

Hello, St. Christopher's Community!

Do This for the Remembrance of Me *by Fr. Randy+*

Saturday mornings are an infrequent respite in the lives of Kim and me. It is the one morning of the week that we have the opportunity to be a bit more deliberate, get a couple more winks of shut-eye, and maybe even have coffee and cocoa together as the sun rises. All other mornings are a bit of a rush well before the sun rises, as work days call out for a brutally early hour response.

In our home, Saturday mornings usually allow me time to make a nice breakfast to share at the kitchen table, then we carve a bit of time to watch a couple of cooking shows on our local public television station. One of the most recent offerings is a special edition of *"Milk Street,"* whose premise is to have professional chefs attempt to recreate long lost recipes of treasured family memories—beloved recipes never written down and now lost forever as loved ones have died. Many times these families have lost cherished food connections to the countries of their origin and their beloved loved ones, leaving a hole in their hearts because this loving connection has now been severed.

The professional chefs do intensive investigatory work with the family to determine the *"whens and wheres"* and secret ingredients and cooking methods of the long lost beloved foods. Modern food science and current culinary best practices are applied to the recipe resurrection process, and after extensive research, the family is reunited with the rediscovered recipe—and memory.

And finally, the family member seeking reunification with the beloved family food is invited to participate with the investigator chefs to actually recreate the food item. The family member recalls the times, the tastes, the smells, and the deeply seated memories connected directly to the lost loved one through the lens of a shared meal—a time of nourishment and provision of sustenance shared around a family table—one of the most intimate moments humankind

can share with one another.

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All of this reminds me of the tremendous gift we share in the breaking of the bread together at the communion table at Holy Eucharist. For some people, there was at one time an organic and solid connection at some point in their lives with the sacrament of Holy Eucharist. The taste, the sounds and sights, the feeling, the connection, the sense of awe and wonder in the holy meal remain deeply ingrained in our minds and souls. I believe we all have a deeply seated desire to reconnect to this memory and life-giving relationship.

The words of the Holy Eucharist service echo this desire to connect, and deeply reconnect, with the communion of saints—our past, present, and our future;

“Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.” (BCP pg. 363)

We are the children of God. We are made in God’s own image. We have been sealed by the Holy Spirit in Baptism and marked as Christ’s own forever. (BCP pg.308) We have been incorporated as living members of the communion of saints. Taste and smell and see and share in the heritage of our lives in Christ Jesus. Let us join together in the sacred meal and enduring memory of our beloved Lord and Savior.

Do This for the Remembrance of Me.



An Easy Way to Contact Your US Representative and Senators

Are you frustrated by whatever it is that is going on in Washington DC? We CAN make sure our opinions are registered in the right place! On your smart phone, go to your App Store, and find a free app called “5 Calls,” and choose it. Set your zip code location, and it chooses the right US Representative and Senators for you.

A list of current topics will come up; choose the one closest to what's on your mind today, and it will provide a script for you to read (if you wish) to support or oppose the topic, and you can choose to make the call. (If your topic is not listed, you can still contact them.).

Please be kind to the person answering the phone! Thank them for their work, as they are hearing from many people each day and not all are friendly.

Hearts and Hands

The Hearts and Hands group will be going to volunteer at *Second Stork* on Thursday, February 20th. We'll gather at church at 10:00 am to carpool to Second Stork, and will volunteer from 10:30 to 11:45 am. We'll return to church and have lunch together. Questions? Call Sally Brown 651-483-8232.

“The Chosen” Video Group - on Zoom 2/20/25

(Note: Your editor forgot to include the email link in the e-Traveler last week, so please use THIS link, below, which is intact!)

By now you've heard us talk about “The Chosen” video series (on Netflix, CW, The Chosen app, and more) which combines the Gospel stories of Jesus in a watchable, beautiful way. Have you been watching it? If so, join us to recap the first two seasons on Zoom on Thursday, February 20, at 6:30 pm. Contact Marilyn+ ([Gmail link here](#)) to be invited.

We'll convene in March to talk about Seasons 3 and 4, and may be able to see Season 5 in theaters sometime in April. This would make a wonderful Lenten series for you to do at home or with others.

St. Christopher's Lenten Soup Suppers 2025

In the spirit of a reflective Lenten Journey, this meal is to be simple fare. A basic soup supper will be available in the parish hall on Wednesdays (before choir practices and 7 pm Way of the Cross) throughout Lent, in an open-house style from 5:30 – 7:00 pm.



Weekly hosts are responsible for preparing, serving, and cleaning up a very basic meal (**plan for 40-50**) to include:

- 3 double batches of soup of your choice - one with meat, one vegetarian & one gluten free if possible
- a simple salad (2 large bags/boxes of greens; dressings are in the fridge if you choose to use them)
- fresh bread (2 loaves of bakery style bread)
- cheese and gluten free crackers
- brownies or cookies for dessert (a double batch of brownies bars, or equivalent cookies)
- salad dressings, hot sauce, stick butter, peanut butter will be in the

kitchen/fridge for you to use

· There will be a loaf of sandwich bread in the freezer for “emergency” PB sandwiches if anyone doesn’t care for the soups

It is your choice what type of soup, salad, bread, cheese and bars or cookies you serve. We simply ask that you keep the meal simple in the spirit of Lent.

2025 Soup Supper Schedule

Date Attendance Weekly Hosts

March 5

March 12

March 19 (To be updated in future e-Blasts!)

March 26

April 2

April 9

NOTE: No soup supper on April 16; Lenten services will be Maundy Thursday and Good Friday that week.

ADDITIONAL INFORMATION:

· Don’t forget to set out a basket for **DONATIONS: ENVELOPES ARE IN THE KITCHEN**. Please put the proceeds in the appropriate envelope and slide it under the office door for Ruth before you leave.

· Share your weekly headcount (including the kitchen team) so we know if we need to adjust.

· We recommend 6 tables of 7 chairs each (and a few extra chairs along the walls).

· Tent cards are available so you can label your soups & their dietary attributes.

· Kim and Ann will make sure there are basic supplies in the kitchen/fridge marked for soup suppers:

○ peanut butter, stick butter, salad dressings and hot sauce

○ a loaf of sandwich bread in the freezer in case someone just wants a PB sandwich

○ Bear Creek (or similar) instant soup in case you run low on the soups you prepared.

· Be prepared to answer dietary questions about your soups when serving!

· Consider serving dressing on the side for the salad to accommodate dietary restrictions.

Questions? Contact the Team Leaders: Kim Johnson (651-210-7077) and Ann Trapnell (651-325-8801)

2023 Headcount:

Week 1: 42, Week 2: 32, Week 3: 39, Week 4: 29, Week 5: 37 (There was not a soup supper on Ash Wednesday in 2023, so these weeks would compare to weeks 2-6 in 2024.)

2024 Headcount:

Week 1: 36, Week 2: 35, Week 3: 34, Week 4: 35, Week 5: 30, Week 6: 43

THANK YOU FOR VOLUNTEERING!!!

Valentine’s Day 2025

Today's a day for hearts we hold,
From young to old, from shy to bold.
For those with love beside them near,
And those whose hearts may still feel fear.
Some may have gained, and some may have lost,
But love's not measured by gain or cost.
This day's not just for two,
It's for the bonds that carry us through.
To friends and kin, both near and far,
You are the light, the shining star.
To those we trust, to those we've known,
In them, we're never on our own.
For those who hurt, for those who grieve,
Know your strength, and still believe.
Your heart is strong, your spirit true,
There's so much ahead waiting for you.
So here's to love, in every form,
In joy, in peace, through every storm.
This Valentine's, let's stand as one,
Hearts full of strength, until the day is done.
For love's more than fleeting romance,
It's in the moments, the shared glance.
It's in the way we lift each other,
In bonds unbroken, like no other.

Synopsis:

This poem is a heartfelt reflection on the power of love in all its forms, crafted to resonate with everyone—whether they are in a place of celebration or mourning. As Valentine's Day approaches, a day often centered around romantic love, the poem reminds us that love extends far beyond that. It honors the deep bonds we share with family, friends, and even ourselves. The poem offers a message of strength, healing, and resilience for those who may be grieving or feeling disconnected. Whether you've lost someone, experienced a difficult breakup, or simply need reassurance, this poem serves as a reminder that love is enduring, ever-present, and not limited to just one person or one day.

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We Get By with A Little Help from Our Friends

I am here again to ask all of you to volunteer for a week of snow shoveling for the church!

Shoveling weeks are Monday-to-Sunday (because no one wants to wake up to snow on Sunday and not remember that it's the START of your week). **When you sign up, please mark your calendar so you remember which week you "took." Thanks!

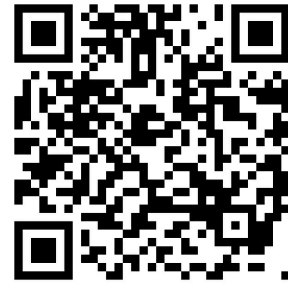
Anything over **1.5** inches is covered by our plowing service *when they plow*, BUT, we do need help sometimes mid-day to keep things safe before they arrive. Sand and salt are in (or near) the entries. Call the office if you have

questions!

THANK YOU to each and every person and family who has signed up to help, even though nature has not granted us much snow, yet!

Prayer List Requests

Have you noticed a “Prayer Requests” button on our website? This is a very short form to add a name to our prayer list! Requests will be monitored Monday through Friday and added to the list published on Fridays. You may, of course, still call the office to add or remove a name from the list. AND, you can use this QR Code to go right to the website!



Upcoming Lectionary Readings

February 16: 6th Sunday after Epiphany, Year C

Jeremiah 17:5-10; Psalm 1; 1 Corinthians 15:12-20; Luke 6:17-26.

February 23: 7th Sunday after Epiphany, Year C

Genesis 45:3-11, 15; Psalm 37:1-12, 41-42; 1 Corinth. 15:35-38, 42-50
Luke 6:27-38.

Sunday Ministries February 16

8:00 AM

Lectors - Mary P, Chris M

Intercessor - Ann T

LEM - Mary P

Usher - Chris M

Altar Guild - Ann T

Coffee Host: Mary P, Sally B

10:30 AM

Nursery: Connie H, Janet C

Lectors - Erin B, Chris B

Intercessor - Becky L

LEM - Marion H, Chris B

Crucifer - Marion H

Acolyte - Ellery B

Ushers - Ross A, Carol K

Altar Guild - Kathy A

Coffee Hosts - Ann & Larry J

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www.stchristophers-mn.org



Thank you for keeping your pledge up to date.

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