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St. Christopher's *e-Traveler*

Issue #53

MARCH 2017

From the RECTOR



The Rev.
John F. Dwyer
Rector



Meet
Christ
Be Christ

It is March and we have an entire month (plus some of April) dedicated to our observance of a Holy Lent. Through *prayer, fasting, almsgiving, study, reflection, and love* we all can move into a place that better prepares us to appreciate the gift that is Holy Week and Easter. We will be offering a number of different types of opportunities that will allow all of us to do some or all of those activities that help to prepare us for this gift God has given to us. Some of those activities are:

- We will have three authors present with us on different Wednesday evenings, who share their stories in the book "**A Good Time for the Truth: Race in Minnesota.**" More information can be found later in this edition of the *e-Traveler*.
- The Green Team and the Youth are teaming up for a Wednesday night movie that will grow understanding of our need to care for God's creation.
- Every Wednesday in Lent we will be offering, at 7 PM the service of Way of the Cross and Holy Eucharist. This service is a way of marking Lent as different and special and important. The service lives into a number of those ways in which we can prepare ourselves for the celebration of Holy Week and Easter.

I ask that we take something on this Lent, as opposed to giving something up. Some ideas of what to take on are: we can call someone whom we haven't spoken to in a while, volunteer to serve at our Community Dinner, join another team or ministry here at St. Christopher's, visit someone who is lonely, speak to someone we have seen but don't now here at St. Christopher's (inviting them out for coffee/tea is a safe and kind way to get to know someone). By making ourselves vulnerable in these ways, by involving ourselves

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Mark Brilowski
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Jan Fillmore
Elizabeth Grayden
Karen Hartman
Chris Huntley
Becky Lucas
Mike Sirany
Barbara Swanson

STAFF:

Ruth Thillen,
Parish Administrator
Chad O'Leary
Youth Director

in this community in a deeper way, we open ourselves to seeing Jesus in those we meet, and allowing Jesus to shine through us.

At times in Lent we can become reflective, perhaps upset at losses we have suffered either this past year, or in years gone by. As we reflect on our lives during Lent, those memories can be surprisingly sharp and present for us. When the artist and poet Jan Richardson lost her husband she not only painted about her grief but created poetry too. We have utilized some of Jan's artwork on our Sunday morning leaflets, so her name may be familiar. I believe this poem, "Blessing for the Brokenhearted" is a piece of art that can speak to any person who has suffered a loss and help find a way through. I offer it here as a vehicle of assistance in moving in to a more sacred and holy Lent.



"Valentine's" - Jan Richardson

Blessing for the Brokenhearted

There is no remedy for love but to love more.
- Henry David Thoreau

Let us agree
for now
that we will not say
the breaking
makes us stronger
or that it is better
to have this pain
than to have done
without this love.

Let us promise
we will not
tell ourselves
time will heal
the wound,
when every day
our waking
opens it anew.

Perhaps for now
it can be enough
to simply marvel
at the mystery

Marion Hunner,
Children's Ministries
Karla S. Cole,
Director of Music
Rev. Mary Rowe,
Assisting Priest
Rev. Janet MacNally,
Deacon
Rev. John F. Dwyer,
Rector

**Our
PROGRAM
YEAR
Schedule**

Sunday:

8:00 AM

**Holy
Eucharist**

9:00 AM

Fellowship

9:30-10:20 AM

Children's
Education
-Room 107

9:30-10:15 AM

Youth Education
-Youth Room

9:30-10:15 AM

Adult Education
-Chapel
(1st & 3rd)

10:30 AM

Holy Eucharist

11:30 AM

Fellowship

Wednesday:

12:15 PM

Holy Eucharist
-Chapel

Office Hours:

Monday - Friday
9 AM - 4 PM

**MARCH
Calendar
Highlights**



1 ASH

of how a heart
so broken
can go on beating,
as if it were made
for precisely this-

as if it knows
the only cure for love
is more of it,

as if it sees
the heart's sole remedy
for breaking
is to love still,

as if it trusts
that its own
persistent pulse
is the rhythm
of a blessing
we cannot
begin to fathom

but will save us
nonetheless.
-Jan Richardson

Blessings and Peace,



The Deacon Discusses



The Rev.
Janet MacNally,
Deacon

Patience

Patience has been the word that best sums up the past almost two months of my life. While the recovery from my shoulder surgery has been good, it has been deliberately slow. Life seemed full of things that I could not, must not do with my right arm. It spent hours, days, weeks in a sling and for the brief times it was not, it hung at my side like a dead weight. And time passed by very slowly indeed. I would be remiss if I didn't admit that there were times when all that lack of motion got to me. I longed to be able to eat with my right hand, to type at the computer with both hands, to wear things that did not button down the front and to drive myself where I needed to be. Those were times of frustration at the methodically slow pace of my recovery. But there were good things

WEDNESDAY
12:00 PM Holy Eucharist w/ Imposition of Ashes -Church
7:00 PM Holy Eucharist w/ Imposition of Ashes -Church

5 LENT 1
8 AM Holy Eucharist
10:30 AM Holy Eucharist
10:30 AM
Children's Chapel
- Chapel

8 12:15 PM Holy Eucharist -Chapel

5:45 PM Lent Soup/Bread
Forum-Parish Hall

6:15 PM Bell
Choir-Balcony

(5:45) PM Youth
Group-Youth Rm

7:00 PM Way of the Cross and Holy Eucharist - Church

7:15 PM Parish
Choir-Music Rm

9 1-2:30 PM
Knitting - Library

10 6:30 PM
Couples Bridge-Parish Hall



12 LENT 2
8 AM Holy Eucharist
10:30 AM Holy Eucharist

13 5:30 PM
Finance Comm.

about that time too. Your thoughtful cards and assurances of your prayers for my recovery helped to center me on the fact that we are never alone on our journeys through life and that this journey was no exception. It gave me a chance to quietly center and find the Holy amidst all the frustration. And it was there, in the slow pace of my recovery it was waiting to be discovered and cherished.

This week we begin our journey through the season of Lent. It is a season that calls to slow down and encourages us to seek out the Holy in the midst of our normal, busy and often hectic lives. The Holy waits for us with patience to be discovered and cherished. This is after all the season of the church year when we traditionally "give something up" to mark the sacrificial and penitential mood of the season. I have a different suggestion for how we together might mark this season. Instead of "giving something up" what if we take something on? (Although in a manner of speaking that is giving something up, namely time.) What if we were to take these upcoming forty days and with a great deal of patience center on seeking out the Holy in our lives? I have several sources and readings to help that I would love to share, coming to the Stations of the Cross on Wednesday evenings can be a good place to start from and when we meet on the second and fourth Sundays for intentional prayer, we can as a group, work on our journeys together.

It can be frustrating to seek in the quiet, it can be almost impossible to find the time to center ourselves on the Holy for even a few moments in our busy lives. Yet the Holy is there waiting to be discovered, to join us on our journey and to remind us that we are never alone. All it takes is a little time and patience.

**Amen,
Deacon Janet**



**Footprints
March 2017**



**News from Children's
Ministries**



Marion Hunner
Children's Ministries Director

**Lent begins THIS Wednesday, March 1, with
Ash Wednesday.**

There are several options for family Lenten Disciplines on our website under 'Resources.'

<http://www.stchristophers-mn.org/family.html>



I do want to highlight one particular Lenten resource - **Make Room, A child's Guide**

-Parish Hall

**14 Meals on
Wheels-Offsite**

15 11:30 AM
SWAT Group-
Parish Hall

**12:15 PM Holy
Eucharist**

-Chapel

6:15 PM Youth
Group-Youth Rm
Before the

Flood movie
with the

GREEN TEAM

**7:00 PM Way of
the Cross and
Holy Eucharist
- Church**

7:15 PM Parish
Choir-Music Rm



19 LENT 3
8 AM Holy

Eucharist

**10:30 AM Holy
Eucharist**

20 6:45 PM Vestry

**22 12:15 PM Holy
Eucharist**

-Chapel

5:45 PM Lent
Soup/Bread

Forum-Parish Hall

6:15 PM Bell
Choir-Balcony

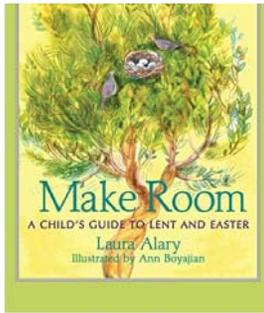
(5:45) PM Youth
Group-Youth Rm

6:15 PM Bell
Choir-Balcony

6:15 PM Youth
Group-Youth Rm

**7:00 PM Way of
the Cross and
Holy Eucharist
- Church**

7:15 PM Parish
Choir-Music Rm



to Easter and Lent, by Laura Alary. This is a great book that helps families look at Lent as a time to Make Time, Make Space, and Make Room. The book is readily available online and in bookstores. Unfortunately, it is not available at Ramsey County Libraries.

New in 2017 - Children's Chapel - Join us on March 5th!

On the first Sunday of each month we are offering a special opportunity for children PK-5th grade. On that Sunday we will not have regular Sunday School Classes - instead, families will come to the 10:30 liturgy, and the children will meet in the small chapel for a Children's Chapel experience. They will then join their families in the pews at the peace. This will offer families one Sunday per month where they are only at church for the one hour liturgy as well as provide a different presentation of the Liturgy of the Word for the children.

Sunday School

During the month of March we are exploring the life of Jesus using the Godly Play story "Faces of Easter." Each week we add a few events from Jesus' life as we approach Palm Sunday. The way these lessons are arranged, we review the previous faces each week before introducing new ones.

Outreach and Community Building



On Saturday, March 25th, we will gather for our annual Church Home, Bowling and Pizza outing. We will meet at Episcopal Church Homes at 3pm to do a craft with the residents, then we will head down the street to Midway Bowl for bowling and pizza. This event is for

Sunday School age children (age 4-5th grade) and at least one parent, but entire families are welcome! Please let Marion know if you are able to join us.



Vacation Bible School July 17-21, 9am-noon

Mark your calendars and invite your friends! Registration will be available by Easter. You can see information and pictures from last summer's program here: <http://www.stchristophers-mn.org/vbs.html>

26 LENT 4
8 AM Holy Eucharist
10:30 AM Holy Eucharist

27 e-Traveler Deadline

29 12:15 PM Holy Eucharist
 -Chapel
6:15 PM Bell Choir-Balcony
6:15 PM Youth Group-Youth Rm
7:00 PM Way of the Cross and Holy Eucharist - Church
7:15 PM Parish Choir-Music Rm

30 5:30 PM COMMUNITY DINNER

Please note: Outside group use of the building has not been listed here. Please note that we now have music lessons Monday through Saturday. Please check the calendar in the office before scheduling a meeting or event. Our weekly building-use calendar is **quite busy!**

Youth News



Chad O'Leary

Youth Ministries Director

There will be many wonderful opportunities for youth during the month of March. However, because some of them are with adult formation activities, please pay close attention to the times listed below.

Sunday Formation Meetings

March 5, 12, 19 & 26 (9:30-10:15AM)

Wednesday Schedule

March 1: Ash Wednesday

No youth group; attend the liturgy of the ashes with your family at 7:00PM!

March 8 (6:00-8:00PM)

We will join a discussion with Mr. David Lawrence Grant, a contributor to **A Good Time For The Truth**, a book that our faith community is using as a guide during our Lenten discussions on race. Adult are encouraged to participate alongside their youth, especially those who will be participating in our pilgrimage this summer -- so please join us! Those wishing to attend arrive at 5:45PM can gather for soup and bread. Our evening will close together with the Way of the Cross and Holy Eucharist.

March 15 (6:15-8:00PM)

We will be joined by members of our Green Team to watch *Before The Flood*. Pizza will be provided!

March 22 (6:00-8:00PM)

We will join a discussion with Ms. Sun Yung Shin, a contributor to **A Good Time For The Truth**, a book that our faith community is using as a guide during our Lenten discussions on race. Adult are encouraged to participate alongside their youth, especially those who will be participating in our pilgrimage this summer -- so please join us! Those wishing to attend arrive at 5:45PM can gather for soup and bread. Our evening will close together with the Way of the Cross and Holy Eucharist.

March 29 (6:15-8:00PM)

Game night! *What do you meme?*

--

Much Peace on the Journey,
Chad O'Leary

Schedule for Lent Sunday Adult Forums & Soup/Bread Wednesdays

On Sundays we will discuss a particular author's story in the book "**A Good Time for the Truth: Race in Minnesota.**" On the following Wednesday we will gather for soup and bread at 5:45 in the Parish Hall, and begin discussion with the author from 6:00 to 6:55. All are then invited to attend the Way of the Cross and Holy Eucharist at 7:00.



Sunday, March 5th @ 9:30 (Chapel) -
David Lawrence Grant, p. 195

Wednesday, March 8th @ 5:45 (Parish Hall) -
Meet and discussion with Mr. Grant

Sunday, March 19th @ 9:30 (Chapel) -
Sun Yung Shin, p. 3

Wednesday, March 22nd @ 5:45 (Parish Hall) -
Meet and discussion with Ms. Shin

Sunday, April 2nd @ 9:30 (Chapel) -
Kao Kalia Yang, p. 145

Wednesday, April 5th @ 5:45 (Parish Hall) -
Meet and discussion with Ms. Yang

Books are available for purchase in the parish office and are \$18. There are a few free copies available. Please speak to Fr. John or Ruth if you would like one of those.

The Royal Order of the Mop and Duster Changes Focus!

We have signed a contract with a new cleaning company, who will begin working with us the first week in April. This company will do almost all of the work our volunteers do plus all the work our current contractor does, for approximately 45% less money than we are presently paying. That is great news!



What we will need, are volunteers to come in on Monday or Tuesday (or possibly after the 10:30 service on Sunday, as some now do) to "restock" the bathroom with paper goods and soap, and empty the trash bins. We think that this will only take about 20-30 minutes. We would like to retain most of our "M & D" volunteers to do this new work; our guess is folks will be "on duty" once every 2.5 to 3 months. Our new company will be coming in at the end of each week to get us ready for the weekend.

Three years of wonderful effort has made our home here so very spic and span clean. We are so grateful for all of the volunteers who have been so faithful, and for our Mop and Duster Coordinator, Ella Snyder, who has agreed to continue with scheduling.

Green Team

Submitted by Karen Hartman

The season of Lent is rapidly approaching. The Green Team has been reflecting on how we, as a congregation, can participate in this time of prayer, confession, abstinence and ACTION. Organics recycling is a simple way we all as individuals can make a difference in our carbon footprint with the goal of benefiting the world in which we live. What is organics recycling? The collection of organic material for composting which includes:



- All food scraps including vegetables, fruits, meats (including fats, oils and grease), poultry, fish, bones, grains, dairy, coffee grounds and filters, tea bags etc.
- Non-recyclable paper including greasy pizza boxes, paper towels, tissues, wrapping paper, dirty paper bags, etc.
- Compostable cups, plates, utensils, bags etc. Check that it has the "Compostable" logo from the Biodegradable Products Institute (BPI) on the item or packaging to ensure it is compostable.

Why recycle organics? Organics makes up about a quarter of our garbage. Instead of going in the trash, organics can be recycled or reused. Organics don't belong in landfills! When organic waste decomposes in a landfill it decomposes anaerobically, without oxygen and releases methane into our environment. Methane is a powerful and central contributor to global climate change. Because methane is both potent and short-lived, reducing and avoiding methane emissions through activities like organics recycling is one of the best ways to achieve a near-term beneficial impact in mitigating global climate change.

Where do I take my organics to recycle? There are drop-off sites in both Ramsey and Hennepin county. Some communities are even picking up organics as part of their weekly recycling program. Check out the following websites:

<https://www.stpaul.gov/departments/public-works/recycling-and-waste-reduction/organics-recycling>

<http://www.hennepin.us/business/recycling-hazardous-waste/organics-recycling>

Prayer for Climate Change

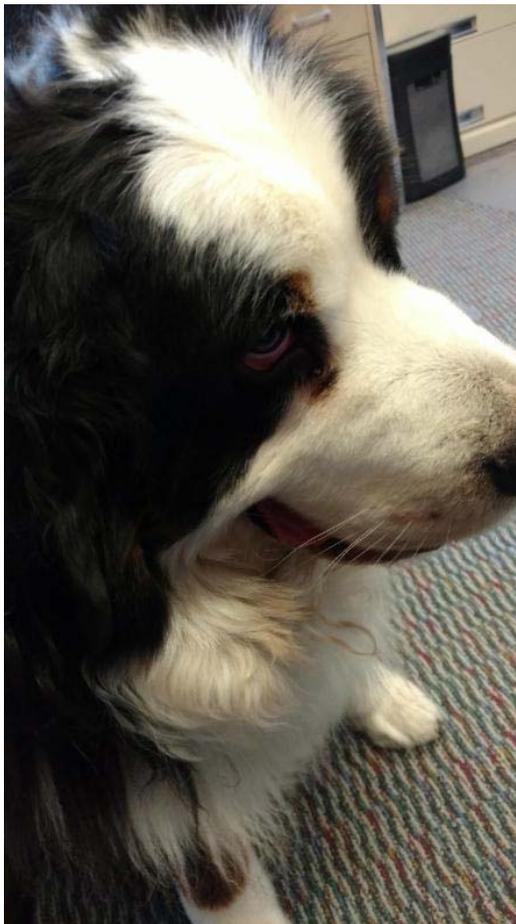
Your creative love, O God, brought forth our world,
 Once a garden where humans
 Could taste and see the goodness of the earth.
 But our eyes have been blinded
 to the beauty of Creation,
 to the knowledge that it is Gift,
 one given so that all humans may live and flourish.
 Our indifference changes the world;
 Even mighty glaciers weep now.
 Our disregard for our sisters and brothers
 Threatens the very skies above us.

Our passivity begins to choke us, and
The excess of our lifestyles blot out the sun.
Call us to renewal, to stewardship;
Call us to solidarity to the earth and all its creatures.
Give us new vision to see the fragile beauty that remains to us;
Give us new spiritual energy to become active
In loving the world through our daily life;
Give us new voices to speak out for environmental solidarity.
Bless us again with the gift
Of being a joyful community;
Bless us with a love of your Creation
And we will glimpse your Eden once again.
--Jane Deren, 2009

Last Words

I hope you have enjoyed the March **e-Traveler**. March brings with it some of my favorite things - kites, jump ropes (I think my age may be showing), [St. Urho's Day](#), [St. Patrick's Day](#), as well as family birthdays and anniversaries.

Lincoln is still hoping for more snow. He was a little shy this month:



Sincerely,
Ruth Thillen, Parish Administrator

St. Christopher's Episcopal Church

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