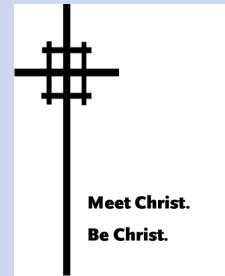


St. Christopher's

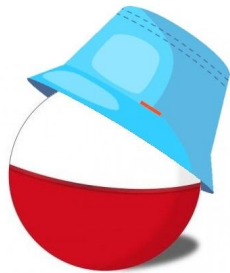
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Visit our Website

From the Editor: Hello, St. Christopher's! Please remember that our emails are now sent with the "from" address as "office@stchristophers-mn.ccsend.com." Please mark this address as "safe" or "not junk" or "not spam," depending on your email provider, so you are sure to receive all of our communications.

From the Rector



**The Rev.
Randy W. Johnson**

Rector

Stressed Out? *by Fr. Randy+*

I have to believe I am not alone in my feelings about being stressed out right now. There is so very much going on all about us that cause us to become weighted down in anxiety and angst—whether on the greater world stage, in our country, state, communities, and our own lives. Although mental health professionals tell us that a degree of stress is actually helpful to our psychological and physical fitness, too much of it can become debilitating and unhealthy.

We have just finished walking with Jesus through the forty days of Lent; through the heart-wrenching stories and experience of Holy Week, culminating in his arrest, trial, crucifixion, and resurrection victory over death on Easter. Jesus, being both fully human and fully divine, personally experienced stressors well beyond our ability to comprehend. Yet, he did show us by example how to deal with the real impact of stress in our own lives.

I have been recently reading studies on the effects of anticipatory stress—a stress response in anticipation of a difficult or unpredictable situation. This is not unlike the type of stress Jesus worked through. It is also the type of stress

many of us are experiencing right now. The University of Minnesota Extension Service provides terrific resources that are valuable to apply in our lives to positively affect the outcomes of stress on our bodies and minds.



There are three stages of anticipatory stress:

- Becoming aware of a potential threat/challenge,
- Evaluating whether we have the resources to meet the potential threat/challenge or if there is potential for us to be overwhelmed and,
- The physical and emotional experience of stress.

Anticipatory stress may include:

- Increased heart rate
- Feeling tense and on the edge
- Racing thoughts
- Rapid breathing or difficulty getting a full breath
- Increased perspiration
- Difficulty sleeping
- Feeling irritable
- Finding it difficult to concentrate

It is important to note that not all anticipatory stress is bad. Some research indicates that when people have increased anticipatory stress, they also recover more quickly after the stressful event has happened. While the event may not be pleasant, experiencing some anticipatory stress might be protective for us and helpful for us in coping with stressful events in the long run. It may also contribute to having a positive impact on how humans function at the physiological level. However, chronic stress with no relief can have a profoundly negative effect on our health and our overall functioning and well-being. Unmanageable stress must be recognized and addressed.

The good news is that we have some helpful strategies to apply in our lives when dealing with anticipated stress:

- **Re-frame and Re-appraise:** Put a positive spin and appraisal on the oncoming stressful event, having confidence it will be less negative than we think and have confidence we have the resources to meet the challenge.
- Use compassionate and positive self-talk when thinking about an event and whether you can manage it: Tell yourself things like: “I have survived many things, I will survive this, too.” “This is going to be hard, but I know I can face this challenge.” It might seem silly, but research indicates that having self-compassion and attempting to talk to yourself in a positive way can have significant positive impacts on the stress we feel.
- **Take care of yourself:** Eat nutritious meals, get rest, exercise regularly,

have ways to relax and have fun, and have positive relationships with others. All of these help us cope with stress.

· Be careful who you hang around with: Research indicates that spending time with someone who is struggling with unmanaged depression can increase our own risks of depression simply because it is very easy to get into a negative cycle of conversation and mindset. If you are feeling an increased sense of stress, it is important to be thoughtful about who you're spending time with in order to be protective of your own well-being.



Spending time in prayer and in engaging others in a supportive faith community are major contributors to assist us in dealing with the anticipatory stress that impacts us. Our mental health and physical well-being is positively impacted by the development and cultivation of healthy relationships with God and our

neighbors. This formula of compassionate care for self and others is the peace we all seek and find as followers of Jesus. We can do this, with God's help.

"Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid."
(John 14:27)

Randy+

Music Notes



Karla Cole

Director of Music Ministries

It was a *glorious* Easter celebration this year, with St. Christopher's Choir and Handbell Choir taking the lead. This year, not knowing the space considerations, but expecting it to be crowded up there, we didn't hire in any musicians, but rolled up our sleeves and did it all in-house. I hope you all appreciate how hard they work! When you've come home for dinner on a Wednesday, they're bolting theirs down and setting off for rehearsals. And while you're leaving the early service to meet friends for brunch, or having a lazy cup of coffee with the Pioneer Press or Strib before you even go to church, they're setting off to warm up for the 10:30 service. They're a hard-working bunch of folks. And they are lovely people – they are Christians of deep faith, with concern for all God's creatures, human and otherwise. And they are friendly and good-humored. If this sounds like a plug to join them, it didn't start out that way, but yes, yes you should! There's always a place for you in the Music Ministry of St. Christopher's. We'll scooch over and share our music with you, and we'll all be the better for it. Many thanks to all of them,

singers, ringers, recorder players and anyone who plays an instrument!

But the year's not over yet! We still have Eastertide and Pentecost, and will present a festive **Evensong on Sunday, June 9th at 4 pm**. Coming early in June, it seems like a good opportunity to celebrate Pride Month and avoid any conflicts with the big festivals and parades. As we've not done this before, we are in the "imagining" phase, so if you have great ideas and would like to be involved, talk to me or Jean Crow in the coming weeks. And if your reaction is "no thanks, I'm not gay," remember that we follow the original long-haired hippy guy who preached peace and love your neighbor. And really, everyone is your neighbor.

Karla Cole

Footprints APRIL 2024 News from Children's Ministries



Marion Hunner

**Director of
Children's Ministries**

We begin April by looking at stories of Jesus' appearance to his people after the resurrection.

During Lent, our Lenten Calendars provided an opportunity for donations. Once those are in, we will use the matching grant that we got from the Mission Opportunity Fund to double our money. When we have a total, we will look through the Heifer International catalog and decide how we want to join Heifer in providing sustainable help to our neighbors abroad.

At the end of the month, we will start preparing a presentation for Adult Forum. We will present the Godly Play story, Circle of the Holy Eucharist. This story explains the structure of our liturgy. We will present it on Sunday, **May 12**, at 9:15pm.

Mark your calendars for Vacation Bible School 2024:

Hero Hotline

July 15-19 9 am - noon

Invite your family and friends to join you!

Participants are Age 3 – 5th or 6th grade

Youth Volunteers have completed 6th – 12th grade

Adult Volunteers are...well, older than that!



Acts Bible Study Easter Season 2024

Dear fellow parishioners,
I will be leading a study of the book of Acts on Sunday mornings during the Easter Season. It will meet at 9:15 in the Gathering Room. I'm asking that you bring a Bible with you, any translation is fine.

As you read the scripture I ask that you pay attention to Angels, Visions and the Work of the Holy Spirit. And how the humans who encounter these react to their experience.

Acts is one of my favorite books of the Bible. It is a great story and full of adventure. Read it like it is a movie, use your imagination to picture the events it describes. I believe it is a book for our time because it is all about how the emerging church adapted to their new reality.

Please join me as we explore this lively story.
Blessings, Lyn Lawyer

Green Team

GOT LAUNDRY? GET THE ECO EGG!

In today's world, where environmental consciousness is not just a trend but a necessity, the Eco Egg laundry detergent emerges as a game changer. This innovative product has been tested by members of St. Christopher's community, confirming its effectiveness and ease of use.

Foremost among its advantages is its commitment to reducing plastic waste. Traditional laundry detergents come in bulky plastic bottles that contribute to the ever-growing environmental crisis. The Eco Egg, in contrast, completely avoids plastic bottles, making it a more eco-friendly choice.

Cost is a significant consideration in any household purchase, and the Eco Egg stands out in this regard. \$14 for 210 loads found on Amazon, offers considerable savings over traditional detergents.

The Eco Egg is not only kind to your wallet but also gentle on the environment. Its refillable nature ensures that users can replenish their supply without contributing to plastic waste. Fragrance-free, Fresh Linen, Spring Blossom,

and Jasmine scents are available.

Ease of use is another key benefit. The Eco Egg is simple to operate, making laundry less of a chore. Most importantly the use of Eco Egg can have a significant impact on our planet. Its adoption by members of St. Christopher's is a testament to its effectiveness and a nod towards a greener future. Check it out!

Happy Earth Day-

Your St. Christopher's Green Team

PS: Have a park in your neighborhood? Gather up some friends and celebrate Earth Day by cleaning up that park TOGETHER!

Vestry Shorts

Bruce Warkentien gave an overview of finances and told the vestry about the recent audit that took place at the ECMN Office. The audit went well with some suggestions for documentation. The vestry accepted the audit results.

Buildings & Grounds committee is planning a Spring Cleaning in April or May. This will be announced once the date is set. Volunteers will be invited to help.

Cheryl Bailey reports that the 75th Anniversary team is preparing a write-up for the past 25 years of history. They are planning a pancake breakfast on May 19. Watch for flyers.

The new photo directory was missing some photos, and some photos were not clear. Tom Linder offered to help improve the photo quality for the next printing.

No one has expressed interest in buying the Rieger pipe organ. We need to move the organ out of the chancel to allow more room for the choir and other special music groups. Vestry members are considering options to remove the organ. We will discuss this again in April.

There is a lot of activity preparing for Holy Week. This includes clergy, altar guild, choir and children's ministries.

We will have our annual Blessing of the Wheels on June 2 after the single service.

Shout Outs:

Marion Hunner for setting up Lenten Meditations, and all who submitted meditations.

Tom Linder for helping with the Photo Directory.

Lenten Soup supper chefs and clean-up crews for their hard work.

As always, if you have questions or concerns, please speak to any Vestry member.

APRIL Calendar

1 Monday – April Fool's Day!

3:30 PM Cello Lessons - #218/219 – to 6:30 PM

2 Tuesday

8:30 AM Private Spiritual Direction – Gathering Room-to 5 PM

4 PM Cello Lessons - #218/219 – to 6:15 PM

7 PM Brian Boru Irish Pipe Band

3 Wednesday

10:45 AM Private Spiritual Direction – Library

12:15 PM Holy Eucharist – Church

4 PM Cello Lessons - #218/219 – to 7:15 PM

6:30 PM Wednesday AA Group – Gathering Room

4 Thursday

10:30 AM Conversation, Crafts and Crunch Event – Parish Hall – to 1 PM

11 AM Private Spiritual Direction – Library

11 AM Private Spiritual Direction – Gathering Room

3:30 PM Cello Lessons - #218/219 – to 7:15 PM

5 Friday

2:45 PM Cello Lessons - #218/219 – to 6:45 PM

6 Saturday

9 AM Flute Lessons – Music Room

7 Sunday – Easter 2

8 AM Holy Eucharist

9 AM Fellowship

9:15 AM Adult Forum-Gathering Room

9:30 AM Sunday School – Room 107

10:30 AM Holy Eucharist

11:30 AM Fellowship

8 Monday

3:30 PM Cello Lessons - #218/219 – to 6:30 PM

9 Tuesday

8:30 AM Private Spiritual Direction - Library

10 AM SG Peer Group – Gathering Room – to 12 PM

10:30 AM Meals on Wheels - Offsite

4 PM Cello Lessons - #218/219 – to 6:15 PM

7 PM Brian Boru Irish Pipe Band – Parish Hall

10 Wednesday

10:30 AM Private Spiritual Direction - Library

10:45 AM Private Spiritual Direction – Gathering Room

12:15 PM Holy Eucharist – Church

4 PM Cello Lessons - #218/219 – to 7:15 PM

6:30 PM Wednesday AA Group – Gathering Room

7:15 PM Choir – Music Room

11 Thursday

9 AM Private Spiritual Direction - Library

3:30 PM Cello Lessons - #218/219 – to 7:15 PM

12 Friday

9 AM Private Spiritual Direction - Library

2:45 PM Cello Lessons - #218/219 – to 6:45 PM

13 Saturday

9 AM Flute Lessons – Music Room

14 Sunday – Easter 3

8 AM Holy Eucharist

9 AM Fellowship

9:15 AM Adult Forum – Gathering Room

9:30 AM Sunday School – Room 107

10:30 AM Holy Eucharist

11:30 AM Fellowship

15 Monday

9 AM Private Spiritual Direction - Library

3:30 PM Cello Lessons - #218/219 – to 6:30 PM

5:30 PM Finance Committee – Parish Hall

6:45 PM Vestry – Parish Hall

16 Tuesday

8:30 AM Private Spiritual Direction – Gathering Room – to 5 PM

10 AM OA Group - #218

4 PM Cello Lessons - #218/219 – to 6:15 PM

7 PM Brian Boru Irish Pipe Band – Parish Hall

17 Wednesday

12:15 PM Holy Eucharist – Church

4 PM Cello Lessons - #218/219 – to 7:15 PM

6:30 PM Wednesday AA Group – Gathering Room

7:15 PM Choir – Music Room

18 Thursday

10 AM Private Spiritual Direction - Library

10:30 AM Hearts and Hands – Parish Hall

3:30 PM Cello Lessons - #218/219 – to 7:15 PM

19 Friday

2:45 PM Cello Lessons - #218/219 – to 6:45 PM

20 Saturday

9 AM Flute Lessons – Music Room

5 PM Cocktails and Canapes event – Parish Hall

21 Sunday – Easter 4

8 AM Holy Eucharist

9 AM Fellowship

9:15 AM Adult Forum-Gathering Room

9:30 AM Sunday School – Room 107

10:30 AM Holy Eucharist

11:30 AM Fellowship

22 Monday – Earth Day

3:30 PM Cello Lessons - #218/219 – to 6:30 PM

23 Tuesday

4 PM Cello Lessons - #218/219 – to 6:15 PM

7 PM Brian Boru Irish Pipe Band – Parish Hall

24 Wednesday

12:15 PM Holy Eucharist – Church

4 PM Cello Lessons - #218/219 – to 7:15 PM

6:15 PM Bell Choir – Balcony

6:30 PM Wednesday AA Group – Gathering Room

7:15 PM Choir – Music Room

25 Thursday

3:30 PM Cello Lessons - #218/219 – to 7:15 PM

26 Friday

2:45 PM Cello Lessons - #218/219 – to 6:45 PM

27 Saturday

10 AM Private Spiritual Direction - Library

28 Sunday – Easter 5

8 AM Holy Eucharist

9 AM Fellowship

9:15 AM Adult Forum-Gathering Room

9:30 AM Sunday School – Room 107

10:30 AM Holy Eucharist

11:30 AM Fellowship

29 Monday

3:30 PM Cello Lessons - #218/219 – to 6:30 PM

30 Tuesday

10:30 AM Meals on Wheels - Offsite

4 PM Cello Lessons - #218/219 – to 6:15 PM

7 PM Brian Boru Irish Pipe Band – Parish Hall

Please note that MOST of our outside groups have returned to meeting in the building. Those groups are now on this calendar (*in italics*) to avoid over-scheduling. Always check with the church office before scheduling a meeting.



Last Words

I hope you have enjoyed the April *e-Traveler!*

I'm looking forward to Spring again.

Ruth Thillen
Parish Administrator

St. Christopher's Episcopal Church

VESTRY:

Barb Hovey, Sr. Warden; Josh Kattelman, Jr. Warden
Robert Williams, Clerk; Bruce Warkentien, Treasurer

Kathy Ackerman; Cheryl Bailey;
Darlene Cross, Madisen Crow; Eric Hedican;
Rich Pieper; Ann Trapnell, Betsy Wesenberg

STAFF:

Ruth Thillen, Parish Administrator
Marion Hunner, Children's Ministries Director
Karla S. Cole, Director of Music Ministries
Rev. Christopher Haack, Deacon
Rev. Marilyn Baldwin, Assisting Priest
Rev. Randy W. Johnson, Rector

Our Schedule:

Recorded Sermons for each Sunday are on our website.

Sundays through May 2024:

8:30 AM Holy Eucharist

9:30 AM Fellowship

9:15-10:15 AM Adult Forum

9:30-10:15 AM Sunday School

10:30 AM Holy Eucharist

11:30 AM Fellowship

Wednesday: 12:15 PM Holy Eucharist in the Sanctuary

Office Hours:

Monday - Friday 9 AM - 4 PM

St. Christopher's Episcopal Church | 2300 Hamline Ave. N.
Roseville, MN 55113

651-633-4589 | Fax 651-633-7361 | www.stchristophers-mn.org

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