



Hello, St. Christopher's Community!

Please prayerfully respond to the outreach letter to financially support St. C's in our 2025 mission and ministries. Thank you to the 40+ households whose pledges are already in!



Breathe Before You Speak *by Fr. Randy+*

I am always seeking ways in which to better understand how to engage more fully in two-way communication. This is a skillset which is not necessarily established within oneself, as we learn and grow into our full personhood. I believe we, left to our own devices, prefer to be heard in our full wisdom and glory, rather than purposely take the time to fully listen to another person's perspectives and position.

I believe this is a critically important skill to learn—and *intentionally practice*—more fully and consistently in this period of social upheaval and conflict and uncertainties.

As a police investigator, I had a significant amount of training to establish skills as an interviewer and interrogator. Interestingly, one of the most important investigative skills learned is NOT how to question or control the conversation

—the real skill learned is how to pause and listen. *Talk less—smile more.*

This simple strategy has had remarkable results for nearly every person who tries it. The most immediate results include increased patience, added perspective, and, as a side benefit, more gratitude and respect from others.

The strategy itself is remarkably simple. It involves nothing more than pausing—*breathing*—after the person to whom you are speaking is finished. At first, the time gap between your voices may seem like an eternity—but in reality, it amounts to only a fraction of a second of actual time. You will get used to the power and beauty of breathing, and you will come to appreciate it as well. It will bring you closer to, and earn you more respect from, virtually everyone you come in contact with. You'll find that being listened to is one of the rarest and most reassured gifts you can offer. All it takes is intention and practice.

If you observe the conversation around you, you'll notice that, often, what many of us do is simply wait our chance to speak. We're not really listening to the other person, but simply waiting for an opening to express our view or position. We often complete other person's sentences, or say things like, "Yeah, yeah," or "I know," very rapidly, urging them to hurry up and finish because I have a more important thing to say. It seems that talking to one another is sometimes more like sparring back and forth like "Rock-Em, Sock-Em Robots," than it is enjoying or learning from the conversation.

This harried form of conversation encourages us to criticize points of view, overreact, misinterpret meaning, impute false motives, and form opinions, all before our fellow communicator is even finished speaking. No wonder we are so often annoyed, bothered, and irritated with one another. Sometimes, with our poor listening skills, it's a miracle that we have any friends at all!

I spent most of my life waiting for my turn to speak. If you're at all like me, you'll be pleasantly amazed at the softer reactions and looks of surprise as you let others completely finish their thought before you begin yours. Often, you will be allowing someone to feel listened to for the very first time in their life. You will sense a feeling of relief coming from the person to whom you are speaking—and a much calmer, less rushed feeling between the two of you. No need to worry that you won't get your turn to speak—you will. In fact, it will be more rewarding to speak because the person you are speaking to will pick up on your respect and patience and will begin to do the same.

"Lord, make me an instrument of your peace...

To be understood as to understand."

Randy+

Hearts and Hands November 21st

The Hearts and Hands group will meet in the Parish Hall next Thursday, November 21, at 10:30 AM. We will be making fleece blankets for My Very Own Bed, and organizing the Thanksgiving item for our Homebound folks. Come and join us to help make the blankets, and have coffee and conversation. Any questions call Sally Brown at 651-483-8232.

Looking Ahead...

The first Sunday in December, December 1st, is Advent 1! We will all watch and wait...

Please mark your calendars for Sunday, December 15th, for a Service of Lessons and Carols at 4 PM.

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 17: 26th Sunday after Pentecost

Daniel 12:1-3; Psalm 16; Hebrews 10:11-14(15-18)19-25; Mark 13:1-8.

November 24: Last Sunday after Pentecost/Christ the King

Daniel 7:9-10, 13-14; Psalm 93; Revelation 1:4b-8; John 18:33-37.

Sunday Ministries November 17

8:00 AM

Lectors - Ann T, Chris M
Intercessor - Ann T
LEM - Chris M
Usher - Chris & Karen H
Altar Guild - Ann T
Coffee Host: (open)

10:30 AM

Nursery: Rich P, Ann D
Lectors - Angela R, Josh K
Intercessor - Roland K
LEM - Lyn L, Marion H
Crucifer - Marion H
Ushers - Carol K, Al R
Altar Guild - Kathy A
Coffee Hosts - Becky L, Robin M

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www.stchristophers-mn.org



Thank you for keeping your pledge up to date.

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