the help of prayers they adapted to Visalia's "warm" summers. Her three children all grew up at St. Paul's and were involved in youth programs. Doris' husband was always available to help Fr. Victor Rivera with whatever he asked, and was involved with starting St. Paul's School.



Once the children were all in school, Doris began teaching kindergarten. She also became even more active in the life of the parish, helping in numerous projects and programs. She drove people to doctor appointments or to the pharmacy, helped teach English to people who spoke only Spanish and Portuguese, and taught arts and crafts to the blind.

Doris also became very active in the work of the ECW/ACW. She provides beautiful decorations for many events at the church, including weddings, funerals and luncheons. She loves to arrange flowers, and she helps with flower arrangements that are delivered to the hospital and shut-ins. She currently serves on the ACW Board.

Doris fondly remembers that on their 50th wedding anniversary, she and her husband had the privilege of renewing their vows at St. Paul's.

Concerning the Honored Woman's award, Doris said, "I humbly receive this honor, when there are so many others who surely deserve it. The love I have and always have had for St. Paul's Church and all in our Parish will be with me always."

Friendship and Fellowship Group Saturday, September 26

St. Paul's Parish is having a gathering for adults on Saturday, September 26, at 6:30 PM. This gathering is for long-time members and newcomers alike. And visitors and guests are welcome, too!

This will be an informal time to relax and socialize with those you might otherwise see only at church. It is a time to make new friends, as well as to renew friendships.



Bring an appetizer to share with others and your favorite beverage for yourself. Coffee and dessert will be provided.

Time: 6:30 PM
Date: Saturday, September 26
Place: Dave and Catherine Francis
2740 E. Laura Court, Visalia



Friendship and Fellowship Group Wine Tasting Tour

The Friendship and Fellowship Group is planning a wine tasting tour in the Paso Robles area for Saturday, October 17.

The group will travel by charter bus, and while all the details regarding departure and return times, as well as cost, are not yet known, it's a trip not to be missed!

Details of the trip will be published in the next edition of *The Epistle*, but parishioners are encouraged to put the date on their calendars now.

Foyer Groups

St. Paul's is starting something new – foyer groups, which are gatherings of eight to ten adults who meet in one another's homes to share a simple meal and fellowship. They provide an entryway to develop new friendships and deepen old ones.

The intention is to have an enjoyable opportunity to meet others and become better acquainted with them. Each group meets once a month for a simple meal and relaxed conversation.

The composition of the groups is based on random selection from among those who sign up to participate in the Foyer Groups program.

Groups are not study or prayer groups. In fact, they have no agenda other than spending time with one another, which is important for the building of Christian community in the parish.

Participants should keep the meal simple and relatively inexpensive. The host usually provides the main dish while the other members fill in the rest of the meal such as appetizer, bread, salad, vegetable and dessert. Some groups may enjoy gathering for a picnic lunch or a barbecue. Some groups may even decide to make dinner.

Each group selects a time to gather that is convenient for all members. The time selected for the first month's gathering does not necessarily determine the time for the following months. Regular attendance by all members is very important, so anyone who finds it impossible to attend should let the host know in advance.

For more information about these groups that are being formed, parishioners should contact Judy or Jack Ramirez, Jim or Noreen Siebenaler, or Cheril or Chet Smeds

Visalia Senior Housing

Many years ago, St. Paul's Church joined with three other Visalia churches in an effort to provide decent and affordable housing for low-income seniors in the community.

As a result of that effort – and the hard work of many, many others – Visalia Senior Housing was established. The effort grew through the years, to the point where Visalia Senior Housing has three residential communities – The Meadows, The Town Meadows, and Oak Meadows – and another one in the planning stages.

The newest community will be called Sierra Meadows, and will cost \$9,500,000. On Sunday, September 16, during Coffee Hour, parishioners will have an opportunity to learn about this new effort from parishioner and Visalia Senior Housing board member Anne MacDonald.

In addition to Anne, two other parishioners serve on the board – Bob Murray and Bill McIntyre. Bob's term is expiring, and so St. Paul's needs to have another parishioner replace him. Anyone interested in serving the church and the community by serving on the board is asked to speak with Fr. James as soon as possible.

Cursillo Ultreya set for September 26

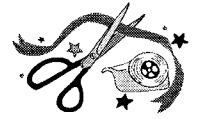
Parishioners are invited to join the Cursillo community in attending an Ultreya on Saturday, September 26. The Ultreya will be held at St. Columba Anglican Church in Fresno.

Beginning with lunch at noon, the event will continue with fellowship and singing, re-union groups, a lay witness talk, and planning for new Cursillo weekends.



St. Paul's All-holidays Bazaar

On Saturday, October 31, 2009, St. Paul's Church will be hosting its second annual All-holiday Bazaar in Rivera Hall from 9:00 AM to 1:00 PM. Proceeds will be used for community outreach.

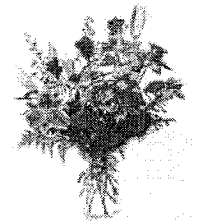


Many have volunteered to make items to sell at the bazaar, but there is a need for more handmade items to sell. While the bazaar has an "all-holiday" theme, the items need not be geared toward any holiday since all sorts of things make wonderful gifts for any occasion!

A soup and salad lunch will also be served, so there is an opportunity to help there, as well. Anyone who can help in any way, or can make or acquire items for sale, is asked to call either Cathy Guadagni or Shiela Roach. *Thank You!*

Altar Flower Ministry

Each week, after the 10:30 Service, the Altar flowers are made into small bouquets and delivered to members and friends of the parish who are in the hospital or facing an illness or other difficult time.



This ministry is a blessing to those who receive the flowers, and has proved to be the same for those who volunteer to help with it.

Parishioners are invited to help with this ministry by stopping by the kitchen during Coffee Hour to volunteer to help make the small bouquets or to help deliver them.

Medium vases are also needed for these small bouquets and parishioners are asked to bring their unused vases to Rivera Hall.
