



## EPISCOPAL CHURCH OF OUR SAVIOUR

# PERSPECTIVE

### From the Rector

*Exploring the Way of Love ... continued*

*Beginning last year at General Convention, our Presiding Bishop, Michael Curry, began laying out a vision for renewal across the Church. In longstanding Christian tradition, renewal often involves returning -- returning to our roots as Christians. Bishop Curry's approach summons up the very heart of Jesus' teaching -- the Way of Love -- and a very ancient way of approaching Jesus' Way through a Rule of Life.*

*This is the third in a series of articles on this structured way to practice a Jesus-Centered Life, and I encourage you to go and learn more about renewing this intentional commitment in our daily life as baptized Christians and as a parish community online at: <https://www.episcopalchurch.org/way-of-love>*

#### **Learn**

“Every day, what can I learn from the Word of God through the reading of scripture, the reading of spiritual materials that help to train up the spirit... to wrestle and live with scripture, paying particular attention to those passages and teachings where we actually hear the voice of Jesus?” - Presiding Bishop Michael Curry

Our Christian tradition is deeply rooted in learning, and we can think of the Church as a school from which we never graduate -- a body that is constantly learning from an ongoing conversation with our scriptural tradition and the gift of the Spirit moving anew among us.

In my reading of the Daily Office, part of the rule of life I have as a member of the Brotherhood of Saint Gregory, hardly a day goes by when at least one passage of scripture speaks directly to challenge or joy that is unfolding presently right now in this life. In the monthly cycle of the psalms, I recite the whole range of human emotions, ambitions, disappointments, and joy offered to God. The psalms are the heart of Jesus' spiritual tradition: they are the hymns he very likely grew up hearing and learning by rote at the synagogue in Nazareth. By the time he became an adult, the psalms were an indelible part of him. If we listen closely to his teachings in the gospels, we can hear how the language and substance of his teachings are fundamentally rooted in the psalms along with the heart of his Jewish upbringing: the Torah.

From very early times, Christian individuals and communities were taking up regular recitations of the psalms and reading scripture as part of their daily learning. Almost every distinctive pattern we have as a parish community and as baptized Christians can be traced back to this pattern of life rooted in scripture reading, reflection, and conversation.

At Church of Our Saviour, many of our members pick up the quarterly *Forward Day by Day* series from the newcomer table in the Fireside Room and use it as a source of learning and reflection with daily scripture readings. Some of us also engage the Daily Office -- Morning Prayer and Evening Prayer rooted

in an ancient monastic reading and prayer cycle that moves through the whole of Bible every two years. Others check out books on the spiritual life from the parish library, attend our weekly Wednesday bible studies, listen again to our Sunday readings and sermons, and engage in the regular forums and conversations of the Church.

And, of course, we have our Godly Play, Faith Quest, Middle Saints, Youth Group, Confirmation, and Adult Education programs, which are all rooted in patterns of learning around our scriptural traditions and stories.

These and so many other ways are how we learn not just the depths and richness of our tradition, but how we listen and learn from the voice of Christ speaking to us.

So, in this “back to school” month, how will you renew your learning from Christ? Check out what we offer at Church of Our Saviour! And here are a few links to get you started:

The Daily Office as offered by the Brotherhood of Saint Gregory:

<https://dailyoffice.app>

*Forward Day by Day:*

<https://forwardmovement.org>

And check out the printed resource on the newcomers' table in the Fireside Room.

Listen to Sunday readings and sermons from Church of Our Saviour. Find us in your favorite podcast app, or go to:

<https://oursaviourmillvalley.org/podcasts/>

Read a daily reflection at *Episcopal Cafe's* “Speaking to the Soul” series:

<https://episcopalcafe.com>

Register your children now for our new season of learning in our education programs:

[https://oursaviourmillvalley.org/families/sunday\\_school\\_registration\\_form.php](https://oursaviourmillvalley.org/families/sunday_school_registration_form.php)

Have another favorite online resource you like to use? Send it to me, and we will share it in a future issue of *The Perspective!*

With my love and every blessing in your life-long journey of learning,

Br. Richard Edward+

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## BACK TO SCHOOL ... INTO AUTUMN

With September right around the corner and our children back at school, Church of Our Saviour is gearing up for an exciting new Fall Season.

**Thursday, September 5th, come and join the Choir of Our Saviour as we start a new season from 7:00 - 9:00 pm in the Shackelford Choir Room.** Joining with many of our community musicians this autumn, we are planning a wide variety of spirituals, favorites, and traditional anthems to lift up our voices in prayer and praise. All who are interested in singing are more than welcome to join.

**On Sunday, September 8th at 9:45 am, Godly Play and Faith Quest kick off our programs** for Pre-K through 6th graders under the leadership of our Youth and Family Ministries Team and our new Godly Play Coordinator, Emily Huffman. Emily can be reached at [godlyplay@oursaviourmillvalley.org](mailto:godlyplay@oursaviourmillvalley.org). It is not too late to register for the new season online at

[https://oursaviourmillvalley.org/families/sunday\\_school\\_registration\\_form.php](https://oursaviourmillvalley.org/families/sunday_school_registration_form.php)

**Middle Saints and our Youth Group also start meeting on September 8th** and plan for a Fall of fun and service both on Sundays and during the week. Contact Gerry Caprio for more details at [youth@oursaviourmillvalley.org](mailto:youth@oursaviourmillvalley.org)

**Our Adult Education kicks off the season on Sunday September 15th at 11:30 am** with a forum looking at how we as Christians make time holy. Learn more about how the Church Calendar works, and how we walk a spiritual journey with Christ through the cycle of the Church Year. (See article below.)

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## MAKING THE TIME HOLY: AN ADULT EDUCATION FORUM

Sunday, September 15th, 2019, 11:30 am. Church of Our Saviour nave. Why does Easter have a different date every year? Who decided Christmas should be on December 25th? Why do we celebrate Christmas Eve? Why do we wear red at Pentecost? Why did our ancestors move the holy day from Saturday to Sunday? Who picks our Sunday readings and why?

Ever wonder about the origins of the Church calendar and why?

Join us for a conversation about church calendars, their origins, and how they inform our spiritual journey with Christ. Br. Richard Edward has recently been tasked with overseeing content development for church calendars through Church Publishing, The Episcopal Church's publishing house. He'll share what he's learning about church calendars on the way and a bit of the colorful(!) history that gave us the annual patterns our Church keeps now.

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## LOOKING FORWARD INTO THE SCHOOL YEAR

Church of Our Saviour's Middle Saints (7th and 8th Grade middle school students) and High School Youth will come together once again on Sunday, September 8th, at 10:00 in the Library to begin another year of exploring inspirational stories of everyday heroes who put into practice the values embedded in the Gospel.



Special events are scheduled each month to put into practice what we preach beginning with Harvesting at Green Gulch Farm on Sunday afternoon, September 22nd, as we join a team of other Marin youth. Service events will include volunteering at the St. Vincent de Paul Dining Hall, the Marin Food Bank and the Street Chaplaincy Tuesday homeless dinners.

Also starting up again in September will be after school tutoring at MLK Academy in Marin City on one day each week. This will be our fourth year participating in this highly successful program at the Academy.

On Sunday, November 17th, we will once again be co-sponsors of a county-wide interfaith gathering of Marin youth we initiated last spring that proved to be a memorable event.

Our youth will have the opportunity to volunteer for a mission trip during the week of June 21st. For several years in the past we hosted a week-long Habitat for Humanity project in Taos, NM. We are currently exploring potential programs for next June.

Lastly, Brother Richard has invited prospective candidates to begin preparation for Confirmation. There will be three Sunday evening sessions each semester over a two-year period.

More on these and other events will follow shortly. All-in-all we look forward to creating inspirational, enlightening and memorable times together. Come join us!

- Gerry Caprio

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## WHO'S IN THE PEWS: A "GO" FOR GODLY PLAY

by Rosine Reynolds

A great, if politely muted, rejoicing took place around the Godly Play rooms this summer. A new director had been found, following the deserved retirement of our priceless Tiana Wimmer. The new director, Emily Huffman, heard about the position from a local holistic therapist, Kerstin Marie Wheale, who referred her to one of our dedicated searchers, Marsha Dugan. Marsha assured her that the criteria were "to love children and to love the Lord." That's when Emily knew she had found both a job and a community that fit, and she "joyfully applied for the position."



She likes the Godly Play program's experiential learning, especially the "wondering" about God and thinks it helps develop closeness to God and to the community. As the program grows, our director would like to incorporate some of her background as a working, teaching artist and include that background in the children's "work time."

Painting is one of the things she does for fun, but it's also a spiritual practice. First, she prays, and when she's working on a commissioned piece, she prays that the finished work will be "a blessing of color, energy and light" for the receiver. Emily Huffman also enjoys being out in nature – especially on the beach -- and having outdoor adventures with her toddler son, Phoenix, now two-and-a-half. Phoenix likes to run, climb, dig and play trucks, but he's also happy to sing, draw and be in on jokes.

Emily also loves to cook; her background is enriched with Sicilian and Louisiana traditions. When she and Phoenix are busy in the kitchen, he likes to make banana bread and muffins. But this year is his first experience with preschool, attending Bright Horizons in Mill Valley. Happily for him, maybe after a hard day of singing, climbing, digging and drawing, a good Italian dinner will be on the way.

Read Emily's welcome in the article below.

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## EMILY WELCOMES YOU BACK TO GODLY PLAY AT COS!

We are gearing up for a fabulous fall season of Sunday School here at Church of Our Saviour! Beginning on Sunday September 8th at 9:45, our Fall program will focus on well-known bible stories, Jesus' parables and stories of the season.

I am happy to serve as the new coordinator of Godly Play here at Church of Our Saviour. I have a background working with preschool and elementary age children. As an artist and Mother, I am so excited to work with the kids and create a space where they can learn and connect with God, Jesus, the Holy Spirit, themselves and each other.



Our Sunday School program has two Godly Play classes, one for children in PreK-K and the other for children in grades 1-3. Classes include storytelling, wondering, work time, and a feast. Faith Quest, for grades 4-6, includes advanced Godly Play stories, pondering, scripture, art and monthly "Maker Days."

This program can only happen with the support of our volunteer Storytellers and Greeters. We encourage parents to volunteer as a way to deepen their children's experience.

In order to keep our children safe and cared for, we require that someone from each family volunteer as a Greeter in one of our classrooms one Sunday per month. Greeters welcome the children, help them get their craft materials, and assist with our "feast." No preparation is required and it's a fun way to see what's going on in our classrooms! Storytellers share a Godly Play story with the children using colorful fabrics, tactile objects and carved wooden figurines, and hold space for them to wonder and connect to God.

On behalf of the COS Godly Play Ministry, I look forward to welcoming you and your family on Sunday, September 8th at 9:45 in the Courtyard. If you have any questions about Godly Play or COS Sunday School, please feel free to contact me directly.

Blessings,

Emily Huffman

Coordinator, Godly Play Program

[godlyplay@oursaviourmillvalley.org](mailto:godlyplay@oursaviourmillvalley.org)

(415) 756-6760

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## MILL VALLEY MARKET'S SHOP & GIVE BENEFITS COS

Did you know that COS gets a check from Mill Valley Market every quarter that is usually between \$200 and \$300? That is all because parishioners shopping at Mill Valley Market participate in their SHOP & GIVE program. They give our code at checkout and 2% of the total is donated to COS.

### How Does It Work?

At check out, select Episcopal Church of Our Saviour from the list by the register and/or use #7028 and tell the checker before your transaction is complete. They will donate 2% of



your TOTAL RECEIPT. That's all there is to it! As an individual, you don't need to sign up, carry a card or sign anything, and it costs you nothing. The best part is that 100% of your donation will go to the COS. There are no third-party administrative fees.

### No Exemptions!

Some stores say they will donate 4 or 5%, but that is on qualified items only. They exclude certain items like liquor, wine, beer, milk, tobacco, and CRV from their totals before figuring their donation amounts. Which means less money goes to the charity. With SHOP & GIVE, Mill Valley Market calculates the donation as 2% of your TOTAL RECEIPT WITH NO DEDUCTIONS OR EXEMPT ITEMS or hidden fees. Which results in more money for COS!

So next time you shop at Mill Valley Market, remember to give our number **7028** to the clerk before the end of your transaction. Keep those big donation checks from Mill Valley Market coming!

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## THE EVOLUTION OF OUR NEW NAMETAG BOARDS

by Rose Scarff & Marsha Dugan

By now most of you have seen our new nametag boards in the narthex. Instead of the wobbly wooden screens we now have two boards mounted on the back of doors in the narthex so that there is more space for the ushers and greeters to welcome people as they enter the church.

This labor of love began in the fall of 2018 when Mary Washburn, as our Junior Warden, and Mallery Walker, Liz Murray and Marsha Dugan of the Greeters began to discuss what could be done to facilitate a better flow of traffic in the narthex on Sunday mornings.

When these ladies were first talking about this upgrade, Mary started with looking in catalogs for replacements. Everything was too large for our small narthex space. Liz thought that wooden boards to cover the windows on the doors and to hold the nametags would be most efficient, but there was nowhere to buy something ready-made to fit these unusual spaces.



This is when Marsha Dugan remembered touring the shop at Lick-Wilmerding High School (LWHS) in San Francisco when Ryan was looking at schools. As part of their four-year program, all students are required to take a Public Purpose Program class at least during their junior year. When the Dugans visited LWHS during Ryan's 8<sup>th</sup> grade year, they spoke with a student in the wood shop who was building kneeling benches for a Buddhist group. Marsha thought it wouldn't hurt to see if they would be interested in making nametag boards for us.

Marsha applied for the project to be done through their Public Purpose Program and it was approved in the spring of 2019. The two students who worked on them were Annabelle Hendrickson (now a freshman at UCLA) and Max Beldner (now a senior at LWHS). As a part of the project, they interviewed Marsha for a

brief presentation about COS to their class. They mentioned COS's history of social activism, including mentioning Rev. D. Murray Hammond's trip to Selma in the 1960s.

Annabelle and Max then began the work of designing custom name tags boards to meet our needs. They were open to the COS committee's ideas and eager to help. The committee hoped they would be able to visit the narthex in person as part of the process, but scheduling didn't work for them to get up to Marin.

So, with a shared goal of developing a design that would be functional, compact and attractive, Marsha and Liz began a four-month long process of emailing with Annabelle and Max. Measurements were made and checked; many photos were sent; ideas were shared. Through this iterative process, the new boards were designed.

The final product reflects a true collaboration between COS and the LWHS students. The magnet idea was not part of the original process; Liz Murray had that idea. Mary ordered smaller nametags that could also be designed to include our logo. Marsha Dugan had the idea for framing the boards. Annabelle and Max came up with the ideas for both the raised strips that the magnets are mounted on and the French cleats on the back (used by Terry Peck to place the boards simply and securely on the narthex doors).

Since this was considered a service project for the students working on it, the new boards did not cost COS anything, except the price of the new nametag holders and paper to print them on. If you are interested in learning more about LWHS's work in the community, find them at:

<https://www.lwhs.org/community/the-center-for-civic-engagement>.

## SEPTEMBER BIRTHDAYS

- 12<sup>th</sup>  Annie & Lizzie Blanchard
- 15<sup>th</sup>  Eleanor Coleman; Barry Smeltzer
- 18<sup>th</sup>  Mark Chavez; Montana Beecroft
- 19<sup>th</sup>  Abraham Madden
- 22<sup>nd</sup>  Lynn Sandberg; Blakeley Peck Whitney
- 23<sup>rd</sup>  Cathy Steele
- 24<sup>th</sup>  Scott Johnson
- 27<sup>th</sup>  Garry Lion
- 28<sup>th</sup>  Skip Sandberg
- 29<sup>th</sup>  Juliana Jensen
- 30<sup>th</sup>  Nicholas Wetzler; Daniel Helmer



**Staff**

The Rev. Br. Richard Edward Helmer, BSG, Rector 415-244-1860  
 The Rev. Gerald Caprio, Youth Minister 415-786-3949  
 Patricia M. Rose, Seminarian 513-293-1038  
 Emily Huffman, Godly Play Coordinator 415-756-6760  
 Albert Campbell, Music Director 510-710-1215  
 Rose Scarff, Parish Administrator  
 Jeff Johnson & Gay Rawlins Johnson, Co-Treasurers  
 Terry Peck, Sexton  
 David Smith, Editor, *Perspective*

**2019-2020 Vestry**

Marsha Dugan	Senior Warden
Mary Washburn	Junior Warden
Lex Campbell	Patty Ginnebaugh
Anders Knox	Elizabeth Mooney
Jonathan Walker	Tiana Wimmer

**Worship at COS**

Sundays	8:00 a.m.	Holy Eucharist Rite I
	9:45 a.m.	Children & Youth Programs
	10:00 a.m.	Holy Eucharist Rite II
Wednesdays	10:30 a.m.	Eucharist & Bible Dialogue
Monday-Thursday:	9:30 a.m.	Morning Prayer
	5:00 p.m.	Evening Prayer

**THE EPISCOPAL CHURCH OF OUR SAVIOUR**

Phone: 415-388-1907  
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 Web: [oursaviourmillvalley.org](http://oursaviourmillvalley.org)

*Office Hours: Monday-Friday 9:00 a.m. to 3:30 p.m.*

**Ministry Coordinators**

Acolytes	The Rev. Gerald Caprio
Adult Education	Dryden Liddle
Altar Guild	Gay Rawlins Johnson
Archives	Rose Scarff
Care of Creation Ministry	Mark Tarpey-Schwed
Coffee Hour/Parish Life	Kristi Shaffer
Eucharistic Ministers	Rosalind Patterson
Faith in Action	
Healing Team	
Lectors	Nancy Cone
Pastoral Care Team	Suzanne Johnson
Stewardship	Tatem Read & Mike Yelverton
Sunday School:	
Godly Play	Emily Huffman, Mallary Walker & Liz Murray
Faith Quest	Tiana Wimmer
Middle Saints	The Rev. Gerald Caprio & Patty Ginnebaugh
Confirmation	The Rev. Br. Richard Edward Helmer
High School Youth	The Rev. Gerald Caprio
Ushers	The Rev. Gerald Caprio
Greeters	Mallary Walker
Pastoral Counseling	Nancy Cone
Blessings, Baptisms & Pastoral Counseling	Richard Helmer

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The Episcopal Church of Our Saviour  
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**Return Service Requested**