
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

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

❖ 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.

EYC meets downstairs in the parish hall and comes into the church for the Eucharist. Justin Cannon will be facilitating.

Nursery Care for young children is available upstairs.

SERVING TODAY

Altar Guild	Mary Lou Chapman, Frances Morgan, Melissa Newel, Charlice Danielsen
Ushers	Joel & Sacha Grippando, John Morris
Acolytes	Cece Andrews, Eamon & Alistair Sherris-Watt, Jack Morris
Lay Readers	Calvin Massey (8:00) David Myles, Charlotte Saulsbury (10:00)
Eucharistic Ministers	Christian Rideout (8:00) Robert Heimbucher, Kay Fraley (10:00)
Coffee Hosts	Rachelle & Thomas Sherris-Watt

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

Departed: Dorothy Lanham

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.

CALENDAR FOR THE WEEK

1st Sunday in Lent	March 13	8:00 AM	Holy Communion
		9:00 AM	Adult Forum: <i>Faith Talks</i>
		10:00 AM	Holy Eucharist
		10:00 AM	Sunday School & EYC
		11:30 AM	Senior Choir Rehearsal
		12:00 PM	Confirmation Class
Monday	March 14	6:30 PM	Education for Ministry
Tuesday	March 15	10:00 AM	Archive Meeting
		6:00 PM	Outreach Committee
		7:00 PM	Vestry Meeting
Wednesday	March 16	9:30 AM	Staff Meeting
		11:30 AM	Holy Communion
		4:00 PM	Junior Choir Rehearsal
		7:30 PM	Theology Roundtable
Thursday	March 17	8:30 AM	Beginning Tai Chi
		12:30 PM	Prayer Group
		7:30 PM	Adult Choir Rehearsal
2nd Sunday in Lent	March 20	8:00 AM	Holy Communion
		9:00 AM	Adult Forum: <i>Faith Talks</i>
		10:00 AM	Holy Eucharist
		10:00 AM	Sunday School
		11:30 AM	Senior Choir Rehearsal
		6:00 PM	Movie Group

FAITH TALKS: Since an important component of Lent it to deepen our Faith, the rector is facilitating a Forum series, "FaithTalk." This should be an enjoyable way to explore our Faith, ask questions, and share in thoughtful conversations. Come join us Sundays at 9:00 AM in the Conference Room, March 13 through April 10.

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.



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.

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. 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.

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 or call 415-869-7810 if you plan on coming.

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 usually meet the second Wednesday of each month in Palache Hall. However, due to Ash Wednesday services, our meeting this month will be on the third Wednesday, **March 16**, at 7:30 PM. For more information, contact Kristor Lawson at 510- 841-2028, or kristor@schultzcollins.com.

COFFEE HOSTS are needed for 2011. Please sign up on the sheet in Palache Hall or call Mandy Hammond at 527-1373.
