

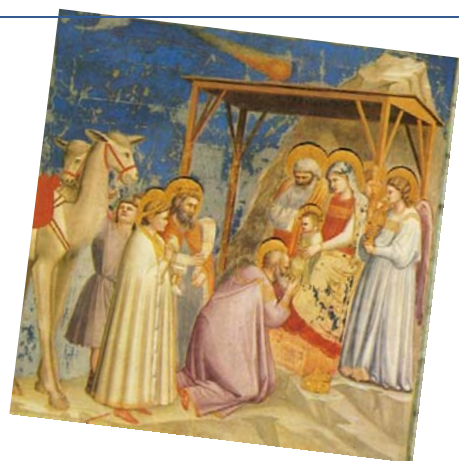
# Saints Alive!

A publication of All Saints Episcopal Parish in San Leandro, California  
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January 2009

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Giotto, *Adoration of the Magi* (Scrovegni Chapel)

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## What a Fine Parish You Are

*Fr. Rob Droste, Rector*

At the end of the year, it's nice to take a look back and see the progress we've made over the past 12 months. This has been such a big year for All Saints. I hope you'll take a moment and appreciate just a few of the amazing things God has done through you. There are far too many to list here, so I'll narrow it to three. Don't worry; there will be plenty of time to celebrate at our Annual Meeting on February 8.

- 1. Capital Campaign and Construction.** This year, you faced head-on the most daunting challenge in a generation: opening the walls and seeing how bad the building really was. Then you stepped up, giving close to \$100,000 so far. You used that money to secure contracts, fix all the termite and dry rot damage, renovate the worship space, and create plans for what comes next: wheelchair/ADA access, an upgraded kitchen, and a lower-maintenance courtyard. Brighter, more energy-efficient lighting means we can actually read the Prayer Book while saving on utilities. And our acoustics are first-rate. People linger after services simply because they love being in the room.
- 2. Massive Expansion of Service Programs.** You built on your tradition of quality feeding programs when you brought back the All Saints food pantry this fall. In November and December, you fed more than 500 people out of the pantry and saw new volunteers show up from the neighborhood. The April Showers lunch program expanded to more than 100 lunches a month—I estimate we made more than 900 lunches over the course of the year. You continued providing dinner for Building Futures with Women and Children each month. With the food bags you hand out throughout the year, you're

well on your way to providing more than 2,000 meals for our neighbors. With 150 members on the roster, that's more than 13 meals per member this year. Well done!

- 3. Renewal of the Relationship with Roosevelt.** About mid-year, the vestry made the courageous decision to end the long-term rental relationship with Christ Bible Church. Your leadership understood correctly that CBC's presence was creating an inaccurate image of All Saints in the neighborhood. The vestry's faithful action has already changed dramatically how Roosevelt parents see All Saints. They are more positive about the parish than ever. It's leading the parish in an exciting new direction, too: it's time to look seriously at how All Saints might provide professional-level child care. This location offers a real opportunity to increase income while providing a badly needed service that will bring All Saints even closer to Roosevelt families.

There are so many more things that I could say. In the midst of a brutal recession, you smashed your fundraising goal for the year by more than 20%. You increased your pledges at the end of the year so we could be within about \$2,000 of a balanced budget. You pledged generously for next year's work. And through it all, you found ways to look after one another as you reached out in exciting new ways. I can't encourage you strongly enough to join Karla and me in offering praises and thanksgivings to God for the work we have all done together this year. God has indeed done so much more for All Saints than we could ask or imagine.

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## Social Ministries

*Tom Breckenridge*

### Food Pantry

Total guest visits in four food pantries: 229. Household members fed: 677. These are extraordinary numbers for a program started just two months ago.

And there's so much more.

The entire endeavor is grace in action. After each pantry, volunteers tell stories of how touched they are by the experience. Guests say the pantry is not like other feeding programs. Several guests are now coming early to help set up and to carry groceries for others. Half of our volunteers are now non-All Saints members.

We're reaching into our community and feeding in ways we had not anticipated. God is so very good.

## Slate of Vestry Nominees

*Fr. Rob Droste*

The nominations committee of the vestry enthusiastically offers this year's slate of vestry candidates for your consideration when we vote on January 11.

### For Three-Year Terms

- William Dennis
- Lucy Moore
- Anne Phillips

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## Sacred Circle Dance—A New Event at All Saints

*Maureen Atkins*

Sacred Circle Dance is now a regular happening at All Saints. We dance every second Saturday of the month from 7:30 to 9:30 p.m. The next circle will be on January 10th.

Many times we acknowledge a theme or special occasion. In our November circle we honored the new food pantry. One of my favorite dances, called The Source, was just right for the occasion. In December we honored the Christmas season by doing a special Armenian candle dance. January will acknowledge fresh beginnings. If anyone has a theme or idea they would like expressed in dance, please let me know. Chances are there is a dance that can speak to this.

When we dance, it is about being together and having a good time. We are very welcoming and “mover friendly.” Come join us for a unique experience. If there are any questions, I can be reached at 510-317-9219 or [maureenatkins@sbcglobal.net](mailto:maureenatkins@sbcglobal.net). It is such a blessing to be at All Saints.

*About the Dance: German dance master Bernard Wosien traveled widely and collected dances from various cultures that were done in circles. Soon Wosien and others began choreographing more dances. It is called Sacred Circle Dance because of the feeling of wholeness that it evokes. The aim is to create a sense of wellbeing and community.*

*Maureen Atkins discovered Sacred Circle Dance in 1993 and began teaching in 1995.*

*A \$5 to \$10 donation is thankfully appreciated; no one is turned away for lack of funds.*

## Walk with Me

John Trubina



*Who are deacons? We are the bridge between the church and the people.*

*We bring the church to the people and the cares and concerns of the people to the church.*

Peace be with you.

I'd like to thank you for your support for me during my fall semester at the School for Deacons. You are part of my formation. I thought it only proper that I keep you informed about my progress in the school and hopefully contribute to *Saints Alive* with updates, and exchange information on the diaconate, both personally and educationally.

### Background

The School for Deacons is located at the Church Divinity School of the Pacific (CDSP); we rent the space from the seminary. There are currently 12 aspirants\* to the diaconate (my class). In the second-year class there are three postulants,<sup>†</sup> and in the third-year class there are two postulants. We come from the Dioceses of California, Northern California, and El Camino Real.

### My Update

We had our last class on December 14th, and I am proud to say I have completed my first semester with passing grades. We are now on our winter break, and I am enjoying catching up with my son, partner, and church duties. It has been the most exciting six class weekends, and I learned so much about our faith and church. Our studies included *The Book of Common Prayer*, Bible Studies, Church History, Enabling and Empowering Groups, and Liturgical Practicum. The instructors are well versed and made the studies interesting and fun.

Our spring semester begins the weekend of January 24–25. My courses will consist of Homiletics (yes, I will be able to preach by the time I finish this class), Theological Reflection, Foundations of Social Ministry, and continued studies of the Bible and our *Book of Common Prayer*.

In January, I will interview with the Commission on the Ordained and with Bishop Marc as a preliminary to the Vocations Conference in March, where I will make my request to enter the seminary as a postulant.

I welcome anyone who wishes to attend our Seminary Community Dinner on the first and last weekends of the school semester to please contact me, as all are welcome to join us. Several of our parishioners have joined us already, and it was an honor to have them share a meal with us.

As always, if you would like to learn more about the diaconate, please come and speak with me.

In Christ's Service,  
John

\* Aspirant: one who is working toward entering the process.

† Postulant: one who has formally begun the process with the approval of his/her bishop.

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## Buongiorno tutti e Buon Natale!

*Elizabeth Noyes*

On Christmas Day, I was standing in the Piazza del Duomo when the bells in Giotto's tower began to ring! What a way to begin a tour of Florence! I took a long walk around the cathedral, up to the (closed) botanical gardens, down past the Piazza della Repubblica with a giant Christmas tree and carousel, down to the Arno, through the Uffizi open sculpture gallery, slowly building anticipation to see *David* in the Piazza della Signoria . . . only to find him hidden away behind a screen, under restoration!

Last night was our group orientation and first dinner at the Golden View. Just across the Ponte Vecchio, the ristorante is situated along the banks of the Arno with a stunning view of the Ponte Vecchio, and we enjoyed spaghetti with ground veal and peas, small penne with tomatoes and zucchini, chicken with truffle sauce, chocolate mousse, espresso, and limoncello. Not surprisingly, I was wide awake from 3:30 a.m on.

Our tour's itinerary has changed from the original, much to my delight, due to Christmas Day and St. Stephen's Day (December 26) closures. We'll be going to Lucca (my favorite!) on our day out of Florence, and some of us may take the opportunity of a free afternoon to head over to Pisa!

Florence will slowly reveal its delights as we begin our whirlwind art tour this morning at the Accademia Galleria, where (finally!) I'll see the magnificent *David*. More and more art later throughout the week, and lots of opportunities for photography.

Everyone on the group is friendly and we're all delighted to be here. I wish everyone a Buon Natale!

Ciao!  
Elisabetta

## Neighborhood Center Progress Report: We Are Building!

*Maxine Sitts*

How fortunate we are to have a place for worship, ministry, and service to others. We are experiencing in new ways how important 911 Dowling Boulevard can be to teachers, the hungry, community groups, and creative dancers.

One support for our building comes from the monthly Liturgy of the Steward, when parishioners spend a few hours on Saturday sprucing up and improving our house.

Another support is the continuing growth of the Building Fund. We are blessed to receive pledges made by the faithful, along with “surprise” donations—some given in thanksgiving and others given in memory of loved ones. We are adding about \$1,500 a month to the fund, which helps us pay back our loan to the diocese and to move ahead with needed projects. And we are so close to the six-figure mark for our total to date (that being \$100,000). Perhaps we’ll have something to celebrate at the annual meeting?

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### Hi, Rob et al. . . .

*Longtime All Saints parishioner Dana Coggin recently moved to Salem, Oregon.*

’Bout time I connected with y’all. I am settling in nicely in Salem, setting up house, volunteering thru my parish up here and with the local schools, and playing a little golf. I played tennis a few times then developed some shoulder problems so I stopped. After several visits to a physical therapist at the V.A. Portland Hospital, it is doing much better. However, I will now be refereeing basketball here for the next few months, so will wait until after that to resume the tennis.

I have been attending St. Timothy’s Episcopal parish in Salem, which was recommended to me by Mary Nelson. It is a wonderful place with a pretty large facility and congregation, and lots of energy. So thanks fo Mary for the tip. I sing in the choir there, which is part-time. I also just performed the Mozart *Requiem* with the Festival Oregon Chorus in Salem at the Historic Elsinore Theater, which was nearly filled. My daughter and 5-year-old grandson were in the audience.

We had a very warm October, so the fall colors have been absolutely stunning. New England has nothing on Oregon.

Love and blessings to all at All Saints,  
Dana

## Communicants Communicating

Parishes can always communicate better. Once a quarter, we're going to have tips on how to resolve conflict more effectively, prevent or clean up misunderstandings, and more. In this issue, we focus on e-mail.

### **“Can You Read Me Now?” Tips for E-mails**

*Maxine Sitts (adapted from the Web)*

This article is an excerpt from a website for those who e-mail a lot. It has helped me as I rely more and more on e-mail for consulting and at the library. Perhaps it will be helpful to our parish community too, as we become more regular e-mailers! Please add to this list. I'd love to have more suggestions for better e-mail communication and etiquette.

1. Understand the difference between “To” and “cc.” As a rule of thumb, the more people you send an e-mail to, the less likely any single person will respond to it, much less perform any action that you requested. The people you include in the “To” field should be the people you expect to read and respond to the message. The “cc” field should be used sparingly. You should only cc people who have a need to stay in the know. The “bcc” field should be used even more sparingly. People you include in the “bcc” field will not be visible to others.
2. Keep messages brief and to the point. Make your most important point first, then provide detail if necessary. Make it clear at the beginning of the message why you are writing. There is nothing worse for the recipient than having to wade through a long message to get to the point. Worse, if you send long messages, it is much less likely that the person will act on what you have sent or respond to it. It's just too much work. It often gets set aside and, unfortunately, forgotten.
3. Don't discuss multiple subjects in a single message. If you need to discuss more than one subject, send multiple e-mails. This makes it easy to scan subject lines later to find the message you need. It also contributes to briefer e-mail messages and a greater likelihood of a response. Also, the more specific you can be in your subject heading, the better.
4. Reply in a timely manner. I don't think e-mail demands an instantaneous response. Regardless, you must reply in a timely manner, otherwise you will incrementally damage your reputation and decrease your effectiveness.
5. Be mindful of your tone. Unlike face-to-face meetings or even phone calls, those who read your e-mail messages don't have the benefit of your pitch, tone, inflection, or other nonverbal cues. As a result, you need to be careful about your tone. Sarcasm is especially dangerous. If something gets “lost in translation,” you risk offending the other party. The more matter-of-fact you can be, the better.

6. Don't use e-mail to criticize others. E-mail is a terrific way to commend someone or praise them. It is not an appropriate medium for criticism. Chances are, you will simply offend the other person, and they will miss your point. These kinds of conversations are usually better handled face to face or, if necessary, over the phone. Especially, don't use e-mail to criticize a third party. E-mail messages live forever. They are easily forwarded. You can create a firestorm of conflict if you are not careful.
7. Don't reply in anger. We should never ever fire off an e-mail in anger. They almost never serve their purpose or our long-term interests. They burn up relationships faster than just about anything you can do. If it makes you feel better, go ahead and write the message, then delete it. Usually a day or two after you didn't send an angry e-mail, you'll understand the wisdom of restraint.
8. Don't write in ALL CAPS. This is the digital equivalent of shouting. Besides, ALL CAPS are harder to read (as anyone in advertising will tell you.)
9. Don't send or forward e-mails containing libelous, defamatory, offensive, racist, or obscene remarks. If you do so, you can put yourself or your company at risk. You could be sued for simply passing something along, even if you aren't the original author.
10. Remember that e-mail isn't private.
11. Use your spell-checker. I take my correspondence seriously. It reflects on me. If I misspell words, use bad grammar or punctuation, then I think it reflects negatively on me and my company (or my church!). Lapses in grammar or punctuation can be forgiven. But misspelled words are just too easy to correct. That's why God gave us spell-checkers. Make sure yours is turned on.
12. Reread your e-mail before you send it. I try to do this with every single message. My fingers have difficulty keeping up with my brain. It is not unusual for me to drop a word or two as I am racing to transcribe a thought. We should reread to make sure we are communicating clearly and observing good e-mail etiquette.

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## **Blue, Green, and Gray: The Recycling Colors**

*Maxine Sitts*

With three-part recycling in the kitchen and parish hall, we are reducing our waste management bills as we meet environmental regulations in San Leandro! Here's the drill.

- **Blue—Recyclables:** Plastic Nos. 1–7, clean paper, clean cardboard, cans, glass bottles, aluminum foil
- **Green—Compost:** Food including bones, coffee grounds, all food waste. Food-stained paper and cardboard including used coffee cups and paper plates. No plastic or styrofoam.
- **Gray—Trash:** Anything you can't compost or recycle.

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## Benefit All Saints with Online Entertainment Book Registration

*Maxine Sitts*

Many of us purchased Entertainment Books recently. If you register your book online, Entertainment Book will contribute even more to All Saints—at no cost to you. Just like E-scrip, Entertainment Book registration enables a percentage of your purchase price to be donated to All Saints. Check your Entertainment Book for details.

Your membership also includes hundreds of additional discounts online. If you need assistance with registering online, please contact Maxine Sitts.

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## Mark Your Calendars

### **Saturday, January 3**

Liturgy of the Steward—8:30 a.m. (come when you can)

Food Pantry—setup & lunch 11:00 to 1:00, food distribution 1:00 to 3:00

### **Sunday, January 4**

April Showers—11:00 to 2:00—San Leandro Boys and Girls Club

Deadline for vestry nominations

### **Tuesday, January 6**

Epiphany celebration—6:00 p.m.

### **Wednesday, January 7**

Women's Spiritual Direction Circle—7:00 p.m.—rear nave

### **Saturday, January 10**

Sacred Circle Dancing—7:30 to 9:30 p.m.

### **Sunday, January 11**

Annual Meeting Part I: Vestry elections (voting immediately after each service)

**January 16–18**

Youth Snow Retreat—Junior High

**Sunday, January 18**

April Showers, 11:00 to 2:00, San Leandro Boys and Girls Club

**Wednesday, January 21**

Cooking for BFWC—1:00 to 3:00

**January 23–25**

Vestry planning retreat, Bishop's Ranch

**January 24**

Ordination of Florence Li Tim-Oi, first female priest in Anglican Communion (1944)

**Saturday, February 7**

Liturgy of the Steward, 8:30 a.m. (come when you can)

Food Pantry—setup & lunch 11:00 to 1:00, food distribution 1:00 to 3:00

**February 8**

2009 Annual Meeting Part II: Celebration of 2008 accomplishments, 2009 goals and budget, after short 10:00 service

**February 13–15**

Youth Snow Retreat—Senior High

**February 21**

Crab Feed

*Saints Alive! is published monthly via e-mail by All Saints Episcopal Church, 911 Dowling Boulevard, San Leandro, California 94577.*

*Submit news for the February 2009 issue to marypat56@comcast.net or mail to Mary Nelson in care of the church. Deadline is January 27.*

*For changes to the parish database, please e-mail John Trubina at jtrubina@comcast.net or leave a message for him at the church.*

*For more information on All Saints' people and programs, please stop by the church or visit us on the Internet at [www.saintsalive.net](http://www.saintsalive.net). God bless you!*