

# THE EPISTLE

*OUR MISSION... is to understand and celebrate God's dream for the world,  
to be transformed in Jesus' love and to use our gifts to make a difference for others.*

*OUR VISION... is a world in which God's embracing love is joyfully shared by all people.*

## A Monthly Newsletter

March 2010

From the Rector's Desk...

### Going deeper: Some thoughts along the way

At our annual meeting I challenged our congregation to spend the next year considering what it might mean for us to "go deeper" in the coming year. At our retreat in February our vestry asked me what "going deeper" meant. One way to think about what going deeper might mean is to think about its opposite. The opposite of deep is shallow, or superficial. We definitely don't want to be that!

A helpful tool I have used in talking about what it means to go deeper is John Powell's levels of interpersonal sharing.

Level 1 - **Cliché conversation:** This is conversation that avoids engagement, with no thoughtful response from a person. "How are you?" "Fine thanks"

Level 2 - **Reporting the facts:** Sharing the quantitative data without personal reflection.

Level 3 - **Sharing my ideas and opinions:** This represents a deeper sharing of self and demands more risk taking. At this level there is the chance that other people might reject my opinion. This is the deepest that most business or education conversations go.

Level 4 - **Sharing my feelings, values or emotions:** When we share feelings or values we begin to let our real selves peek out. When we share feelings or values we are looking for others to do the same in response. A level 3 response to a level 4 question may be a roadblock to going deeper. Values go even deeper than feelings. Feelings are often the surface expression of deeper values.

Level 5 - **Confessional sharing:** These are feelings or experiences that I might never share with another person. Here is the stuff I share only when there is a gracious, compassionate and merciful listener. There may be some things in our lives that we are even ashamed to share with ourselves.

Obviously, there are appropriate levels of sharing depending on the nature of any given relationship. But I have found having these labels give me a way to think about my level of relationship with God, with others and even with myself.

*With God:* How honest am I willing to be in prayer. Do I just say what I think I should, or am I bold enough to share what is really going on? What is it that God asks of me that makes me anxious or joyful? What do I really think about what the Bible says about my pet concern.

*With others:* Am I willing to really engage with the feelings of others, or do I stay on the safer ground of having philosophical conversations? Or do I avoid anything that might be risky and just stick to the facts.

*With myself:* Am I aware of my own feelings? Am I willing to shine light on things long hidden?

What does it mean to go deeper? We are just beginning to ask the questions. Please share with Julie, Sally or me what it means to you? What do you think it means? How do you feel about going deeper? Just having the conversation is already taking us to a deeper place.

In Christ,

Thomas ☩

### Upcoming Events

March 3, 10, 17, 24 - Enneagram Workshop

March 14 - Parent Coffee Break

- Camp Sunday

- Susan Matthew's Organ Recital

March 15 - Tea 'n Talk

March 16 - Environment Action Network Meeting

March 21 - Choral Evensong at Grace Cathedral

March 28 - Palm Festival

April 14, 21, 28 - Enneagram Workshop

May 5, 12 - Enneagram Workshop

May 7-8 - Rummage Sale



## St. Paul's Altar Guild Decorating for Easter

The Altar Guild invites you to help decorate our beautiful church for Easter by donating to the Altar Guild. This is a wonderful way to remember loved ones or express your thankfulness.

A donation in any amount is welcome and will enable us to add to this joyous celebration. Decorations will be in place for the Great Vigil of Easter and remain in the church through the Sunday after Easter.

Please send your dedication and check to Cisca Hansen at 218 Cuesta Drive, South San Francisco, CA 94080 no later than March 24. Make checks payable to St. Paul's Altar Guild.

## Episcopal Charities Launches Environment Action Network

Episcopal Charities (EC) is committed to striking at the root causes of poverty in the five-county San Francisco Bay Area. With more than 75 members committed to EC's Healthcare and Education Action Networks, EC has now launched its Environment Action Network which will focus on the root causes of poverty as they relate to urban environment. Air toxins and particulate matter, water pollution, and contaminated run-off from roads and highways contribute towards a potentially threatening urban environment. The lasting effects from such pollution can range from asthma to birth defects. EC's Environment Action Network wants to ensure a healthy environment for our generation and those to come.

Sign up online at [www.episcopalcharities.org](http://www.episcopalcharities.org) and join us in this important work!

First Environment Action Network Meeting:  
March 16, 2010 from 6:00-8:00pm

To RSVP or for more info contact Justin Cannon at [jcannon@episcopalcharities.org](mailto:jcannon@episcopalcharities.org) or 415-869-7810.

## HOLY WEEK 2010

<b>Palm Sunday</b>	Mar 28	8:00am Eucharist 10:00am Eucharist
<b>Maundy Thursday</b>	April 1	6:30pm Dinner & Liturgy
<b>Good Friday</b>	April 2	12:15pm - Good Friday Liturgy 4:30pm - Good Friday Family Service
<b>Great Vigil of Easter</b>	April 3	8:00pm Eucharist Dramatic retelling of the great stories of salvation, Holy Baptism and the renewal of baptismal vows, the first Eucharist of Easter.
<b>Easter Day</b>	April 4	9:00am Eucharist 10:00am Coffee Hour & Children's Activity 11:00am Eucharist

## Adult Confirmation Group

Meets 11:30am-1pm  
Sundays: April 25-June 6

There are times in our faith-lives when we step back to look at our commitments. It may be the commitment to renew our vows of faith. It may be joining a new church, and wanting to understand more as we commit to a new family of faith.

In the Episcopal Church reaffirming faith in this way happens when the bishop lays hands on us and prays for the Holy Spirit to strengthen us (Confirmation) or welcomes those who have been confirmed in another tradition.

In preparation for the diocesan Confirmations at Grace Cathedral on June 12th, Saint Paul's will offer a Confirmation study group.

If you would like to review the basics of the faith, look more deeply at the Episcopal Church and find out how you might live out your faith at Saint Paul's, this group is for you.

For more information please contact:  
Sally at [sboeltor@stpaulsburlingame.org](mailto:sboeltor@stpaulsburlingame.org) or  
Thomas at [tskillings@stpaulsburlingame.org](mailto:tskillings@stpaulsburlingame.org) (348-4811)

Dear St. Paul's Community,

I am pleased to report that your Vestry has made a successful transition from 2009 to 2010. First, I'd like, on behalf of all of us, to thank Kathy Martin and Ann van Oppen for their leadership of the Vestry in 2009 and to the outgoing Vestry members Bob Anderson, Chip Filak, Bev Hock, and Gail Pettit who individually and collectively made many contributions to the Vestry and to the ongoing journey that we share as members of St. Paul's.

Second, I'd like to congratulate the new members of the Vestry - Beth Beisecker, Joan Cleary, Chris McCrum and Fusi Pauli. They have already brought many insights to the Vestry with their connections to many different ministries at St. Paul's. One of the Vestry's first "official" acts was to elect Karen McCormick as Junior Warden - Karen attends both the 8 and 10 services, has a daughter in Children's Liturgy of the Word, and has been very active in our Stewardship Ministry for the past few years and is becoming engaged in a revitalized Welcoming/Newcomers Ministry.

This year's Vestry, during a planning retreat in early February, decided on several priorities for the year. Some are next steps in the fourth year of our Strategic Plan - Youth Ministry, Outreach, Renovations and Fiscal Stability and Health - while others are important initiatives including completing long range thinking about the financing of Chapin House, expanding our connections with the wider Episcopal Church world starting first with our connections with the Tongan community who have services at St. Paul's and with the Deanery, and deepening our relationships with God.

In each of these priority areas, the Vestry has a goal of engaging and empowering leadership from throughout our congregation. For example, Sally Boelter has invited several people to develop with her a revitalized and expanded Welcoming/Newcomers Ministry to explore ways in which St. Paul's welcomes and integrates newcomers. Thomas will be meeting with several people interested in exploring next steps in our fledgling but very successful youth ministry partnership with St. Matthew's.

The Church and Organ Renovations Teams are nearing completion of the plan for renovations which will be presented to the Vestry this month. The draft plan, timeline and budget will be presented to the entire St. Paul's community in the next two months before the Vestry takes final action on the plan. Please look for your opportunity to learn more about what will probably be the largest one time renovation of the Church in the 80 years since it was built.

On behalf of your Vestry in service to God and to St. Paul's,  
*Tish Busselle*, Senior Warden  
*Karen McCormick*, Junior Warden

P.S. St. Paul's new picture directory, a Vestry priority in 2009, is almost done—word is that the Easter Bunny will be delivering them! Bouquets of thank yous to Gail Pettit and Debbie Cleveland who shepherded this project.

*2010 Vestry  
Leadership  
Priorities*

- ~Youth Ministry*
- ~Welcoming/Newcomer  
Ministry*
- ~Connecting to the  
Wider Church*
- ~Church/Organ  
Renovation*

*Learn more in the  
future Epistles about  
these other 2010  
Priorities:*

- ~Outreach Ministries*
- ~Chapin House  
Financing*
- ~Going deeper*
- ~Fiscal Health and  
Stability*

### Children and Family Ministries: Observing Lent as Families:

#### An Invitation for Households

This Lent, families of St. Paul's have been on a journey of renewing their relationship with God through the soul-work of reflecting on their expectations, promises, and the actions they take toward each other. Beginning the journey with questions such as: How does your family "Love God with all your heart and soul and mind?" How do you treat each other as a neighbor? Do you love each other as you love yourself?

#### Family members as Neighbors

"Thomas Breidenthal...in his book, **Christian Households: The Sanctification of Nearness**, reminds us that "the word 'neighbor' means someone who is nigh to me, near to me." Who is nearer to us on a daily basis than the people we share a home with?" p. 61 Kitch.

**Communities form us.** A family is one such community. From "*Working Paper: Faith Formation 2020 Version1.*" Lifelong Faith Associates, John Roberto, ed.

Rediscovering the Impact of Parents and Families on Faith Practice:

- Parent Influence: The single most important social influence on the religious and spiritual lives of adolescents is their parents.
- Embedded Family Religious Practices: Effective religious socialization comes about through specific religious activities that are firmly intertwined with the daily habits of family life."

In support of this renewing of family covenants, Children and Family Ministries are offering a few opportunities for reflection and support:

**Parent Coffee Break:** 9am March 14th: Catch up with fellow Sunday Journey parents on how that covenant is going or just on "how it's all going or not!" with a low key chat over coffee and tea in the parish hall.

#### Palm Festival! March 28th 11:15, immediately following the 10am worship service:

Plan for this next "Super Sunday" and the beginning of Holy Week. Join in the Palm Festival after the 10am service that day, and St. Paul's traditional activities for the triduum or the three days later in the week on Thursday, Friday, and Saturday. Bread baking, hammering and nailing, stringing bells and making a family Paschal candle along with great potluck food!!!!!!

### If Only I had a Green Nose! What is Lent and Holy Week for?

On Ash Wednesday at the 4:30 Family service, children and parents gathered to begin Lent by way of a journey around our church. Beginning in the sanctuary, we heard the story, *If Only I had a Green Nose* by Max Lucado. This story tells of the little wooden people, the Wemmicks and in particular, Punchinello who wanted to be "with it and popular" like all the others. In order to be "in fashion and successful" wemmicks were painting their noses green. As soon as Punchinello gets a green nose, the popular color changes. Soon, Punchinello has had his nose painted so many different colors in order to fit in, he has lost himself. In the end, despondent, he and his friends, realize that they hadn't listened to what their maker, Eli had told them; "I made you different on purpose". Weary and feeling regretful, they take the long walk up the hill to their maker's house. Eli comes out to greet them. They say, "We just want to be ourselves again!" Eli replies, "I'll always help you be who I made you to be...but it's going to take some time." Punchinello and his friends follow their maker into his workshop where he spent the rest of the day removing the many layers of paint from his nose. It hurt to be sanded, but it was worth it to be their selves again."

After hearing this story children and parents took the journey to the columbarium to receive ashes as a way of having God begin the removal of the many layers we take on to be successful, or popular or safe or powerful in this world but which result in our losing our selves.

Our journey continued to our confession before the Baptismal font as a way to return to our origins as Christ's own forever. As we re-gathered in the sanctuary for closing prayers, we knew that Lent was a journey of 40 days "up the hill to our maker's workshop", to "be ourselves again" and to return to our God and let him help us be who God made us to be.

### Volunteers in the Nursery



March 7 - Julia Jones  
March 14 Carrie Rice  
March 21 Sandy Moore  
March 28 Katharine Wilson

Thank you to our February volunteers:  
Sara Palladino, Tish Busselle, Kim Bottoms and Paige Bacon.

If you are interested in volunteering for the nursery, please contact Katharine Wilson at [kbkwilson@hotmail.com](mailto:kbkwilson@hotmail.com).

## Family Soul Work: Renewing our Family Covenant

On February 7th: Sunday Journey's Family Soul Work Sunday was SUPER! (and we're not talking New Orleans' Saints!, but St. Paul's Burlingame SAINTS)

At 9am Sunday Journey families gathered to turn shoe boxes into purple and white prayer boxes for God's help. These boxes serve as a place to offer prayers through out the days of Lent as families focus on renewing their life with each other and God.

Along with family prayer boxes, a weekly activity guide, Family Soul Work; Renewing our Family Covenant, was distributed to families for observing Lent together on a weekly basis. The guide has the Gospel for the week, a baptismal vow, reflections and discussion questions along with activities for younger children to participate in the discussion to make a family promise for each week of Lent. The activities culminate during Holy Week with a new or renewed family covenant which on Easter Sunday can be signed by all members of the family and brought to one of the Easter services along with the family prayer box for formal blessing at the Eucharistic table.

Guides and Shoeboxes are still available! It's not too late!

### A Family Covenant

This family soul work is being guided by the Baptismal promises. Each week of Lent, households are looking at a piece of the Baptismal Covenant, and the scripture it refers to. With questions for family sharing and reflection, and with actions ideas from sound resources, families have been constructing a line of their own covenant each week of Lent. By Easter, they will have a new or renewed "Family Covenant" made, just like in our Baptismal Covenant "with God's help." The prayer box (remember those shoeboxes?) serve as that necessary piece of any covenant a Christian makes..." with God's help." The box is for prayers. The prayer box is for family members seeking God's help in making a family covenant of God's love. The help, hope, worries, concerns, the forgiveness, and the thanksgivings the whole family, or individuals might need to offer as you practice living into your promises.

## Kidpower!

As part of Children and Family Ministries of St. Paul's desire to provide resources for families renewing their covenants, we want to offer to our church and community the sound training of the Kidpower organization. Done as a workshop for parent and child, an opportunity for gaining practical and emotional empowerment along with practical people skills. Please fill out the survey (on page 11 of this newsletter) and let us know what you're interested in! Be looking for further announcements for when this will be offered!



## St. Paul's Covenant of Caring for Children and Youth

*Children are EXPECTED AND WELCOME HERE!*

St. Paul's strives to be a safe and welcoming place for all generations of the parish – and that depends in large part on the parents and guardians of our children and youth.

This covenant details ways we as clergy, teachers, staff and parents pledge to work together to keep them safe and happy.

### **St. Paul's Commitment to You and Your Children**

St. Paul's holds to the following safety standards for classes and programs:

- \*One adult (a person age 21 and older) per six children (infant to 12)
- \*One adult per seven youth (ages 12-18)
- \*We always have at least two adults with children and youth at all times
- \* For safety we keep our doors open. Classes and programs are always held with doors with clear windows, or rooms you can easily see into.

The Nursery School Playground is equipped and designed for children five and younger. Older children are welcome to use the playground with the permission of the adult supervisor. We never allow children of any age to be left there alone.

### **Our Parents' Commitment to You and Your Children**

As parents and guardians, we will share with children and youth what activities are encouraged, as well as those practices that are “not ok.” Here's what they need to understand at Parish Gatherings, and around the church's campus:

#### **We Encourage...**

- \*Running around in Foote Hall gym, and playground
- \*Playing the piano gently and shooting baskets in basketball hoops in the Foote Hall Gym, as long as classes and special presentations are not in session.
- \*Enjoying the playground when supervised by adults.
- \*Respecting others, their feelings and things.

#### **What's NOT OK...**

- \*Running anywhere but Foote Hall and the playground, (i.e. halls, stairways)
  - \*Playing on the stage or chair racks in Foote Hall.
  - \*Playing upstairs, in the classrooms.
  - \*Playing in Higbie Library or other meeting spaces, or in the Columbarium.
- \*Venturing outside of a parish gathering without a parent or guardian.

Please keep this information in mind when we gather for coffee hour after worship, receptions following special events (i.e. evensong, weddings), church festivals such as the Advent and Lenten Festivals, the Annual

Meeting, the Shrove Tuesday Pancake Supper, and any other such occasions.

As always, while we encourage “it takes a village” to ensure the safety and well being of our children, parents are ultimately responsible for their children (ages infant to 18), their behavior and their whereabouts.

## Choral Music List For March & Holy Week

### MARCH 7 / Lent 3

10AM HOLY EUCHARIST Choristers & Chancel Choir  
 Johann Sebastian Bach, Jesu, meine Freude, BWV 227:  
 Es ist nun nichts; Gute Nacht

### MARCH 14 / Lent 4

10AM HOLY EUCHARIST Track 1 Choristers & Chancel Choir  
 William Byrd, Look down, O Lord  
 William Byrd, Ave verum

### MARCH 21 / Lent 5

10AM HOLY EUCHARIST Track 1 Choristers & Chancel Choir  
 Louis Vierne, Messe Solennelle en Ut# Mineur: Kyrie  
 Giovanni Pierluigi da Palestrina, Sicut cervus

### MARCH 28 / Palm Sunday

10AM HOLY EUCHARIST Choristers & Chancel Choir  
 Spiritual, arr. L. L. Fleming, Ride on King Jesus  
 Lili Boulanger, Psaume XXIV  
 Anton Bruckner, Christus factus est  
 Antonio Lotti, Crucifixus

### APRIL 1 / Maundy Thursday

6PM AGAPE SUPPER / HOLY EUCHARIST  
 Track 1 Choristers & Chancel Choir  
 Maurice Duruflé, Ubi caritas  
 Kenneth Leighton, Solus ad Victimam  
 Maurice Duruflé, Tantum ergo

### APRIL 2 / Good Friday

12:15PM Track 1 Choristers & Chancel Choir  
 Chant, The Passion according to St. John  
 Pablo Casals, O vos omnes  
 John IV, King of Portugal, Crux fidelis  
 Antonio Lotti, Crucifixus

4:30PM St. Nicolas Choir & Choristers

Johann Sebastian Bach, Bist du bei mir, BWV 508  
 Randall Stroope, Inscription of hope

### APRIL 3 / Easter Vigil

8PM EASTER VIGIL & HOLY BAPTISM

Track 1 Choristers & Chancel Choir  
 Craig Phillips, Festival Eucharist  
 Giovanni Pierluigi da Palestrina, Sicut cervus  
 Martin Shaw, With a voice of singing  
 Healey Willan, Rise up, my love, my fair one

### APRIL 4 / Easter Day

9AM AND 11AM HOLY EUCHARIST

Trumpets & String Quintet  
 Choristers & Chancel Choir  
 St. Cecilia & St. Nicolas (9am only)  
 Louis Vierne, Messe Solennelle en Ut# Mineur  
 César Franck, O praise ye the Lord (Psalm 150)  
 Parker/Shaw, Easter Carols:  
 This Joyful Eastertide, On Easter Morn, Love is Come Again,  
 Hilariter

## St. Paul's at Grace Cathedral

### ORGAN RECITAL Sunday, March 14 at 4pm

I am delighted to invite you to my first organ recital at Grace Cathedral in five years on their beautiful 1934 Æolian-Skinner pipe organ. The program will include Johann Sebastian Bach (1685-1750) Prelude & Fugue in D, BWV 532; Petr Eben (1929-2007) Moto Ostinato from Sonntagsmusik; Maurice Duruflé (1902-1986) Prelude et Fugue sur le nom d'ALAIN, Opus 7; Giles Swayne (b. 1946) Riff Raff; Samuel Barber (1910-1981) Adagio for Strings; and Alexandre Guilmant (1873-1911) Finale from Sonata 1.

### CHORAL EVENSONG, Sunday, March 21 at 3pm

Join us for Sunday Choral Evensong at your cathedral in San Francisco! The St. Paul's Choristers and Chancel Choir have been invited to be the choir at the 3pm Choral Evensong on Sunday, March 21st at Grace Cathedral. Choral music will include: Bernard Rose, Versicles, Responses, & the Lord's Prayer; Herbert Howells, Magnificat & Nunc Dimittis (St. Paul's Service); and Franz Joseph Haydn, Insanæ et vanæ curæ. A special tour of Grace Cathedral by cathedral verger Charles Shipley III will be offered for all Choir School children following the service.

### DONATIONS FOR EASTER DAY INSTRUMENTALISTS

Two trumpets and a string quintet will join the festive sounds of our choirs and 1929 Skinner organ at our 9am and 11am celebrations on Easter Day. Please consider underwriting an instrumentalist for \$450. Smaller donations are also deeply appreciated.



*Soli deo Gloria! To God alone be the glory!*

Susan

Susan Jane Matthews

Director of Music

## MAY DAY! MAY DAY!

The Circle of Saint Paul's will present their Spring Rummage Sale on

Friday, May 7th  
Saturday, May 8th

For sure two months away  
this day in May,  
For us to gather and debate,  
whether to keep or donate.  
Punxsutawney Phil has forecasted for us  
six more weeks of winter's chill.  
So while we dream of warmer days,  
let us spring clean,  
In preparation for our spring sale in May.



## Tea 'n Talk

Our next Tea 'n Talk on Monday, March 15 will include up close and personal tours of the Presidential Libraries with Reese Foster. Reese and his wife Sally are completing a goal of visiting each of the Presidential Libraries. You are invited to wear Presidential red, white and blue for the "tours" or green in recognition of St. Patrick's Day! TNT will be held in the Parish Hall starting at 2:00 on March 15. Please join us. For more information or to RSVP, please call Sally Boelter, Tish Busselle, or Virginia Pegley.



## Adult Forum Schedule:

March 7 - *Lent 3*

Great Themes in Christianity: Redemption

March 14 - *Lent 4*

Great Themes in Christianity: Grace

March 21 - *Lent 5*

Great Themes in Christianity: Resurrection

March 28 - *Lent 6 - Palm Sunday* - Holy Week

Lectionary Bible Study

April 4 - *Easter Sunday* - NO CLASS

## Alaska Mission Trip Fundraiser



Lent: Clean your car while you cleanse your soul! Car Wash

Sunday, March 21

9am -12noon in the El Camino Parking lot.

While you are in church, young people and adults from the Alaska Mission Team will be washing cars in the El Camino Parking Lot in exchange for a donation to the Alaska Mission Trip. We'll start at 9am (when Sunday Journey begins) and continue through noon.

Just bring your car to the El Camino Parking Lot, leave us (an adult) your keys, and you'll have a beautifully cleaned car when you come out of church.

This summer young people from St. Paul's and other parishes on the Peninsula will travel to the interior of Alaska to run a Vacation Bible School and to make some physical improvements in village buildings.

Though the village in Alaska has been Anglican for over 100 years, their connection to the wider church, and their resources to do something like a Vacation Bible School is very limited.

So, we will fly into the village in the interior (there are no roads) and spend a week learning from and sharing with the villagers. We know this will be a blessing to those who go and to those who offer us hospitality.

## Haiti Response

The St. Paul's Haiti response team is in place. The team will be developing St. Paul's long term response to this devastating disaster. We will consider all opportunities that best support the Haitian people and that align with our abilities. If we are best able to support Haiti by joining forces with other congregations or relief organizations, then that will be our path.

What took minutes to destroy, will take many years to rebuild. Our response will be to address the long term needs of the Haitian people and their country. Your Haiti Response Team members are Debbie Cleveland, Gail Pettit, Jay Janton, Jill Lighty, Kathy Martin, Wendy Dougherty, and Don Mulliken. We welcome any and all input from the congregation. Please contact any of the team with your ideas.

Since the team focus will be for the long term, remember that the immediate response we can provide at this time is financial support to the Episcopal Relief and Development fund, or through one of the many charities mobilizing to support Haiti. You can write a check to St. Paul's, with a note for Haiti support, and place it in one of the envelopes in the pews or Narthex or simply drop the check in the collection basket.

Continue to pray for the souls that have lost their lives and for the millions of people homeless...



Holy Trinity Cathedral  
Before and After



College St. Pierre

# St. Paul's Camp Sunday

March 14, 2010

Learn more about camps at Coffee Hour

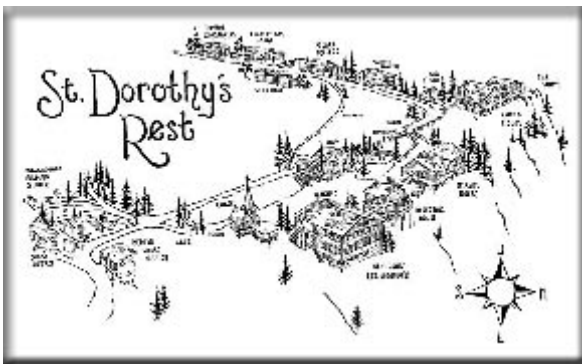
If you have been to camp you know what a formative experience it can be. Going to camp is a great way to get immersed in nature, to make new friendships and to grow closer to God.

## St. Dorothy's Rest



As the oldest continually-operating summer camp in California, Saint Dorothy's Rest is the kind of place kids adopt as their own, as they return again and again for a traditional summer camp experience with a mild but meaningful spiritual component. Katie Evenbeck, Executive Director of the camp, will be joining us along with several of her friends for a one-hour introductory Q & A session for kids and parents that will include a camp sing-a-long, games and a camp craft. Coffee, juice and donuts will be served.

Visit [www.stdorothysrest.org](http://www.stdorothysrest.org) beforehand for details about camp options and session dates, and to prepare any questions you might have. This could be the beginning of a beautiful relationship!



A redwood forest provides a magnificent backdrop for St. Dorothy's Rest, as the majestic trees lend an aura of serenity to all of camp and instill in guests and campers an appreciation of nature. Retreat guests and campers are welcomed into a rich historical tradition, lodging in historic buildings from the Arts-and-Crafts movement of the early 1900s.

## Camp St. Andrews

Our camp location is nestled in the heart of the Sierra Nevada Mountains, at a place where granite masses and thick conifer forests preside on a mountain face. The facility lies one mile above the Dardanelles at 6,000 feet in elevation. A perfect location to serve as a high sierra summer camp adventure, Camp Saint Andrews prides itself on its ability to bring out the beauty in all who attend, creating memories, stories, lifelong friends, wilderness awareness and the urge to re-live it again and again for years to come.

Here's a listing of the fun activities we participate in...

- Archery
- Arts & Crafts
- Hiking
- Nature
- Sports
- Campfires
- Rock Climbing
- Rappelling
- Ropes Course
- Dancing
- Quiet Games
- Swimming
- Chapel
- Singing

Registration can be done on the camp website at [www.campsaintandrews.org](http://www.campsaintandrews.org) <<http://www.campsaintandrews.org/>>

Questions about Camp?  
Ask a Camp Mom! Call Ana at 925-522-8672

Camp St. Andrews is a thrilling one-week-long adventure in California's Sierra Nevada foothills. This year, camp will be held from 7/18/2010 - 7/24/2010. Bus pick-ups are in San Bruno and Oakdale.

# St. Paul's Kidpower Interest Survey

## **About Kidpower** (taken from Kidpower brochure):

Kidpower is an educational non-profit organization with twenty years of experience bringing dynamic, positive People Safety education to children, teenagers, and adults, including people with special needs, close to home and around the world. Kidpower Central Office P.O. Box 1212 Santa Cruz, CA 95061 Tel (800) 467-6997 www.kidpower.org

## **About the "People Safety" Skills We Teach:** (taken from Kidpower brochure):

"People Safety" refers to people being safe with people, including themselves and each other. Successful practice of People Safety skills can prepare children and adults to build stronger relationships, increase confidence, advocate for themselves and others, and protect themselves from most bullying, molestation, assault, and abduction. The Kidpower "People Safety" concepts and skills include:

- Being safe with the words we say to others and the words people say to us
- Using awareness, showing confidence, and getting space to prevent problems before they start
- Setting boundaries around touch, teaching, and unwanted attention
- Creating safety plans with friends and family
- Getting help from adults to deal with safety problems and to persist until the problem is addressed
- Checking and thinking first before changing your plan about where you're going, what you're doing, and who you're with
- Using stranger safety habits to be safe with people you don't know
- Applying People Safety skills for safe, positive interactions at home, at school, and everywhere else

### **1) Please indicate which topics you might be interested in for your child(ren).**

\_\_\_\_\_ Bullying; focus on peer-to-peer interaction by practice boundary-setting and getting help skills.

\_\_\_\_\_ Stranger safety skills

\_\_\_\_\_ Other (please indicate what topic you would like to see addressed) \_\_\_\_\_

### **2) KidPower offers parent-child workshops to two age groups: Age ranges can be 4-8 or 6-12. What is the age of your child(ren) who you would like to have participate in this program? \_\_\_\_\_**

### **3) The cost of the two-hour Parent-Child Workshop is \$850. If 20 kids are enrolled, that comes to \$42.50 per child. (Enrollment is capped at 15 kids for the younger age group). Would you be interested in participating in a Kidpower workshop at St. Paul's that costs \$42 per child? YES \_\_\_\_\_ NO \_\_\_\_\_**

### **4) If you are interested in participating in a two hour Kidpower workshop at St. Paul's with your child(ren), please indicate which would be your preferred day and time for the workshop.**

\_\_\_\_\_ A Sunday after church (12:00-2:00, with a potluck lunch between the service and the workshop)

\_\_\_\_\_ A Saturday morning (10:00-12:00)

\_\_\_\_\_ A Saturday afternoon

\_\_\_\_\_ A Weekday afternoon (3:30-5:30pm)

### **5) Please write your name, email and phone number so we can follow-up with parents who have some interest in finding out more about participating in a Kidpower workshop at St. Paul's with their child(ren).**

Name: \_\_\_\_\_

Email AND Phone: \_\_\_\_\_

**PLEASE RETURN THIS FORM TO: ST. PAUL'S EPISCOPAL CHURCH, ATTN: The Rev. Julie Graham**  
(THE REV. JULIE GRAHAM CAN BE REACHED AT: 650-348-4811x14; [jgraham@stpaulsburlingame.org](mailto:jgraham@stpaulsburlingame.org))



415 EL CAMINO REAL  
BURLINGAME CA 94010

The Rev. Thomas Skillings, Rector  
The Rev. Sally Boelter, Associate Rector  
The Rev. Julie Graham, Associate Rector

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## **WORSHIP SCHEDULE**

**Sunday: 8am** - Eucharist in Chapel

**Sunday: 10am** - Sung Eucharist

**Wednesday: 11am** - Eucharist and Healing

### **Tongan Service:**

2nd & 3rd Sundays - 2pm

4th Sundays - 2pm - Anglican Eucharist

### **ST. PAUL'S EPISCOPAL CHURCH**

Phone: 650.348.4811

Fax: 650.348.2126

Email: [info@stpaulsburlingame.org](mailto:info@stpaulsburlingame.org)

[www.stpaulsburlingame.org](http://www.stpaulsburlingame.org)