Dear Parishioners,

This parish is richly blessed by its parishioners in the enthusiasm of our lay parish leadership commissions. This newsletter is just another one of many examples of their enthusiasm and creativity. You will be given much more information about the parish, its programs, its activities, its events.

Being a parishioner is not a spectator sport. It demands the engagement and the prayers of everyone to form a family of faith. This newsletter hopefully will be a blessing to you and an invitation and a tool for your own greater engagement and appreciation of the many volunteers who make St. Dominic’s work.

Finally, the greatness of a parish is the willingness of people to form a family of faith lived in service.

With many thanks to our lay leadership and blessings on the whole parish, I am prayerfully yours,

Pastor

PROFILE: FR. GARRY CAPPLEMAN

In August 2009, leaving the cloudy gray of Seattle behind him, Fr. Garry Cappleman arrived in San Francisco, at St. Dominic’s. “My initial impressions when I got the news I was coming here? Well, I knew I was coming to a parish renowned for its vitality; I was coming to a place regarded as the jewel of the province.”

About a year into his tenure at St. Dominic’s, Fr. Garry attended his first Living Your Strengths class (based on the Gallup-developed StrengthsFinder, a test identifying and ranking an individual’s talents) with the Young Adults. He received the printout listing his five strongest talents, looked at them, and felt only indifference. Fr. Garry received further training in StrengthsFinder, and it was this training that began a transformation that brought forth an epiphany.

“It all clicked. I suddenly saw the goodness in my talents, the top 10 of which are connectedness, input, relator, learner, positivity, empathy, restorative, ideation, activator, and individualization (the distribution of the talents of the parishioners who have taken the Living Your Strengths class can be found via the St. Dominic’s website). I retrospectively realized why I had disliked these talents when I first saw them: These were the types of talents my family would have not approved of. They much preferred the talents of achiever, command, woo, for instance. But I learned that you don’t need someone else to approve of you.” (cont’d)
PROFILE: FR. GARRY CAPPLEMAN (CONT’D)

“I found a vocation within my vocation. God has taught me, through my talents and my charisms of discernment, intercessory prayer, prophecy, faith, and encouragement, how to heal: how to heal one’s relationship with God, how to heal oneself, how to heal one’s relationship with others. And in some ways, this is more valuable than physical healing. Oh, it is a most joyful thing to be used to set people free to know themselves as beloved sons and daughters of God!”

“I am like Lazarus. This is what St. Dominic’s and the Living Your Strengths program have done to me. This poem I have written (see below), it applies not just to me, but to this parish as well. StrengthsFinder has changed my life. And I want everyone to know themselves.”

“I have so many fond memories of St. Dominic’s. I have been privileged to be able to witness this place becoming even more alive, in joy, in peace, in laughter.”

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Fr. Garry stood up.
He smiled broadly.
“The best is yet to come,” he said.

He bowed, just a touch, and returned to his room to continue preparations for his new home in Riverside, California. +

When He had said this, He cried out in a loud voice,
“Lazarus, come out!”

—John 11:43

A voice speaks my name! A familiar voice!
Clear, strong—resonating with regal authority!
Gentle, kind, merciful, compassionate!
Inviting! Mirthful! Joyful, playful! Brimming
with lively humor!
Scales fall! Light! Piercing! Pure! Dazzling!
Light shining through the darkness!
A million suns’ rising! Beauty beyond
imaging!
Beautiful light! Living light! Inexplicably
infinite!
Eternal spring! Inexhaustibly life giving!
Love alive—with joy!
Cloaked in light as if a robe—an awesome
Person appears—Fully human! Fully divine!
Heaven breaks in and around and about me!
Amazing Grace!
Tomb walls, stone floor, linen wrappings—with

a dazzling whiteness shine!
Love cascades over me! Bathes! Cleanses!
Embraced by Love Itself!
Through thick wrappings—I see—Jesus! Standing
ablaze in glory!
Light and source of Light! In whose light, we see
light itself?
Life penetrates sinews, bone and flesh!
Limbs awake! I rise! I walk! I stand!

“Unbind him and let him go,” His voice
commands!
Jesus knows me! Knows all my sins! Past, present,
and future!
Nothing left to hide! Justice and Mercy kiss!
Forgiveness embraces me—
He knows me—I know Him!
Freedom! Love! Joy! Peace!

Fr. Garry Cappleman

The Living Your Strengths program is offered four times annually, with the next 4-class session to begin
30 September 2012. Contact Shelley Goodale at 415.674.0464 if interested. Called and Gifted, the workshop on charisms,
is offered every June.
IN RECOGNITION: PROFILES IN FAITH

At the Solemn Mass (11:30 a.m.) on 5 August 2012, we acknowledged the extraordinary commitment of 9 parishioners to St. Dominic’s with the inaugural Profiles in Faith award. “These are spiritual athletes, living saints,” Fr. Xavier said. “They are always there, always with incredible love. It is the small things that show dedication and love.”

**Patricia Berberich**
- Lifetime service
- Liturgical ministry
- Parish wedding coordinator
- Organizer of Holy Week Tenebrae services
- Preparation and care for linen, vestments, vessels, flowers, and garden

**Helen Ann Davis**
- Manager of weekly donations
- Preparation of yearly Epiphany packets and weekly community snack packs
- Founder and coordinator of docent program

**Linda de Palma**
- Lifetime service
- Liturgical ministry
- Chef at special liturgical and community events including Tenebrae, pancake breakfasts, and Seder

**John Holt**
- Solemn Mass Choir
- Preparation of Mass programs
- Festivals organizer
- Pastoral Council

**Margaret McCracken**
- Advocate of family and children’s programs including establishment of children’s Liturgy of the Word, involvement in children’s faith formation, and First Communion class teacher
- Pastoral Council

**Jaime & Rosa Pinto**
- Organizers of St. Jude Pilgrimage Walk and Mass
- Liturgical ministry at Spanish Mass
- Community organizers

**Jimmy Salcido**
- Developer of parish emergency plans and CPR programs
- Head usher
- Pastoral Council chair
- Lima Center

**Al Sheena**
- Lifetime service
- Founder of annual Seder meal
- Weekly family Mass coordinator
- Daily altar server
- Landings program

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**EVENT: MEDIEVAL DINNER**

9:30 p.m. on the Friday before the Medieval Dinner: Within and without the parish hall, volunteers, some on ladders, worked still at decorating the dining room. The smell of a blowtorch, first on metal (candlestick) and then on paper (signage), wafted by. In the kitchen were aromas of a different kind: the fragrance from onions hitting hot oil supplanted that of cinnamon from the cooking carrot souffle. And the constant 6-hour whir of the pasta machine finally came (cont’d)
to a halt. “Oh, it's so quiet now,” several voices immediately echoed. The pasta machine had revved up at the start of the prep session for the day to coax the seemingly unending balls of dough into the thinnest sheets for Fr. Xavier's non–American-style mac & cheese.

Preparations for this year's Medieval Dinner celebrating Saints Dominic and Catherine of Siena had begun some 3 months earlier. Fr. Xavier's medieval cookery cookbook collection was carefully consulted, with *Pleyn Delit* and *The Medieval Kitchen* providing the recipes for the final 5-course dinner menu. Teams for shopping and cooking, decorating, costuming, entertainment, drinks, maintenance, and service were formed.

Everything came together on the evening of August 18 as parishioners, attired spectacularly—several in medieval wear—and many with wooden utensils tucked away (at least 1 pair of wooden chopsticks spotted), descended the steps in the fog and wind and entered under a lance archway into a parish hall now aglow with candlelight. A monastic blessing in Latin opened the evening and dancing to Celtic fiddling closed it.

“We started this meal, I think about 13 years ago, to celebrate the feast day of St. Dominic's as a community, and we went medieval as St. Dominic is from that era,” Fr. Xavier explained. Rose Mangini, an attendee of all but one Medieval Dinner, summed it up, “I tell all my friends; this dinner is a big deal!”

**Photographs of the Medieval Dinner can be viewed here.**

- No. of silverware officially allowed: 0
- Amount of time spent decorating the parish hall: 5 days (3 working, 2 arguing)
- No. of volunteers to prepare and execute all aspects of dinner: ~35
- No. of main courses repeated over 13 years: 0
- Quantities of food for ~150 diners: 100 lbs beef ribs, 100 lbs onion, 80 lbs pork, 50 lbs carrots, 50 lbs leeks, 30 lbs lamb, 25 lbs flour, 25 lbs brussel sprouts

_The Administration Commission thanks the following for their help in this issue: Fr. Xavier for Dear Parishioner Letter; Fr. Garry Cappleman and Lance Johnson (talent distribution figure) for Profile; all Profiles in Faith winners, Don Rogers, and Simon Berry for In Recognition; Bernadette Mendoza, Dominique Kim (photography), Judie Doherty, and Lorraine Guzman for Event; and Karen Mitchell, Michael Smith, Scott Moyer, and Shelley Goodale for putting up with constant badgering. The Administration Commission also welcomes feedback on the newsletter. Please write to st.d.comm.committee@gmail.com._