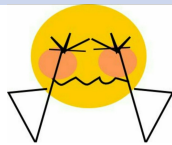


**Meet Christ.
Be Christ.**

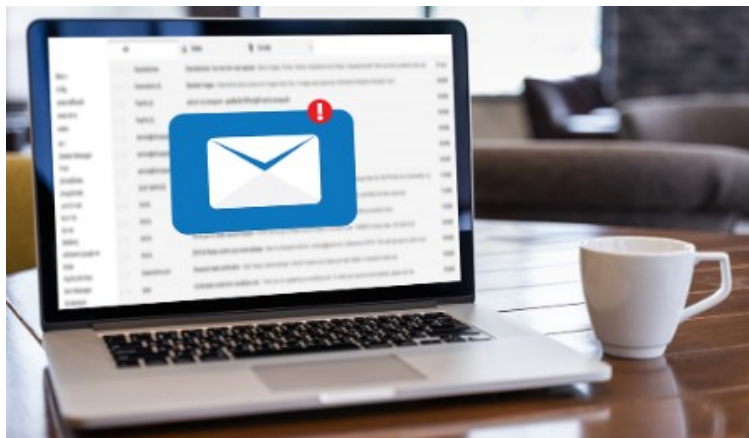


Many apologies to all of you! Forgot to send this last week!
Ruth

Hello, St. Christopher's Community!

**Do you know what time it is?
YES!**

**Daylight Saving Time Ends!
It is time to Fall Back (turn back the clocks)
on Saturday night/Sunday morning! We all
get a little extra sleep before arriving at church!**



Your Inbox Won't Be Empty by Fr. Randy+

Last week, I took a couple of days off at the end of the week—*I know*—pretty rare for me, 'eh? Well, don't get too far ahead of me on this nearly unbelievable happenstance. I actually took time off work to be the transport unit for my mom and my bride to medical appointments. The doctor office visits all went very well, so I have nothing to complain about, in that regard.

But complain I did! I still had to monitor my work emails and return phone calls.

This is usually not a big deal, as I have a cell phone that doubles as my main communication device to the great big world out there. The source of my complaint was the fact that our IT systems folks did a massive upgrade of the security features. And while doing a super job at maintaining security integrity for the entire enterprise, it also “*raised Cain*” with the resetting of my device accounts and necessary features. Updates were failing, connectivity was non-existent, and the double and triple authentication processes and features were not cooperating with me. I was ready to toss the device out the door!

Two days later, I was finally able to jury-rig my way onto the system—only to find that I had well over 100 new messages and phone calls jammed into my email inbox. Several of them had required me to respond immediately, but now, the exigent time factor had long-passed. *Grrrr.....*

So many of us live our lives as if the secret purpose is to somehow get everything done. We stay up late “*burning the midnight oil*”, “*get up with the chickens*” very early, avoid having fun, and keep our loved ones waiting. Sadly, I must admit that I have at times become that person who put off loved ones and friends so long that those persons lose interest in maintaining our relationship. Often, we convince ourselves that our obsession with our inbox and “*to-do list*” is only temporary—that once we get through the list, we’ll be calm, relaxed, and happy. But in reality, this rarely happens. As items are checked off, multiple new ones simply replace them.

The nature of an inbox is that it is *meant* to have items to be completed in it—it’s not really meant to be empty. There will always be phone calls that have to be made, projects to complete, responses required, and work to be done. In fact, it can be argued that a full inbox is the essential mark of success. It means you are needed and your time is in demand!

Regardless of who you are or what you do, however, remember that *nothing* is more important than your own sense of happiness and inner peace and that of your loved ones and friends. If you’re obsessed with getting everything done, you’ll never have a sense of well-being! In reality, almost everything can wait. Very little in our work and personal lives truly falls into the “*emergency*” category. I often have to remind myself and others that “*nobody’s going to die*” if I don’t get this one thing done right now. If you stay focused on your work, it will all get done in due time.

We find embedded in our Confession of Sin (BCP p.360); *Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone,...*” We need to intentionally heed these words we say, and hold them in our heart as truth. I find that if I remind myself that the purpose of life isn’t to get it all done, but to enjoy each step along the way and live a life filled with love. It is then far easier for me to control my obsession with completely emptying my life’s inbox “*to-do list.*”

I tell myself...Remember, when you die, there will still be unfinished business to take care of. And you know what? Someone else will do it for you! I desperately must heed my own advice; Don’t waste any more precious moments of your life regretting the inevitable. Peace and all things good.
Randy+



Join Election Night Virtual Prayers

Tuesday, November 5 | 8-10pm

Everyone is invited [to join Election Night Virtual Prayers hosted by The Episcopal Church Office of Government Relations](#) from 8 to 10 p.m. Nov. 5. Bishop Sean Rowe, who will become presiding bishop on Nov. 1, will offer an opening reflection and prayer. Episcopalians from around the church will hold silence and lead participants in prayers together for peace, the nation, and all people and countries.

Join the event via [Zoom](#) by registering here, or watch a livestream on The Episcopal Public Policy Network's [Facebook page](#). (Note: If you would like simultaneous Spanish interpretation, please register for Zoom.)

In addition, explore these election engagement resources [online](#) from the Office of Government Relations:

- “Vote Faithfully” toolkit: Instructions and resources for local “get out the vote” strategies
- Church bulletin inserts and graphics
- Episcopal Election Activators: Volunteer program to promote nonpartisan election engagement
- “Episco-pols” podcast
- Resources on addressing political violence
- Civil discourse training
- “Misinformation, Disinformation, Fake News: Why Do We Care?”

November 3 and 10 Adult Formation

Unless you haven't been paying attention, you know that we have an election on Tuesday, November 5. This may come with some anxiety no matter how you intend to vote, and some may find it helpful to pray and to discuss their fears in a group. On Sunday, November 3 and 10, join us in the Gathering Room at 9:15. We will not talk politics; we will be respectful of each others' feelings, and remind ourselves that God is with us in all things.

Feel free to bring a helpful prayer or reading that gives you peace.

Investiture of Presiding Bishop-elect Sean Rowe on November 2

As Episcopal congregations and dioceses across the church plan local watch parties to celebrate the **Nov. 2** investiture service of Presiding Bishop-elect Sean Rowe, all are invited to tune in to the [the event webpage](#) for the live-stream link.

The **11 a.m. ET** service will also be live-streamed to [The Episcopal Church's Facebook page](#).

The worship booklet will be posted the morning of Nov. 2.

Announced in June, the simpler, scaled-down service to welcome the 28th presiding bishop is ordered around a smaller carbon footprint and increased churchwide virtual participation. Nearly all dioceses sent in video greetings for a special “roll call” that will precede the service at 9:30 a.m. **ET** and be livestreamed on the [event website](#) and [The Episcopal Church's Facebook page](#).

A recording of the service inside the Chapel of Christ the Lord in The Episcopal Church Center in New York City—which will include limited in-person attendees--will be posted after the event and shared churchwide.

“This will be the first time in our history that we have installed a presiding bishop in this way,” Presiding Bishop Michael Curry notes in a video invitation to the church (see event website). “We learned through the pandemic how to be the church embodied physically and how to be the church embodied in cyberspace.”

“Episcopalians and friends can join together wherever they are via the internet,” Bishop Curry said. “We are the church because the Spirit of God can move wherever the people of God are.”

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

November 3: All Saints' (Observed)

Isaiah 25:6-9; Psalm 24; Revelation 21:1-6a; John 11:32-44.

November 10: 25th Sunday after Pentecost

Isaiah 25:6-9; Psalm 24; Revelation 21:1-6a; John 11:32-44.

Sunday Ministries November 3

8:00 AM

Lectors - Pete L, Chris M
Intercessor - Bruce W
LEM - Robert W
Usher - Chris M
Altar Guild - Karen H
Coffee Host: Don & Julie S

10:30 AM

Nursery: Becky L, Kathy A

Lectors - Pat A, Scott C
Intercessor - Jean C
LEM - Jean C, Ella S
Crucifer - Angela R
Ushers - Ella S, Ross A
Altar Guild - Jill E
Coffee Hosts - Jean & Scott C

Are you receiving this email forwarded by a friend?

You can now sign up to receive the weekly Parish Mail and monthly *e-Traveler* in your own inbox. A sign-up form is now on the main page at our website. Just go to www.stchristophers-mn.org.

www.stchristophers-mn.org



Thank you for keeping your pledge up to date.

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

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