

**GET
CONNECTED**
MINISTRIES, EVENTS AND CLASSES



**ST. FRANCIS
EPISCOPAL CHURCH**

**WINTER/SPRING
2010**

TABLE OF CONTENTS

Welcome Letter from Mother Sarah	3
About St Francis - Mission, Vision and Values	4
Newcomers	5
Newcomers' Coffees	5
Membership at St. Francis	5
What Does it Mean to be a Member of St. Francis?	5
How Do I Join St. Francis Church?	6
Worship	6
Weekly Worship	6
Taizé 3 rd Fridays	7
Special Services This Fall/Winter	7
Opportunities For Serving During Worship	9
Music Ministry	10
Choir	10
Choristers	11
Parish-Wide Events	12
Spiritual Formation and the Arts	14
Children, Youth and Families	15
Infants and Toddlers	15
Catechesis of the Good Shepherd (Pre-K through 6yrs)	15
Workshop Cycles (2 nd & 3 rd grade)	15
Worship Alive (4 th and 5 th grade)	16
Upcoming Special Celebrations in Sunday School	16
All-Age Childrens Chapel Celebrations	17
Preparation for 'First' Holy Communion	17
Youth Groups (6 th grade, and up)	17
For the Whole Family	19
Parents	19
Adult Education and Spiritual Formation	21
Small Groups	21
Adult Christian Formation Classes	22
Caring Ministries	24
Outreach	25
Fellowship	27
The Episcopal Church Women	27
Friars	29
Widows and Orphans	29
Community Interfaith Events	29
Other Chances to Serve	30
Buildings and Grounds	30
Stewardship	30
Making a Pledge	30
Beyond the Pledge	30



Dear Friends of St. Francis,

I am looking forward to all this coming season holds for us at St. Francis, and I hope you are too.

This 2010 Winter/Spring issue of *Get Connected* highlights the main worship opportunities, ministries, events and classes happening at St. Francis through Easter 2010, and provides contact information and details on how to get involved.

Take it home, look it over, and use it to jot notes in your calendar, Blackberry, iPhone, or whatever else you use to keep track of your time. Watch the website, monthly newsletter, and bulletin board at coffee hour for details on how to sign up for classes and other events where we would like you to RSVP.

I hope this booklet provides you all the invitation you need to explore what this community has to offer, and to take a new (or maybe just another) step toward a life of meaning, purpose, and joy.

God Bless you,
Mo. Sarah +

ABOUT ST. FRANCIS

VISION AND MISSION

Jesus said, “I came that they may have life, and have it abundantly” (John 10:10).

He taught that the truly abundant life offers a peace the world can never give. We believe this is God’s vision for all people.

Our mission is to come alive in knowing Jesus Christ through the power of the Spirit, that we may live, inspire, and lead others to the fullness of life God intends for us.

VALUES

We are called to live by a different set of values than the world around us, values that ground us in transformative relationship with God. Therefore, in all we do, we strive to be:

CHRIST-CENTERED. We believe Jesus is the ultimate teacher of how to live the kind of life God intends for us. We center our lives in Christ through prayer, worship, study and authentic community.

CHRIST-LIKE. We believe that as we become genuine followers of Christ, we will grow to be more like him, becoming instruments of grace, hope, and love in every area of our life and world.

SPIRIT-LED. We believe in prayer and spiritual practices that fuel a living relationship with God and empower us for life in the way of Christ.

WELCOMING. We believe that all people matter to God, so we joyfully welcome all people into our community – without exception.

INTENTIONAL. We believe every moment – every liturgy, every coffee hour, every chance meeting in the supermarket – is an opportunity to practice the presence of Christ and to manifest God’s Kingdom among us.

AUTHENTIC. We believe God calls us into a supportive community that nurtures us in faith. We risk being open and vulnerable, sharing our real lives so we may learn to love and be loved as we truly are.

TRANSCENDENT. We believe that rich, transformative moments, especially in worship and prayer, are essential to sustain a life of hope in the midst of much that seems hopeless.

EVANGELICAL. As we find abundance of life in Christ, our lives overflow with a peace, joy and generosity that blesses the world. We do not hesitate to share where this comes from so others may be inspired to seek this kind of life for themselves.

NEWCOMERS

Contact: Mo. Sarah Phelps, sarah.phelps@stfrancispv.org, 310-375-4617.

Welcome to St. Francis Church! Wherever you are in your spiritual journey, we invite you to explore this community further and come travel with us.

NEWCOMERS' COFFEES



Contact: Roberta Reddall, rreddall@att.net, 310-378-9796.

An opportunity for newcomers to St. Francis to enjoy a special reception and get better acquainted with our clergy, Vestry, and the ministries of St. Francis. If you have started attending St. Francis within the last year or so, consider yourself invited! Sunday **April 18 at 11:30am, Board Room.**

MEMBERSHIP AT ST. FRANCIS

WHAT DOES IT MEAN TO BE A MEMBER OF ST. FRANCIS?

If you would like to become a member of St. Francis, we ask that you strive to fulfill the following commitments to the best of your ability:

1. Participate fully as we share Christ's mission of service to the world.
2. Share your time, money, and talents in ministry through St. Francis; make a financial pledge, striving toward the biblical model of the tithe (10% of income).
3. Seek to develop and deepen your relationship with God by participating in Sunday Eucharist most weeks, as well as at Christmas, Holy Week, Easter and other major festival days.
4. Support the growth and Christian formation of all, especially the children of our parish, extend a hospitable welcome to all, and take responsibility for inviting friends to experience our life and community at St. Francis.

5. Take responsibility for the guidance and direction of the church by participating in our Annual Parish Meeting each January and serving on a Vestry Commission or other ministry of the church on a regular basis.

HOW DO I JOIN ST. FRANCIS CHURCH?

1. Complete a Parishioner Information card, available on the rolling bulletin board at coffee hour or in the Church Office, and contact Mo. Sarah about your desire to join the church.
2. Baptism is the first step of membership. If you or a member of your family (adult or child) has not been baptized, contact Mo. Sarah. See p. 23 for information about upcoming Baptismal Preparation classes.
3. If you are transferring your membership from another church (not Episcopal), contact Mo. Sarah and she will guide you through the process toward being received or confirmed into the Episcopal Church.
4. If you are a member of another Episcopal Church, you should request your former parish to send a "Letter of Transfer" to St. Francis, marked for the attention of our secretary, Diana McKnight. You will be registered with St. Francis as soon as this letter is received.

WORSHIP

Contact: Mo. Sarah Phelps, sarah.phelps@stfrancispv.org, 310-375-4617.

WEEKLY WORSHIP

Sundays at 8:00 a.m. ~ Holy Eucharist in the Chapel

A spoken Eucharist using the more traditional language of the Rite I liturgy, 1979 *Book of Common Prayer*.

Sundays at 9:30 a.m. ~ Contemplative prayer in the Chapel

Join us in the Chapel baptistery for 20 minutes of quiet, candlelit prayer using various forms of contemplative practice such as centering prayer and Christian meditation. No previous experience required. Led by our Associate for Spiritual Formation and the Arts, Paula Vukmanic, paula.vukmanic@stfrancispv.org, and parishioner Susan Marshall, susanmarshall@gmail.com.

Sundays at 10:00 a.m. ~ Holy Eucharist in the Church

A choral Eucharist using more contemporary language. Sunday School is available for children from pre-school age through 5th grade, starting at 9:45 a.m. Professional childcare is available for infants and toddlers.

Wednesdays at 12:10 p.m. ~ Holy Eucharist in the Chapel

A simple and informal spoken Eucharist with a focus on the lives of the saints. A perfect way to spend your lunch hour if you live or work nearby. Call in your lunch order by 10:00 a.m. (approx. \$5), and stay for lunch with the clergy and staff. Call Diana in the office to place your lunch order, 310-375-4617.

TAIZÉ 3RD FRIDAYS

Taizé in the Chapel ~ 7pm (except for December, when we meet for Advent Taizé every Tuesday)

Sung prayer by candlelight in the tradition of Taizé, an ecumenical monastery in France which developed this form of prayer, now practiced all around the world. You may sing or just sit in quiet contemplation. Followed by a wine and cheese reception. Childcare is provided - no need to call ahead for a reservation.

SPECIAL SERVICES THIS WINTER/SPRING

Ash Wednesday, February 17, 12:10 p.m. & 7:00 p.m. in the Chapel

A service to begin the Lenten season. Come to a quiet space to pray, receive ashes on your forehead as a sign of repentance (returning to God) and re-commit yourself to a life in Christ.

Morning and Evening Prayer through Lent

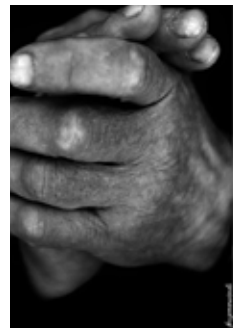
Start or end your day praying with Anglicans throughout the world as we practice this ancient form of daily prayer in community, and learn to incorporate this kind of prayer into your individual prayer at home.

Evening Prayer – Tuesdays at 5:30 p.m.

Feb 23, March 2, 9, 16, 23, 30

Morning Prayer – Thursdays at 7:30 a.m.

Feb 18, Feb 25, March 4, 11, 18, 25 & April 1



The Sunday of the Passion: Palm Sunday

Sunday, March 28 One service at 10 a.m. in the Church

This service begins with praise, with a majestic procession of palms, and ends in reflective silence, re-tracing the arc from Jesus' triumphal entry into Jerusalem down into his suffering and death on the cross.

The Triduum:

Maundy Thursday, Good Friday & The Great Vigil of Easter

Maundy Thursday - April 1, 7:00 p.m.

Good Friday (Stations of the Cross) - April 2, 12 noon and 7:00 p.m.

The Great Vigil of Easter - April 3, 7:30 p.m.

All services are “in the round” on the Church Chancel.

These services are celebrated as one continuous service in three parts over three days. They are intimate, beautiful services, each marking a distinct moment in the last week of Christ's earthly life.

On *Maundy Thursday* we remember the Last Supper from which comes our Sacrament of Holy Communion and Jesus' commandment to love one another.

On *Good Friday* we remember with gratitude how he poured himself out for us through his death on the cross.

At *The Great Vigil of Easter* we recount the whole sweeping story – from Creation to Christ – of how God has come to save us and set us on a new path. The Vigil starts with a fire in the darkness, celebrates our dying and rising with Christ in baptism, and ends with joy in the resurrection. A dessert and champagne reception will follow.

Easter Sunday, April 4

8 a.m. in the Chapel & 10 a.m. in the Church

Easter is the great central feast of the Christian year. We'll celebrate with beautiful music and extend a warm welcome to the many South Bay families who will join us. After the 10 am service, we'll celebrate our annual St. Francis Easter Egg Hunt!

OPPORTUNITIES FOR SERVING DURING WORSHIP

Contact: Holly Henebry, hhenebry@cox.net

No prior experience is necessary to serve in any of the following capacities, only a willing spirit! Training will be provided. It is a special joy to serve at worship. Please consider giving it a try.

Acolytes

Lead the procession into worship and assist the clergy at the Eucharist (4th graders & up).

Altar Chapter.

Polish silver, care for linens, arrange flowers, and prepare the Lord's table with grace.

Altar Chapter Sewing.

Sew and repair altar vestments.

Chalice Bearers

Serve the consecrated wine during the Eucharist.

Greeters

Greet, welcome and orient Sunday visitors to St. Francis.

Lay Eucharistic Visitors/Ministers

Visit homebound parishioners once per month to share the Eucharist with bread and wine from our Sunday liturgies.

Oblation Bearers

Bear the bread and wine to the altar for the Eucharist.

Readers

Read Scripture and/or lead the Prayers of the People.

Sound System Operators

Operate the sound board, ensuring that the words of the liturgy are heard as loudly and clearly as possible.

Ushers

Distribute bulletins, receive and present the offerings of the people, and guide the congregation to the altar during Eucharist.

Vergers

Serve as the "masters of ceremonies" ensuring that our worship servers are properly trained and organized so that we offer our very best to God in worship.

MUSIC MINISTRY

Contact: Dr Ray Urwin, stfrancischoirs@yahoo.com, 310-944-0679.



CHOIR

“These great buildings need the music and the music needs these buildings.”
(Anne Page, writing in *A History Cathedral Choir Schools*)

Experience the joy of making music with St. Francis’ Director of Music, distinguished organist and composer Ray Urwin. The St. Francis Choir offers the opportunity for choral musicians (maybe you!) to rehearse great music, hone and refine their musical skills, and drink sherry in the company of like-minded, hard-working, fun folk. Ray selects a broad range of challenging and rewarding music from Bach to Mozart and Brahms, plainchant to spirituals, and even the occasional Inca!

The renowned acoustic of the church at St. Francis makes it the perfect place both to sing and to hear many classics of church repertoire which were written for the great cathedrals, college chapels, and churches of Europe. Then just add to that the joy of singing in a building that sings with you for a wonderful choir experience. This year the Choir has opportunities to voyage outward, possibly singing in other churches in Long Beach, RPV, and San Pedro.

Rehearsals are weekly on Thursday nights at 7:30 p.m. (usually with one additional rehearsal each for Christmas and Holy Week). **If you would like to be part of this rewarding weekly ministry, please call Ray Urwin at 310-944-0679 or e-mail stfrancischoirs@yahoo.com.**

CHORISTERS

“England’s oldest youth movement”

(Sir Sydney Nicholson, founder of the Royal School of Church Music, and author of the beloved hymn “God be in my head.”)

What a joy it is to be able to sing pretty well, no matter where you are – even if it’s just “Happy Birthday”.

You may think you either have the talent or you don’t, but the truth is – it’s almost all training and exposure to singing that does it, and starting early helps! It’s a simple matter to learn to match the sounds you make to the beautiful sounds you hear inside your head. And once you have that, it’s a skill you carry into your adult life and experience.

Don’t worry about whether your own child can “sing” or not – if he or she is 8 years or older and fluently reading, just send them to Choristers and we will take care of the rest. (Talk to us if you have a precocious and eager 7-year-old.)

The St. Francis Choristers is affiliated with the Royal School of Church Music, which offers both a graded system of instruction (look for different colored ribbons with medals on our Choristers) and opportunities for further advancement and leadership. The RSCM philosophy is that high-quality music exists for all levels of musical learning.

Under the direction of Cecilia and Ray Urwin, Choristers learn to read music, to sing correctly and beautifully, to follow a conductor, and work with guest instrumentalists. Then we add music history, how music fits in the liturgy and eventually all Choristers learn to sing in parts! The environment is fun, nurturing and fosters teamwork.

There is no homework! Rehearsals are (tentatively) set for Thursdays at 4:15–5:30 throughout the year.

No musical experience of any kind is necessary to join! None at all! Really! **Please call Cecilia Urwin at 310-293-7071 or e-mail to stfrancischoirs@yahoo.com for more information.**



This paragraph was written about the schools, but we think churches should take note, too: *“People used to make music together, singing in churches, playing in bands. Today, music is a commodity, marketed as an item to be possessed by individuals— “my music,” people say. The image of a listener is one person, alone, headphones on, entranced by his personal shuffle.*

It is now de rigueur to mock the sort of genteel suburban '60s childhood I experienced, with its Scout songs like 'This Land Is Your Land' and 'Bingo Was His Name-O.' However, when the 5-year-olds in our kindergarten were asked to name a familiar tune, the one most of them recognized was from High School Musical. With today's separation of church and tribe and home country, if public schools don't create a common culture, Disney or Nintendo will."
(Sandra Tsing Loh, writing in the *Atlantic Monthly*, March 2008)

PARISH-WIDE EVENTS

The Priestly Ordination of The Rev. Paula Vukmanic
Saturday, January 9 at 10:00 a.m. at St. John's Pro-Cathedral,
514 W. Adams Blvd, Los Angeles (carpooling encouraged)

The Rev. Paula Vukmanic, our Associate for Spiritual Formation and the Arts (currently a transitional deacon) will be ordained to the Sacred Order of Priests by The Right Rev. J. Jon Bruno, Diocesan Bishop of Los Angeles. **Paula invites the parish to join her for an Ordination & (belated) 60th Birthday Celebration at St. Francis in the Parish Hall following the service.** Lunch will be served. RSVP to Diana in the church office: secretary@stfrancispv.org or 310-375-4617. Also, please contact Diana if you would like to contribute toward an ordination gift for Paula.

St. Francis Annual Parish Meeting
Sunday, January 31 at 11:30 a.m., following the 10 a.m. service
(no 8 a.m. service)

The meeting will be held in the Parish Hall following one combined service at 10 a.m. It is an opportunity to reflect on our ministry over the past year, and look ahead to the future. Elections will be held for four members of the Vestry (serving three year terms), and four delegates to Diocesan Convention (held the first weekend of December each year). If you are interested in serving in any of these positions, or if you have suggestions for nominees, please communicate with Mo. Sarah or a member of the current Vestry by January 3, 2010.

Following the meeting we will have a potluck lunch. Please bring your favorite (hassle-free) entrée or side dish. Dessert and beverages will be provided. Childcare will be available.

Chinese New Year “Chinese Auction” - Saturday February 6 at 6:30 p.m.

St. Teresa’s guild will be hosting a Chinese New Year “Chinese Auction” fund-raiser. Food, drinks, “Auction” items, and lots of fun.

Pancake Supper on Shrove Tuesday, February 16, 5:30 – 7:30 p.m.

Come and eat some pancakes prepared by the Journey 2 Adulthood youth group, enjoy some games and pancake races and learn about Lent and how to celebrate this important season with the whole family.

“Designs for Dining” - Friday, March 5 and Saturday, March 6

This is the main fund-raiser for the St. Francis Outreach Scholarship Fund. This event will be our 10th Annual “Designs for Dining” and therefore this year’s event will be particularly exciting. The event features more than 30 table top designs of differing themes, speakers, refreshments, silent auction, raffle and boutique.

You may receive a phone call asking if you can volunteer for a few hours at the event. This is an excellent way to make new friends and contribute to the success of the outreach charity it serves.

The mission of the organization, the St. Francis Outreach Scholarship Fund, is to help local students with a portion of their unmet needs during their college years. The students are from the greater South Bay area. We are currently assisting our second and third scholarship recipients.

The next planning meeting will be held in the St. Francis Boardroom at 10:00 a.m. on Thursday, **February 4, 2010**. Photos are available for viewing from past events on the church website at **www.stfrancispv.org**.

Once on the Home Page, click on “Designs for Dining” in the Parish Photo Album.

If you have questions or would like to know how you can help, contact Joni McIntyre, the past chairperson, by e-mail at **rosina3@verizon.net**, or Cheryl Gutierrez, the current chairperson at **cacgmayday@gmail.com**.

Church Greening for Holy Week - A day for all ages!

Saturday, March 27, 9:00 a.m. - 11:00 a.m.

Join fellow Franciscans for a fun day preparing the Church, Chapel and grounds for Holy Week! We’ll start with prayer at 9:00 a.m. and then get busy. The youngest ones will make Palm crosses for use on Palm Sunday. The strongest ones will hang palm fronds. The tidiest ones will help the Altar Chapter make everything look its best for Holy Week!

SPIRITUAL FORMATION AND THE ARTS

Contact The Rev. Paula Vukmanic at paula.vukmanic@stfrancispv.org,
310-375-4617.



Landscape Painting Days

Artist Paula Vukmanic, our Associate for Spiritual Formation and the Arts, will be leading days of outdoor landscape painting on the beautiful grounds of St. Francis

on **Saturdays, Jan 23, Feb 20, March 20, and April 17**, from 9:30 a.m. until 12:30 p.m. The morning will consist of a painting demonstration by Paula, followed by two hours of personal painting time with instruction. Please bring: water or drinks, a portable easel, painting supplies (paints, turpenoid, brushes, mediums, paper towels, small canvas, sketch book, pencil, etc.) or bring whatever artistic medium you have enjoyed using!

Questions? - or a more comprehensive list of art supplies -- please contact Paula at paula.vukmanic@stfrancispv.org or **310-375-4617**.

COST: \$20 per person or \$30 per family.

Arts Committee

Building on the gifts and wonderful experience of the Stations of the Cross Committee, St. Francis has formed an Arts Committee to become a core team for artistic projects on the St. Francis Campus, such as refurbishing and enhancing the corner space in the Church chancel area where we offer Intercessory Prayer on Sunday mornings, working out ideas for a labyrinth, developing a prayer garden or two, and working out the feasibility of ideas that have been floating around for years. To become a part of this team, contact the Rev. Paula Vukmanic, paula.vukmanic@stfrancispv.org or call 310-375-4617.

CHILDREN, YOUTH & FAMILIES

Contact: The Rev. Krista Fregoso,
krista.fregoso@stfrancispv.org, 310-375-4617.



INFANTS AND TODDLERS

Childcare is available in the Nursery (Room 1 of our Education building) for infants and toddlers 3 years and younger, every Sunday during both worship services – 8:00 a.m. (if needed), and 10:00 a.m. Care is provided by Lu Adams, a long-time member of the parish and retired pediatric nurse who has extensive experience in working with young children. Our Nursery provides the youngest ones at St. Francis with a safe, loving environment and a positive introduction to the church. Lu is also assisted by teen helpers each week.

CATECHESIS OF THE GOOD SHEPHERD

(PRE-K / 3-6 YEARS) Catechesis of the Good Shepherd is a Montessori method of children's spiritual formation where children can grow in their relationship with God through a deep engagement in scripture and liturgy. This program will lay the foundation for a life grounded in an awareness of God's love. The youngest children (ages 3 – 5) meet in the "Good Shepherd Atrium". The 6-year olds meet in the "True Vine Atrium". The children will return to church in time to receive Holy Communion with their families. Contact: The Rev. Krista Fregoso, krista.fregoso@stfrancispv.org, 310-375-4617.

WORKSHOP CYCLES (2ND & 3RD GRADES)

This program provides for the spiritual development of children, while offering creative and exciting hands-on activities that engage them in a new level of learning and retention. It uses a rotation-style model which means the children work on the same story or concept for several weeks using different learning approaches in each Workshop they visit. Rotations may include Story, Kitchen, Art, Drama, Music or Movies. Children prepare for and worship in a short, prayerful service in the Chapel before coming into the Church to rejoin their families in time for Holy Communion. Contact: Kate Buchen, emilykatebuchen@yahoo.com



SUMMER SUNDAY SCHOOL

During the summer months (June 20 through September 5), St. Francis Church offers “Summer Sunday School” where all grade levels (Preschool thru 5th grade) meet together during the 10 o’clock service to learn about the Bible through stories, videos and crafts. The children also enjoy playing at the playground, which is always supervised by adult volunteers.

WORSHIP ALIVE (4TH & 5TH GRADES)

Worship Alive is a program that is centered around how we worship and grow through prayer and discipleship. The program consists of two parts, **Worship Rotations** and **Project Rotations** which will be scheduled in 4-8 week alternating blocks of time.

During Worship Rotations, our 4th and 5th grade kids will be in the worship service at 10 a.m. They will learn about worship through singing with the Choristers, reading, being an acolyte, shadowing servers and being active participants. (If your child wishes to sing with the Choristers, they will need to speak with Mrs. and Dr. Urwin as this requires a year-long commitment to additional rehearsals). After the service we will debrief each Sunday in our own special 15-minutes “coffee hour” in the Choir Room.

The second part of the program consists of **Project Rotations**. These will happen during the 10 a.m. worship service (Sunday School hour). During Project Rotations, the kids will gather at 9:45 a.m. to carry out active projects where they will learn about different prayer and worship forms. They will create a play for the younger children, a Communion Trivia game to stump the adults, and a prayer labyrinth to share with all of us at St. Francis.

Contact: The Rev. Krista Fregoso, krista.fregoso@stfrancispv.org, 310-375-4617.

UPCOMING SPECIAL CELEBRATIONS IN SUNDAY SCHOOL:

- January 3rd: Epiphany Celebration
- February 7: Outreach Project TBD
- February 21: Ash Sunday Chapel Service
- April 11: Service of Light in Chapel
- May 30 : Pentecost Celebration
- June 13: End of Year Party

ALL-AGE CHILDREN'S CHAPEL CELEBRATIONS

(Shortened Sunday School hour starting at 9:45 a.m. followed by a special time in the Chapel with all of our Sunday School aged kids.)

Ash Sunday – Sunday, February 21.

A children's version of Ash Wednesday, the children explore themes of "turning to God" and becoming committed disciples. Children will take home a Mite Box to fill during Lent with special offerings. They will be collected on Palm Sunday and will be given to support local community charities which serve children.

1st Sunday of Easter – Sunday, April 11.

A children's version of the Great Vigil of Easter, the children celebrate the resurrection!

Pentecost Chapel – Sunday, May 30 (Sunday after Pentecost).

A celebration of the many gifts we receive by the power of the Holy Spirit.

PREPARATION FOR "FIRST" HOLY COMMUNION - SATURDAY MINI-RETREAT

Saturday, March 20, 9:00 - 12:00 Noon

All children (Kindergarten age and up) are welcome to attend this "mini-retreat" with The Rev. Krista Fregoso to explore the mystery and meaning of the Eucharist. All children are welcome, whether or not they have been receiving Holy Communion to date. If desired, the kids will have a chance to celebrate their "First Communion" together on Easter morning. Contact krista.fregoso@stfrancispv.org, 310-375-4617.

YOUTH GROUPS

Our youth groups meet on the same schedule each month. Check the calendar at www.stfrancispv.org for meeting dates.

Rite 13 (6th, 7th and 8th graders)

The program guides young people as they take the first steps of independence from their families and toward the path of adulthood. Meetings focus on self-discovery and building relationships with God and each other.

Contact: Mike Phelps, at michaelbphelps@yahoo.com.

Journey to Adulthood ("J2A") - For senior high students.

We meet twice a month to discuss "typical" teen issues while exploring how to better connect with God and discern where and how he might be leading us in our lives. Contact: Kristina Pelá, krab3@yahoo.com, 310-375-9823.

Sunday, January 17th - Laser Tag outing after the 10:00 a.m. service!

Join us at Laser Storm for a fun-filled afternoon of fellowship; contact Kristina Pelá for details.

Just for J2A: The Bishop's Ball, Saturday, January 30, St. John's Pro-Cathedral, 6:00 p.m. - 11:00 p.m.!

Join up with high school youth from our diocese in this fun, and fantastic formal! This year's theme is "Twilight". Please contact Kristina Pelá for details.

Tuesday, February 16th - Pancake Supper!

High schoolers get to prepare a pancake supper for the parish in celebration of Fat Tuesday. Contact Kristina Pelá to sign up to cook, serve, clean, or do all of the above!

OTHER OPPORTUNITIES FOR CHILDREN & YOUTH

CHORISTERS

Youth & children's choir, for fluent readers, ages 8 and up. See "Music Ministry" section on p. 11 for details.

YOUNG ADULT MINISTRY

Young Adults in Church ("YAC")

For college-aged adults and recent grads (18-25 years approx.) We communicate via e-mail during the school year and meet occasionally during Winter and Summer vacations. Contact Kristina Pelá at **krab3@yahoo.com** (310-375-9823) to join her e-distribution list to receive communications throughout the year and to keep updated on our goal to start regular small group meetings for local YACs in 2010.

Saturday, January 2nd, 7:30-11:00pm - YAC New Year's Reunion!

Join the Pelás at their home to celebrate the start of the New Year as well as catch up on each other's lives! Please RSVP to Kristina Pelá, **krab2@yahoo.com**.

SAVE THESE DATES & WATCH THE BELLRINGER, AND THE NEXT EDITION OF GET CONNECTED FOR FURTHER DETAILS:

Youth-led Service – Sunday, April 18, 10 a.m.

J2A and Rite 13 Youth bring their unique voice and lead the congregation in worship!

Rite 13 Ceremony – Sunday, April 25, 10 a.m.

A special rite of passage ceremony for our middle school aged youth who are turning 13 in the course of this year. We bless and encourage them as they pass into young womanhood and manhood.

Rite 13 Dinner Celebration – Saturday, April 24, 6:30 p.m.

A more intimate celebration with the Rite 13 participants and their families on the night before the Ceremony.

Teacher Appreciation Sunday – Sunday, May 16, 10 a.m.

We celebrate our Catechists, Sunday School teachers, and Youth Leaders and thank them for their many dedicated hours of service to our youth.

Teacher Appreciation Party – Saturday, May 15, 5 – 7 p.m.

Baccalaureate Sunday – Sunday, June 6, 10 a.m. (one service only)

We celebrate our high school and college graduates and bless them on the next leg of life's journey. Followed by an all-parish potluck lunch.

PARENTS

Parents with Infants and Toddlers

A group just for parents with young children. Share, support each other and spend some much needed time relaxing and refreshing. Contact: The Rev. Krista Fregoso, krista.fregoso@stfrancispv.org, 310-375-4617.

FOR THE WHOLE FAMILY

Family Nights

Parish wide nights devoted to fellowship and following Jesus for every age. Every third Friday of the month at 5:30 p.m. we will gather for a meal followed by a game or craft activity. We will finish in time for our Taize service at 7:00 p.m. Contact: The Rev. Krista Fregoso, krista.fregoso@stfrancispv.org, 310-375-4617.

Faith-full Families Group.

Spiritual formation and fellowship for the whole family! Meets monthly on a Sunday evening for potluck supper and activity. Contact: Ann McVey, 310-540-6798.

Lenten Supper Children's Program: Following Jesus to Jerusalem

St. Francis Lenten Program starts at 6:00 p.m. Following the Friars' dinner in the Parish Hall a children's program for ages 5-12 will be in the Board Room. Stories and crafts about Jesus life and his journey to Jerusalem. Contact: The Rev. Krista Fregoso, krista.fregoso@stfrancispv.org, 310-375-4617.

Easter Egg Hunt on Easter Sunday, April 4 after the 10:00 a.m. service.

For all ages, come find some eggs left by our two-eared hopping friend. The Easter Bunny might just stick around to take some photos. Different Easter Egg hunts for different ages.

Baptism Class for Infants & Children

A two-hour preparation class is important for families and godparents to understand the meaning of baptism and the commitment it entails.

Next sessions: **Wednesday, January 6 at 6:30 p.m.** for baptism on Sunday January 10 (The Baptism of the Lord); **Wednesday, March 24 at 6:30 p.m.** for baptism on Saturday, April 3 (The Great Vigil of Easter – this is a service at night and is only recommended for older children or adults; **Wednesday, May 12 at 6:30 p.m.** for baptism on Sunday May 23 (Pentecost).

See p. 23 for information on Baptism for Adults.

Church Greening for Holy Week - A day for all ages!

Saturday, March 27, 9:00 a.m. - 11:00 a.m.

Join fellow Franciscans for a fun day preparing the Church, Chapel and grounds for Holy Week! We'll start with prayer at 9:00 a.m. and then get busy. The youngest ones will make Palm crosses for use on Palm Sunday. The strongest ones will hang palm fronds. The tidiest ones will help the Altar Chapter make everything look its best for Holy Week!

ADULT EDUCATION & SPIRITUAL FORMATION

Contact: John Dingee, JDingee@socal.rr.com, 310-781-9212.



SMALL SPIRITUAL FORMATION GROUPS

Small spiritual formation groups help us develop a closer relationship with God in daily life. Groups meet at different levels of involvement – some meet every week for 1-1.5 hours, some meet twice monthly, and some meet just once a month. Most groups develop an intimacy that is rare in our fragmented society. Four ongoing groups are currently meeting. Call or e-mail contact person for each group to learn more.

If you would like to explore how to start a new group, contact Mo. Sarah Phelps at 310-375-4617 or sarah.phelps@stfrancispv.org.

Connecting with God (women's group).

Meets Tuesdays at 9:30 a.m., resuming January 12. Contact: Kristina Pelá, krab3@yahoo.com, 310-375-9823.

Women's study

Meets 2 or 3 times a month in the evening (depending on schedules). Currently meeting on Mondays, 7 pm - 8 pm. During this hour of study and reflection a spiritual connection is fostered. We are renewed by our gathering and thus able to make a commitment in the midst of our busy lives. We are currently reading, "Finding God in the Busyness of Life", by Joanna Weaver. Part of a series on the subject, "Having a Mary Heart in a Martha World". Intrigued? Join us! Contact: Susie Zimmerman, via secretary@stfrancispv.org, or 310-375-4617, for more information.

Connecting with God (co-ed group).

Meets weekly at a time chosen by participants. Contact David or HeeSun Gerhardt, davidgerhardt@mindspring.com, 310-373-2934.

LISTENING TO GOD BOOK STUDY GROUP

Listening to God Book Club meets the first Monday of odd months at 12:30 p.m. in the library, except during the summer. Bring your lunch and come and join us. Our upcoming reading list is below:

Jan. 4: Faith Club by Ranya Idliby, Suzanne Oliver, and Priscilla Warner

March 1: Stolen Innocence by Elissa Wall

May 3: When Bad Things Happen to Good People by Harold S. Kushner

Contact: HeeSun Gerhardt, heesunalfa@mindspring.com.

LENTEN SUPPERS

Join us in Lent for fellowship and an educational program. **We will be meeting Feb 24, Mar 3, Mar 10, and Mar 17 in the Parish Hall.** Dinner at 6.00 p.m. Program at 6.45 and Compline at 8.00 p.m. This year's program is sure to inspire us and help us prepare for Easter:

The Meaning of the Cross

Speaker: Michael B. Phelps



Why did Jesus die? The New Testament says that he died “for us.” But what does that mean? For the New Testament writers, Jesus’ death and resurrection changed everything. The world had been turned upside down. Every Sunday the liturgy tells us that through Jesus’ death our sins are forgiven and we are reconciled to God. It even invites us to participate in his death. The goal of this Lenten Series is to explore how the New Testament writers and later Christian thinkers understood Jesus’ death, so that each of us can understand what his death means for us today.

Sign-up sheets will be in the office, and available at coffee hours.

Lenten Supper Children’s Program: Following Jesus to Jerusalem

A children’s program for ages 5-12 will meet in the Board Room at the same time as the adult series is going on in the Parish Hall. Stories and crafts about Jesus life and his journey to Jerusalem. Contact: The Rev. Krista Fregoso, krista.fregoso@stfrancisvp.org, 310-375-4617.

ALPHA, BETA, COVENANT

THE ABCS: FOUNDATIONS OF THE LIFE IN CHRIST

Led by the Rev. Sarah Phelps

*Wherever you are in your life,
sometimes getting “back to the basics” is just what you need.*

The ABCs (Alpha, Beta, Covenant) is a series of three six-week classes offered as a basic course in Christian faith and practice in three parts. If you are returning to church after many years, and the last instruction you had in Christian faith was a 5th grade Sunday School class, or if you are totally new to Christianity or the Episcopal Church, this course is for you! But not only for you! It's truly for ALL St. Francis parishioners at any point in their spiritual journey. A light supper is served at 6:30 pm (\$7 per person); teaching is from 7 pm – 8:30 pm.

b BETA – RESCHEDULED!!

Originally Beta was scheduled to be offered in January/February, 2010 but has been rescheduled to the block originally scheduled for Covenant.

Beta will now meet for six Tuesdays, April 20 – May 25. Beta explores who Jesus was and is, and the core of his transformative message about the Kingdom of God, and what it means to live a transformed life today.



OTHER OPPORTUNITIES FOR ADULTS

Baptism Retreat for Adults

A day retreat for adults seeking baptism is a very important opportunity to get in touch with what you are seeking in baptism and explore how your life will be different once you're baptized. Next retreat: **Saturday, March 13, 9 a.m. – 2 p.m.**, in preparation for baptism on Saturday, April 3 during The Great Vigil of Easter (a nighttime service starting at 7:30 p.m.) or Sunday, May 23, Pentecost Sunday, at 10 a.m. Please contact Mo. Sarah Phelps if you would like to consider being baptized, 310-375-4617, sarah.phelps@stfrancispv.org.

CARING MINISTRIES

Contact: The Rev. Paula Vukmanic, paula.vukmanic@stfrancispv.org,
310-375-4617.



Care Commission.

This commission coordinates the activities of individuals, groups and clergy as we care for parishioners who are homebound, ill, bereaved or in need of special care and attention. Among other activities, volunteers call, visit, send cards, bring Communion, remember birthdays, and run errands.

Bring your used cell phones and printer cartridges to church for recycling and the proceeds will fund the expenses of this ministry.

Pacific Inn Outreach

Parishioners take turns leading Evening Prayer at a local retirement home once per month and visiting with residents. This ministry is a joy. The residents light up like light bulbs when they see our folks coming. Training is available if you are interested in helping out. Contact: Sally Hill via the church office, 310-375-4617.

Canterbury Eucharist

Our clergy lead a service of Holy Eucharist on the third Thursday of each month at 4:30 p.m. at the Canterbury, an Episcopal retirement home and community in Rancho Palos Verdes. A number of our elder parishioners live at the Canterbury, and they love to see us when we come! This service is open to all in the parish who wish to participate. Contact: The Rev. Paula Vukmanic, paula.vukmanic@stfrancispv.org, 310-375-4617.

Volunteer at The Canterbury Episcopal Home Community, Palos Verdes!

A ministry of presence is a welcome gift to the residents at The Canterbury. Consider becoming a lay pastoral visitor. Volunteers are also needed to write letters for those whose hands can't do that anymore. I will be forming two small groups at The Canterbury and maybe you have experience in these areas and would like to co-lead them. One group will be entitled "Transitions" and will be a discussion group dealing with different losses and transitions (i.e., moving, losing independence, physical, mental and emotional shifts, etc.). The other will be an autobiography writing group, "Writing my Story". Or maybe you have another way you might be a ministry volunteer? To become a part of this ministry, contact the Rev. Paula Vukmanic, Chaplain at The Canterbury, paula.vukmanic@stfrancispv.org or call 310-375-4617.

Prayer Chain

This group prays daily for the needs of parishioners, friends and neighbors. Prayer Chain members are like lungs in the body of Christ, infusing the community with power and hope through disciplined, daily prayer. To join the Prayer Chain, or to request prayers, contact: Tina van der Velden, tina_vdvelden@yahoo.com

OUTREACH

Annual Antiques Show

For the last several years, the Antiques Show raised between \$25,000 and \$30,000 to support community services in the South Bay and wider community, as well as our ministries at St. Francis. The show is a parish-wide effort organized by a committee of the Episcopal Church Women (ECW). Contacts: Albertine Bellows or Anna Eakins, via the church office, 310-375-4617.

Exceptional Kids Club

Supports families impacted by children with special needs. Offers one-on-one assistance for children as they participate in our Sunday School program, so that parents can enjoy worship and the fellowship of the community on Sunday mornings. The group holds fellowship events such as trips to Mulligan Fun Center, art classes and barbeques. In the future, this ministry hopes to offer a support group for parents, baby-sitting, and other forms of support. Contact: Jill Fenske, jdfenske@aol.com.



Mama Hill's Help, Inc.

Mama Hill's Help is a Watts-based after school program founded in 2001 as a "violence free zone" and place of learning for more than 50 kids and their families. Millicent Hill, a.k.a. Mama Hill, is a retired teacher with the LAUSD. Over her 45-year career as an award-winning educator, poet, and activist, she has changed the lives of thousands of youngsters through her innovative teaching style. On a shoestring budget, she and her small staff cover an array of issues in their curriculum, from anger management to teen pregnancy.

Mama Hill's Help, Inc. (Contd.)

Opportunities to get involved: mentoring youth one-on-one, helping out with fundraisers, donations of food, clothing, electronics and household items, gardening at the program, adopt-a-family for Christmas and much more! Stay tuned. Watch the Bellringer and website for upcoming opportunities to support Mama Hill's Help. Contact: Jill Fenske, jdfenske@aol.com.

St. Francis Outreach Scholarship Program

Selects students with financial needs to achieve the dream of a college education. Selected candidates are mentored starting in high school, and provided significant financial assistance in college. The major fundraiser for the program is our annual "Designs for Dining" event each Winter. Other important funding comes from the grocery store card contributions of Ralphs, Vons/Pavilions and Albertsons and also e-Scrip. To sign up for these programs, or for more information, please contact Joni McIntyre at rosinamae3@verizon.net.

Save the date for "Designs for Dining 2010" (our 10th annual event) scheduled for March 5 and 6. Our next meeting for the event will be Thursday February 4, 2010 at 10:00a.m. in the St. Francis Boardroom. Come see what all the excitement is about—people LOVE Designs for Dining. Contact Joni McIntyre, past chairperson, at rosina3@verizon.net or, Cheryl Gutierrez, cacgmayday@gmail.com, to become involved.

St. Luke's Shower Program

The J2A (Sr. High youth) group collects donations for the St. Luke's Shower Program for the Homeless in Long Beach. If you are cleaning out your closets and you have unneeded items, please drop them off at the J2A Outreach box in the office or the Church Narthex (foyer). Most-needed items are: Socks, shoes, blankets, sturdy bags, roller suitcases, shirts, pants, underwear (can be used, but no holes), jackets, hats, and towels. Contact: Jill Fenske, jdfenske@aol.com.

Military Outreach Ministry

Please consider helping fellow parishioners with our Military Outreach Ministry. We at St. Francis do not want our troops to be forgotten. Therefore, we support the Military and their families through prayer, cards of encouragement, packages of donated items, and donations for the shipping of these items. Feel free to join in any, or all of these activities as you are able... Give us the names of your military loved ones so we may send them a box!

There are 4 packing days a year: Christmas, Valentine's Day, Easter and The 4th of July. It is a great way to meet new people and have fun packing the donated items.

A list of approved items for mailing is available in The Bellringer and in the Church Office. A box in the Office is offered for your kind donations. We especially need homemade cards from adults, children, families, classrooms, GS & BS troops, Sunday school, etc. These are treasured by the troops, as is seen in the notes of thanks...Interested? Please contact Susie Zimmerman, or Julie McGovern both via **secretary@stfrancispv.org**, or 310-375-4617. We thank you from the bottom of our hearts!!

FELLOWSHIP

THE EPISCOPAL CHURCH WOMEN (ECW)

So what is this ECW??

The Episcopal Church Women of St. Francis includes all women of our parish. We focus the needs of the women of the ECW, the mission of our parish, and our mission of outreach.

The ECW has a long tradition of ministry which brings strength, energy and vision to the ministry of the church and to especially include all of the women who are so much a vital part of the faithful effort of the Episcopal church. The ECW is women of all ages learning, caring, and reaching out to others.

Present affiliated groups are:

Church Periodical Club; Daughters of the King; Episcopal Women's Caucus; Episcopal Women's History Club; Girls Friendly Society; National Altar Guild Association; and United Thank Offering.

Here at St. Francis, in addition to General Meetings every other (even) month during the year, smaller groups of women meet more often.

Currently we have three guilds; St. Anne's, St. Cecilia's; and St. Teresa's.

Need more info?? Contact Suzanne Gatlin via the church office, or any of the Guild Chairs.

St. Anne's Guild

Meets every fourth Monday of the month, in the evening, from September to June at a member's home or in the Board Room of Tourgney Hall. St. Anne's Guild sponsors a Christmas Auction of homemade crafts and baked goods. St. Anne's also holds a Book Sale in May, and another at the Rummage Sale in the Fall. Monies earned are donated to a variety of charities. Members and friends of St. Anne's knit preemie caps and booties for the neonatal center at Good Samaritan Hospital and Harbor/UCLA Hospital. Social events include a summer party and one or two day outings. Contact: Jennifer Sams, via secretary@stfrancispv.org, or 310-375-4617.

St. Cecilia's Guild

Meets on the third Thursday in January, March, May, September, and November. The Guild hosts an annual bridge tournament, and three "Pops" parties each year. Projects include purchasing Bibles for graduating seniors, assisting in special parish projects, supporting the choirs and the Outreach Scholarship Fund. Contact: Sandy Felando, via secretary@stfrancispv.org, or 310-375-4617.

St. Teresa's Guild

Meets monthly, alternating lunch and dinner meetings at various locations. Fund-raising activities include the Annual Chinese New Year Auction, which supports local programs benefitting children and families who are victims of illness, abuse or poverty, including Mama Hills Help. This year, in October, the guild will sponsor an Art Show, showing work by artists in our Parish. Contact: Joy Miles, via secretary@stfrancispv.org, or 310-375-4617

St. Motley's Guild

St. Motley's is not really a guild. We are an all-parish crew: male and female. Our sole purpose is to run the annual rummage sale and disperse the funds, primarily for in-parish repairs and improvements. Our sale usually takes place in the parish hall in Sept. or Oct. We will collect rummage, sort, price, display, sell, and redirect leftovers to other charities all within about a three week period. For information call Gloria Jones 310-375-8916 or Ruth Franks 310-375-0449

MONDAY DUPLICATE BRIDGE GROUP

Meets weekly at noon on Mondays. \$3 per person to play. Contact: Virginia Leon via the church office, 310-375-4617.

FRIARS

A great bunch of guys who enjoy “the fellowship of the kitchen” and whip up meals or special treats for all-parish celebrations like Lenten Suppers, Mother’s Day, and the Homecoming/Open House BBQ. It’s a great opportunity for fathers & sons to spend time together too. Contact: Charlie Bragg, charlesmbragg@yahoo.com

WIDOWS AND ORPHANS

Meet every Tuesday at 5:15 pm at various local restaurants for fellowship and a meal. Really, it’s just an excuse not to cook. Contact Kathy Falk for the weekly location, kefalk@cox.net

COMMUNITY INTERFAITH EVENTS

DAWN UNITY INTERFAITH DISCOVERY SERIES — PANEL DISCUSSIONS

Palos Verdes Comparative Religion Students Question the Clergy 7:30 p.m. - Tuesday, January 12, 2010

Congregation Ner Tamid, 5721 Crestridge Road
Msgr. Joseph Brennan, Holy Trinity Catholic Church
Rev. Jonathan Chute, Rolling Hills United Methodist Church
Rabbi Isaac Jeret, Congregation Ner Tamid
Rev. John Morehouse, Pacific Unitarian Church

Changing Shapes In Liturgy For Modern Times 7:30p.m. - Tuesday March 9, 2010

St. Peter’s By The Sea Presbyterian Church
3410 Palos Verdes Drive South
Overview Presentation by Prof. Jeff Siker, Chair of Theological Studies, Loyola Marymount University Followed By Panel Discussion

The Spirit Of Peace In Our Music Traditions 7:30p.m. - Tuesday May 11, 2010

St. John Fisher Catholic Church
5448 Crest Road
Dr. Jean Gothold, directing the St. Peter’s By The Sea Presbyterian Church Choir
Mr. Grant Hungerford, directing the St. John Fisher Catholic Church Choir
Cantor Sam Radwine, directing the Congregation Ner Tamid Choir

OTHER CHANCES TO SERVE

BUILDINGS AND GROUNDS

There are many small projects around St. Francis' grounds that could use a little volunteer "elbow grease". If you enjoy getting your hands dirty, and have a little time and a little skill (not much required!), get in touch with Michael Stull and see what he can rustle up for you to work on!

michaelstull@earthlink.net

STEWARDSHIP

Consider making a financial pledge, contribution of stocks or securities, or a planned contribution from your estate. At St. Francis we know that everything we have is given to us by God. As disciples of Christ we are called to be faithful stewards of all that God has entrusted to us. Part of how we do that is by supporting God's work at St. Francis, both today and for the future.

Making a pledge or other contribution does more than help us "pay the bills". A biblical perspective on stewardship reminds us that giving is one of the central ways by which we grow into deeper relationship God who has been so generous with us.

Nevertheless, it is also true that there are bills to pay! Our staff, buildings and most of what you find highlighted in this *Get Connected* brochure is funded primarily by the generosity of our parishioners.

BEYOND THE PLEDGE

In addition to an annual financial pledge to support the ministry of St. Francis, here are a few additional opportunities if you would like to make a special gift:

ST. FRANCIS ENDOWMENT FUND

This fund generates income to support educational or charitable purposes that are not funded by the annual budget.

OPERATIONAL ENDOWMENT FUND

This fund generates income that can be used to offset operational expenses in times of fiscal need.

To discuss how to make a pledge or other gift, please contact our Business Manager, Elaine Mistele, elaine.mistele@stfrancispv.org, 310-375-4617 or Mo. Sarah Phelps, sarah.phelps@stfrancispv.org, also 310-375-4617.

STAY CONNECTED

WWW.STFRANCISPV.ORG
(UPDATED DAILY)

THE BELLRINGER

(monthly newsletter).

Sign up with Diana,

secretary@stfrancispv.org, 310.375.4617

St Francis Episcopal Church

2200 Via Rosa

Palos Verdes Estates, CA 90274

Tel. 310.375.4617

Fax. 310.791.2740

www.stfrancispv.org

St. Francis photos: David Gerhardt