



St. Paul's
EPISCOPAL CHURCH OAKLAND

September 2016
Volume 10 Issue 8

THE GOOD NEWS

To know Christ better and to make Him better known

WORSHIP—FORMATION—SERVICE

By the Rev. Dr. Mauricio Wilson



For the last 18 months we have been engaged in the process of creating our 2020 Vision for our parish and its ministry. With the leadership of parishioners

Carladenise Edwards, Sandra Anderson and Tyson Casey, we have held parish-wide conversations followed by vestry conversations. We are inspired to continue ministering to the Oakland community as a Diverse and Welcoming Church Community by being a Center for Spiritual Growth with a Vibrant Youth Presence and Participation and a Stable and Cooperative Service Program with Inviting Facilities.

Since the beginning of this year, I have been meditating on what makes St. Paul's what it is and attempting to summarize it with a minimum number of words. The complexities of our

history and the great diversity of our current membership make it difficult to come to a place where we can easily be defined. I offer the words **worship, formation and service** as a rough trinity to explain the oneness of St. Paul's. They are not intended to be the end-all be-all descriptors, but rather easy to remember conversation starters. In the October and November newsletters I will address formation and service.

WORSHIP - according to the register of the Secretary of State our official name is St. Paul's Episcopal Church in Oakland. The first two words identify our biblical namesake. The last two indicate our location. The two in the middle are at the center of who we are and what we do. No matter what else you want to say about ourselves we are first and foremost a CHURCH. We are members of the Mystical Body of Christ. Since the first century members of his Body have been gathering in whatever way they could and wherever they could to spend time together, to

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NEWCOMER CLASSES

Are you relatively new to St. Paul's? Would you like to know more about St. Paul's and the Episcopal Church? Our first classes will be on September 18 and 25, following the 10 am service. Please let the clergy know of your interest so that we have enough materials.



DISASTER PREPAREDNESS



PANTRY OF HOPE

Item of the month

Please continue to support the work of our pantry by contributing items to its inventory.

September
Bottles of juice

October
Bottles of juice

November
Bottles of juice

Bring your donations to church and place them in the offering basket in the narthex.

Thanks!

Tips and Lessons – Family Preparedness

Individual & Family Preparedness

According to FEMA and the American Red Cross, there are three basic things you can do that will make a big difference in ensuring you and your family's safety and well-being: **make a plan, be informed and get a kit.**

PREPARE WITH YOUR FAMILY

Make a Plan

Phone numbers – Be sure you and your loved ones memorize a phone number for someone outside of your immediate area that you can call in case of an emergency. Keep in mind that cell phones can be lost/stolen or batteries can run out. Inform other family and friends who this contact person will be.

Make a wallet card – Make a card that includes important numbers and information. Make your own, or print and fill out the card from the following link: https://www.ready.gov/sites/default/files/documents/files/FamEmePlan_Adult.pdf

Establish a meeting point – Talk with your family about where you would meet in the event of an evacuation. Where would you go? Who would you contact?

Texting – Teach all of your loved ones to text. Text messages may still work even when phone calls don't go through.

Be Informed

Find an easy way to access information – You can sign up for text alerts. To find a local agency providing alerts, go to: www.ready.gov/alerts.

Local area weather radio stations – To find your local station, visit: www.weather.gov.

Know how to turn off utilities in your home – Being able to turn off water, power and gas in an emergency can help reduce the risk of further damage.


Get a Kit

The three most basic things you'll need are **water, food and cash.**

- **Water** – One gallon of water per person per day, with enough for three days.
- **Food** – Enough non-perishable food items for three days. These purchases can be part of your regular grocery shopping; just make sure you have enough food for three days in your pantry.
- **Cash** – In the event of a city-wide power outage, ATM and credit card networks will likely be down. It's also good to have small bills and change.

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US Disaster Program | www.episcopalrelief.org/usdisaster



Prepare

"Be prepared, and prepare yourself, you and all your companies that are assembled about you, and be a guard for them." - Ezekiel 38:7

First Aid Kit Contents

- Absorbent Compress
- Adhesive Bandages
- Adhesive Tape (cloth) 1"
- Antibiotic Ointment Packets
- Aspirin (chewable) 81 mg
- CPR Breathing Barrier
- Diphenhydramine
- Instant Cold Compress
- Gloves (large), Non-Latex
- Hydrocortisone Ointment
- Scissors
- Roller Bandage 3" or 4"
- Sterile Gauze Pad 3x3, 4x4
- Thermometer, Oral
- Triangular Bandage
- Tweezers
- First Aid Instruction Booklet

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HOMEcoming POTLUCK

As our choir returns, so do potlucks! On September 11, please join us in the parish hall after the 10:00 am service for a feast of the caliber only St. Paul's can create.

Bring something to share—either your signature dish or something you've bought. Alice will be in the kitchen before and after the service to receive your contribution.

Questions? Contact Alice at halice@pacbell.net or by phone at 510-409-9814.

See you!



MINISTRY FAIR AND RETREAT

In order to promote spiritual growth and outreach at St. Paul's, we are piloting two events this fall:

PARISH MINISTRY FAIR: SUN. 9/18 @ 11:45 AM

Following the 10:00AM service on Sunday, September 18th, join us for the Parish Ministry Fair! We'll be meeting in the courtyard. You can find out about all the wonderful ways St. Paul's lives out the Gospel and cares for our neighbors and ourselves. There will be sign ups to participate in all these ministries like Altar Guild, The Pantry of Hope, FaithQuest, Ushers, and many, many more!

PARISH MINISTRIES TRAINING RETREAT: SAT. 9/24 @ 9:00 AM - 12:00 PM

Following the fair, join us for a morning of learning and prayer in community. The theme will be "Spiritual Nourishment 101 for Volunteers," and will include training for various ministries. You'll come away refreshed and ready to grow in faith!

FAITHQUEST CORNER

SEPTEMBER FAITHQUEST CALENDAR

9/11 - No FaithQuest: Join us for Tykes on Trikes @ Oakland Pride!

9/18 - First day of FaithQuest @ 10am. Story: Creation

9/25 - FaithQuest @ 10am. Story: The Flood and the Ark

Don't forget to turn in your registration materials! Email them to amertz@spes.org or turn them in with a FaithQuest teacher.



2016 OFFICERS OF THE VESTRY

The Rev. Dr. Mauricio Wilson – *Rector*
Elizabeth (Liz) Hook – *Senior Warden*
William (Bill) Davis – *Junior Warden*
Thomas (Tom) McGarrell – *Treasurer*
James Kadleck – *Clerk*

VESTRY BY CLASS

Class of 2016
Elizabeth (Liz) Hook
Thomas (Tom) McGarrell
Sharon Pilmer
Class of 2017
William (Bill) Davis
James Kadleck
Yuri Sikkema
Class of 2018
Alice Brilmayer
George Strait
Saundra Anderson

DEANERY DELEGATES AND ALTERNATES 2015

Delegates

Izabella (Bella) Sempari
Scott Buckingham

Alternates

Pam Buckingham
Sheila Sims

MUSIC AT ST. PAUL'S

SPECIAL MUSIC IN JUNE

SERVICE MUSIC

Sunday, September 4, 2016

Pentecost XVI

10:00 am, Choral Eucharist

Organ chorale: Herzlich lieb hab' ich dich, Bach; Elevation, D. Montgomery.

Sunday, September 11, 2016

Pentecost XVII

10:00 am, Choral Eucharist

Lo, God is here, J.S.Bach; I have longed for Thy saving health, Byrd, O bone Jesu, M'A.Ingegneri. Sung by St. Paul's Choir; David Montgomery, Music Director. St. Paul's Bell Choir; Paco Bellamy, Director.

Sunday, September 18, 2016

Pentecost XVIII

10:00 am, Choral Eucharist

Lord Jesus Christ, be present now, Bach; Almighty and everlasting God, Gibbons; Adoramus te, Christe, de Lassus. Sung by St. Paul's Choir; David Montgomery, Music Director. St. Paul's Bell Choir; Paco Bellamy, Director.

Sunday, September 25, 2016

Pentecost XIX

10:00 am, Choral Eucharist

Lord, have mercy upon us, Purcell; Yes, Lord, C.H.Mason; Verily, I say unto you, Tallis. Sung by St. Paul's Choir; David Montgomery, Music Director. St. Paul's Bell Choir; Paco Bellamy, Director.



Newsletter contributors sought

We are interested in hearing from writers and photographers; please email us if you would like to donate your talents.

The deadline for each edition is the 15th of the month previous to publication.

Please send your submissions of no more than 500 words to: halice@pacbell.net.

COMPLINE

Sunday, September 25, 2016

PENTECOST XIX, 8:00PM

Gregorian chant, polyphony of Byrd, Tallis, Victoria, in candlelight. Compline, a service of psalms and prayers, has been sung 'at the close of day' in monasteries, convents and churches for many centuries, and is one of the best-loved services of the Church.

Sung by St. Paul's Choir. David Montgomery, Director.

OAKLAND PRIDE PARADE



Dear St. Paul's Family,

You are all invited to march with Oasis in the Oakland Pride Parade on Sunday, September 11th. Our contingent will kick off with Tykes on Trikes! Please bring your tykes, tricycles, scooters, wagons, strollers, and whatever you need for the six-block, .4-mile-long parade route. Feel free to bring your own sign, or you can help carry one of our rainbow flags or banners.

Meet at Broadway and 14th St. at 10am to be ready for the 10:30am step-off. We are the second and third contingents in the parade, so you have to get there early! The parade ends at Broadway and 20th St., right at the entrance to Oakland Pride Festival.

It's going to be so much fun and a fabulous way to celebrate our diversity!



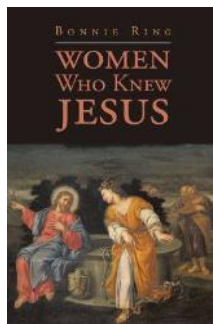
If you have any questions about the parade, please contact Josie Ramos at mujerfemm@yahoo.com or via phone at (510) 332-9362.

See you there!

WOMEN WHO WONDER

Women of St. Paul's, are you looking for a way to connect with other women of St. Paul's? Would you like to explore our common faith? Share a simple dinner?

The Rev. Annie Pierpoint Mertz and the Rev. Anne Jensen are proposing a once a month gathering on the third Tuesday of the month at 6 pm. Our starting point is a book by local priest the Rev. Bonnie Ring, "The Women Who Knew Jesus." To learn more about the author and the book, [click here](#). The first gathering will be September 20. Please email The Rev. Anne Jensen (annehj@aol.com) if you plan to come so that we can reserve a room. And we plan to have fun!



SAVE Stands-Ins against gun violence

SAVE (Soldiers Against Violence Everywhere) Oakland is taking a non-violent stand against the rampant murders in our community by having "Stand-Ins" from 11a.m. – noon near where a person was recently killed. Please contact Paula Hawthorn, 510-601-8388, if you would like to participate. Upcoming dates and locations are:

- 9/10/16
106th Ave & MacArthur

Contact Save@Truevine-Ministries.com to be put on the email list for future Stand-Ins.

WORSHIP ROTA ONLINE

The current rota for the Sunday worship services is posted on the St. Paul's Web site at :
http://
www.stpaulsoakland.org/
RotaSchedule

The rota includes the names of readers, sub-deacons, intercessors, and lay Eucharistic ministers.

New volunteers are always welcome. Please contact Fr. Mauricio or the Ven. Carolyn Bolton to volunteer or if you have any questions.



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Emergency Supply Kit:

Also known as a "go kit," you can keep it stashed in your house. None of these items go bad, so you can store them for a long time.

- **Radio** – Make sure it is battery-powered or a hand-crank radio.
- **First aid kit** – Consider including a first aid book as well.
- **Keys** – Spare keys for your home and vehicle.
- **Flashlight**
- **Extra batteries**
- **Whistle** – If necessary, use this to signal for help.
- **Sanitation supplies** – This includes trash bags, paper towels, moist towelettes, hand sanitizer, toilet paper, menstrual supplies and personal hygiene items.
- **Basic tools** – Screwdriver, utility knife, pliers and duct tape.
- **Manual can opener**
- **Local maps** – Disasters can be very disorienting, and local landmarks may be destroyed.
- **Charged cell phone battery** – Have an extra battery or external battery pack on-hand in case you don't have electricity to charge your cell phone.
- **A week's supply of prescription medication and glasses** – Possible things to include: insulin, hearing aid and extra batteries, denture needs, contact lens solution, etc., as well as a list of medicines you take regularly and/or pertinent medical information.
- **Food**
- **Special needs** – such as infant formula, diapers or pet food.

Other Supplies:

- **Important documents** – Include copies of insurance policies, identification documents, contact information for someone outside of your area and bank account records. Consider also keeping an electronic copy offsite or "in the cloud," and keep documents in a waterproof or resealable plastic bag.
- **Blankets** – A blanket or sleeping bag for each person. Consider having more blankets if you live in a cold climate.
- **Change of clothing** – This should include a long-sleeve shirt, pants and sturdy shoes. Consider more layers if you live in a cold climate.
- **Fire extinguisher**
- **Matches**
- **Paper and pen**
- **Duct tape**
- **Rain gear**
- **Entertainment** – This could include things like cards, books and games.

Food Kit Contents



The food kit doesn't need to be something separate from your regular food shopping. Just be sure you always have enough food for three days in your pantry.

- **Water** – 1 gallon per person per day, with enough for 3 days. If you have pets, they will also need extra water!
- **Canned meats** – such as tuna, salmon, chicken or turkey
- **Canned vegetables** – such as green beans, carrots, etc.
- **Canned soups and chili** – soups and chili can be eaten straight out of the can.
- **Trail mixes**
- **Granola bars and power bars** – healthy and filling, these portable snacks usually stay fresh for at least six months.
- **Peanut butter**
- **Whole wheat crackers**
- **Cereal** – multi-grain varieties usually don't go stale for a while after opening.

Tips



- Teach children emergency numbers as soon as possible.
- Make sure everyone in your family knows where the emergency kit is in your home.
- Consider giving your emergency contact an extra copy of your keys and copies of important documents.
- Check out "A Season of Resilience," Episcopal Relief & Development's five-week curriculum for individual disaster preparedness.
- Visit episcopalrelief.org/preparedness for more tips and information about preparing for disasters.

SAINT OF THE MONTH

VINCENT DE PAUL, RELIGIOUS AND PROPHETIC WITNESS, 1660



Born in France in to a peasant family, Vincent took his theological studies at Toulouse and was ordained in 1600. When called to hear the confession of a

dying man, Vincent was shocked by the spiritual naiveté of the penitent. In response, Vincent preached sermons on confession in the village chapel of Folleville, calling people to the necessity of repentance. So persuasive were his sermons that villagers stood in line to go to confession. Vincent had underestimated their spiritual hunger. In 1626, Vincent and three priests pledged to "aggregate and associate to ourselves and to live together as a Congregation and to devote ourselves to the salvation of the people."

Vincent devoted great energy to conducting retreats for clergy because of the widespread deficiencies in theological education and priestly formation. He was a pioneer in the renewal of theological education and was instrumental in establishing seminaries.

For Vincent, charity was a predominant virtue that was to be extended to all. He established charitable confraternities to serve the spiritual and physical needs of the poor and sick. He called upon the women of means in Paris to collect

funds for his missionary projects particularly hospitals to serve the poor.

Vincent was by temperament a very irascible person. He said that except for the grace of God he would have been "hard and repulsive, rough and cross." But he became tender and affectionate, very sensitive to the needs of others. He had an extraordinary capacity to connect with all types of people and to move them to be empowered by the gospel of Jesus. In the midst of the most distracting occupations his soul was always intimately united with God. Though honored by the great ones of the world, he remained deeply rooted in humility.

At Vincent's funeral, the preacher declared that Vincent had just about "transformed the face of the Church." "The Apostle of Charity" breathed his last in Paris, on September 27, 1660, at the age of eighty. He is honored in the tradition as the patron saint of charitable causes.

*Loving God, we thank you for your servant Vincent de Paul, who gave himself to training clergy to work among the poor and provided many institutions to aid the sick, orphans and prisoners. May we, like him, encounter Christ in the needy, the outcast and the friendless, that we may come at length into your kingdom where you reign, one God, holy and undivided Trinity, for ever and ever.
Amen.*

Dear Readers:
In an effort to reduce paper waste and printing/ mailing expenses, we are asking anyone who gets the on-line version of The Good News and no longer needs a paper version mailed to his or her home to let us know. If you don't get the newsletter online and would like to, or if you want to take yourself off the snail-mail list, please contact Parish Administrator at 834-4314, Ext. 501 or admin@stpaulsoakland.org. Many thanks.



St. Paul's

EPISCOPAL CHURCH OAKLAND

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Services

SUNDAYS

8 a.m. *Holy Eucharist*
10 a.m. *Choral Eucharist*

4 p.m. *Evensong*
(*First Sundays, Oct.-June*)

8 p.m. *Compline*
(*4th Sundays only*)

WEDNESDAYS

12:10 p.m. *Holy Eucharist*
(*with Healing prayer on*
the 1st Wednesday of the
month)

WORSHIP

(Continued from Page 1)

share their stories of faith. They broke bread and supported each other through prayer and action. In our time we use the word worship to describe such meetings of people of faith. The word Episcopal is often used as the proper noun of our faith community, but for the moment I would like you to see it both as a noun and an adjective. Though the etymology of the word is important in and of itself, it would take an entirely new article to do justice. What is important, for the purpose of this article and the issues of church and worship, is that each of us have chosen to adopt a set of traditions,

ideas and practices of our own. By no means do we declare that they are either the exclusive or best ever, but rather that they are the ones that allow those of us who follow them to be in relationship with God and each other.

Those of us who have been called to be leaders of worship at St. Paul's are committed to continue doing everything we can to make the times we gather for worship be a true expression of who we are and what we believe.