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## Caring for someone with Alzheimer's or memory loss?

Join us for "CAREGIVER UNIVERSITY"  
Four FREE Workshops For Caregivers

**Tuesday, March 22, 10 AM-12 noon**  
Taking Care of the Care-giver

**Wednesday, March 30, 1-3 PM**  
Moving a Loved One

**Tuesday, April 5, 10 AM-12 noon**  
Home Safety for People with Alzheimer's Disease/Memory Loss

**Wednesday, April 13, 1-3 PM**  
Compassionate Communication: connecting with a person  
with Alzheimer's/Memory Loss

Presented by the Alzheimer's Association at St. Alban's Episcopal Parish  
1501 Washington Avenue (At Curtis Street), Albany, CA  
(510) 525-1716 — [www.st-albans-albany.org](http://www.st-albans-albany.org)

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### St. Clement's Cares Outreach Project for March

Charities we support that provide emergency housing to the homeless tell us they have an urgent need for new (unopened) personal care products for their clients. The cost is a burden to extremely low-income families and individuals and a burden on the tight budgets of the charities who need to supply them during their guests stay.

As you shop for your own needs buy a few extra items in any size and deliver to our collection barrel in Palache Hall during the month of March.

#### Suggested items...

Bar of soap and travel container, body wash, shampoo, conditioner, toothpaste, toothbrush, dental floss, disposable razors, shaving cream, deodorant, Vaseline, lip balm, Neosporin, bandaids, sanitary napkins, tampons, skin lotion, wipes.

If you see a handy carrying bag for these items above, just add that too!

Remember when you travel to bring home those small samples provided by the hotels.

We will accept checks drawn to St. Clement's with notation "March Outreach" and we'll shop for you! Thank you for thinking of those less fortunate.

Chip Sterling, Vestry, Outreach

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## ❖ WELCOME TO ST. CLEMENT'S ❖

If you are visiting today please introduce yourself to us and complete one of the cards on the back of the pew. This may be placed in the offering plate, given to an usher, or handed to the clergy. If you have questions about the order of service, please ask your neighbor in the pew.

Copies of our parish newsletter, *The Clarion*, are available on a rack in the narthex. We hope you will join us for coffee next door in Palache Hall. Help yourself to a name tag on the kiosk in the parish hall.

**Sunday School** classes are upstairs in the parish hall. Children begin at 10:00 AM in their classrooms, and join the congregation in the church for the Eucharist. **Nursery Care** for young children is available upstairs.

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### SERVING TODAY

Altar Guild	Catherine Cohen, Jan Towler, Janet Salsman
Ushers	Chris Bailey, Sarah Layton, Chris Zuber
Acolytes	William Hoyt, Allie Bailey, Jeremy O'Neill, William Layton
Lay Readers	Charlice Danielsen (8:00) Kathleen Stone, Peter Harvey (10:00)
Eucharistic Ministers	Charlice Danielsen (8:00) Karen McMahan, Christian Rideout (10:00)
Coffee Host	Linda Kranichfeld

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### PRAYER LIST

**In Our Parish:** Burrill, Ginny, Frederique, Jody, Margaret, Nauvelene, Gail, Margaret, Doris, George Ann, David, Jennifer, Laura, Ken

**Friends & Loved Ones:** Katie, Barbara, Ned, Jean, Lee, Brad, Joanne, Ginger, Norma, Nick, Johnny, Earl, Arlene, Rob, Rosemary, Barbi, John, Marilyn, Prajhan, Suzie, James, Ronald, Linda, Johnny, Bonnie, Candace, Benjamin, Sally, Alex, Nit, Veronique, Theresa, Carrie, Salying, Janet, Inge, Valerie, Christian, Sheryl, Norman, Dorothy

### PRAYER REQUESTS

*You may submit prayer requests by filling out a form found at the church doors. Place them in the offering plates, and they will be given to the clergy.*

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## CALENDAR FOR THE WEEK

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Sunday	March 6	8:00 AM	Holy Communion
		10:00 AM	Holy Eucharist
		10:00 AM	Sunday School
		11:30 AM	Altar Guild Meeting
		11:30 AM	Senior Choir Rehearsal
Monday	March 7	6:30 PM	Education for Ministry
<b>Ash Wednesday</b>	March 9	9:30 AM	Staff Meeting
		11:30 AM	Imposition of Ashes & Holy Communion
		4:00 PM	Junior Choir Rehearsal
		6:30 PM	Imposition of Ashes & Holy Eucharist
		7:30 PM	Theology Roundtable
Thursday	March 10	8:30 AM	Beginning Tai Chi
		12:30 PM	Prayer Group
		7:30 PM	Adult Choir Rehearsal
<b>1st Sunday in Lent</b>	March 13	8:00 AM	Holy Communion
		10:00 AM	Holy Eucharist
		10:00 AM	Sunday School & EYC
		11:30 AM	Senior Choir Rehearsal
		12:00 PM	Confirmation Class

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**THEOLOGY ROUNDTABLE** continues our discussion of the ethical philosophy of St. Thomas Aquinas, doctor of the Church. Our text is the *Summa of the Summa*, a 500 page distillation of his 3,000 page masterpiece, the *Summa Theologica*. St. Thomas begins with a definition of Happiness, and step by step he builds from there to a complete moral philosophy. Fascinating stuff!

All are welcome at the Roundtable; no background in philosophy or theology is needed to profit from our discussions. We meet the second Wednesday of each month at 7:30 pm in Palache Hall. Our next meeting is March 9, Ash Wednesday. For more information, contact Kristor Lawson at 510- 841-2028, or [kristor@schultzcollins.com](mailto:kristor@schultzcollins.com).

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## YOU ARE INVITED TO WRITE OR REVISE YOUR WILL

Make an appointment with an attorney at an upcoming Will Writing Session. Volunteer attorneys ask only \$75 per person to help cover clerical expenses. Call Shari Gonzales at (415) 869-7813 or email [sharig@diocal.org](mailto:sharig@diocal.org). Upcoming Will Writing Sessions will be:

Saturday March 26, 2011—St. Mark's Palo Alto  
600 Colorado Ave, Palo Alto, CA 94306, 650-326-3800

Individual appointments are for 45 minutes. Attorneys will be available from 9:00 AM until noon. For the latest schedule and related information, check <http://EpiscopalGift.org> or call 415-869-7813.

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## VOLUNTEERS AND UP TO \$10,000 FOR ALAMEDA PROJECTS

Did you know that Episcopal Charities Alameda Action Network (ALAN) is searching for collaborative projects in Alameda deanery to receive professional volunteers and financial support?

Please bring your project lists and ideas to our next meeting! ALAN will meet March 21, 7-9 PM at St. Paul's Episcopal Church (114 Montecito Ave, Oakland). At this meeting we will put together a master list of potential projects.

RSVP to Justin Cannon at [jcannon@episcopalcharities.org](mailto:jcannon@episcopalcharities.org) or call 415-869-7810 if you plan on coming.

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## ASH WEDNESDAY — MARCH 9

11:30 AM — Imposition of Ashes & Holy Communion

6:30 PM — Imposition of Ashes & Holy Eucharist

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**MOVIE GROUP** meets Sunday, March 20, at 6:00 PM at the Dobson house. Call 510-339-1471 for directions. Watch *Cedar Rapids* and *True Grit*, now playing. Casual potluck and good times with great discussions.

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**THE MARCH CLARION** was sent out by email. For those of you who do not receive electronic mailings, you can pick up a copy at the church doors or in Palache Hall. If you prefer, you may request that the church office mail you a copy.

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**St. Clement's Parish Retreat 2011**  
CELEBRATING GOD'S CREATION

**Names of all participants, including ages of youth & children:**

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**Food allergies or restrictions, with name of person:**

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**Address, phone number, & email:**

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Adults \_\_\_\_\_ x \$180 = \_\_\_\_\_  
Youth (13-18) \_\_\_\_\_ x \$120 = \_\_\_\_\_  
Children (3-12) \_\_\_\_\_ x \$ 90 = \_\_\_\_\_

Please make checks payable to **St. Clement's Church**. Registration is due by Sunday, March 15.

**St. Clement's Parish Retreat 2011**

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**Celebrating God's Creation**  
Discovering God Above All, Through All, and In All

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**Location:** Bishop's Ranch in Healdsburg, CA

**Begins:** Friday, April 1, 2011 at 7:00pm

**Ends:** Sunday, April 3, 2011 at 1:00pm

**Questions:** Contact Bruce O'Neill or Justin Cannon

**Retreat costs include:**

- 2 nights lodging (Friday & Saturday, linens included)
- 5 meals (Saturday breakfast through Sunday lunch)

*Children two and under are free.*

**Registration due by March 15.**

Please return this form with full payment to the church office.

This year, our group will have five rooms (with private bath) in Harrison House and three cottages in St. Stephen's Youth Village (two bedrooms sharing bath facilities in each cottage). Register soon!