

Hello, St. Christopher's Community!

Our **Event Fair** was a great success! Don't miss the events you have signed up for! (Letters are coming soon!) Several are coming RIGHT up:
The Barbie Movie Event on Friday the 19th;
What is a Co-Op? is on Thursday the 25th;
the Tea Party is on January 27th; and
the Cooking Afghan Food and Afghan Meal are on the 28th!

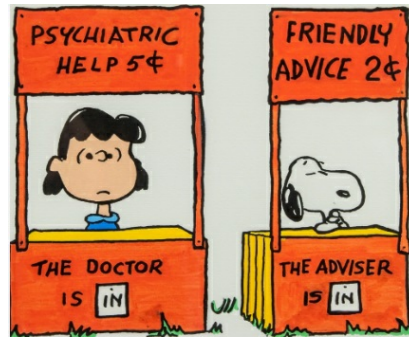
The Doctor Is In *by Fr. Randy+*

I have observed a very interesting phenomenon which has exploded on the scene in this post-Advent, post-Christmas, post-Epiphany season. It seems that soon after the rapidly escalating stir-up and highly anticipated Birth of the Christ Child and visitation by the Wise Ones, there has been a pregnant pause—a time of reflection and refocus on what has been directly and deeply impacting people's lives. Some of these contemplative moments have centered upon gratefulness and joy shared amid the great things happening in the lives of individuals. But interestingly, most of the persons opening their hearts to me have expressed sadness and pain inflicted upon their lives due to tragic events of the day.

At the end of an exhausting workweek, I sat silently and re-lived the awe-inspiring moments experienced from behind my desk. I was dumbstruck by what I had seen and heard, with a nearly non-stop queuing of fellow workers outside my office door. The often-repeated phrase of, *"Do you have a minute?"* quietly touched my ears over and over and over again.

My mind immediately went to a visual image of Lucy Van Pelt of Peanuts fame; Lucy sitting at her psychiatric help booth—with the words, ***"The Doctor Is In"*** printed in bold letters across her desk. I sat like Lucy. People sat across from me with profound hurt in their hearts. They told me intimate stories about failing personal health, sick children and parents, employment challenges, ruptured relationships, pregnant teenage daughters, imminent and dangerous military deployments, food insecurity, and financial collapse. It was enough to take

your breath away.



And, why would *anyone* come to me with their deepest concerns and fears? I am just another person—I *am neither a god nor an angel* Where will I ever gain the wisdom and insight and ability to meet people where they are—right here and right now? If not me, who? What words can I garner to give comfort and help and hope to the afflicted? From whom comes my help?

Where there is no guidance, a nation falls, but in an abundance of counselors there is safety. (Proverbs 11:14)

Your words have supported those who were stumbling, and you have made firm the feeble knees. (Job 4:4)

My words declare the uprightness of my heart, and what my lips know they speak sincerely. (Job 33.3)

The quiet words of the wise are more to be heeded than the shouting of a ruler among fools. (Ecclesiastes 9:17)

I have put my words in your mouth and hidden you in the shadow of my hand, stretching out the heavens and laying the foundations of the earth and saying to Zion, "You are my people." (Isaiah 51:16)

Let no evil talk come out of your mouths but only what is good for building up, as there is need, so that your words may give grace to those who hear. (Ephesians 4:29)

Our help comes from the Lord. We should consider ourselves much as Snoopy is portrayed in the cartoon—dispensing compassionate advice and thoughtful considerations to those seeking help. We can walk with people here and now, acknowledging and trusting the real Doctor and Great Physician is Jesus.

For a child has been born for us, a son given to us; authority rests upon his shoulders, and he is named Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. (Isaiah 9:6)

With God's help, we are provided the words and wisdom to share. We are not the fixer. We are the companion on the journey. God before us. God beside us. God behind us. God below us. God above us. God with us always.

Whoever speaks must do so as one speaking the very words of God; whoever serves must do so with the strength that God supplies, so that God may be glorified in all things through Jesus Christ. To him belong the glory and the power forever and ever. Amen. (1 Peter 4:11)

Randy+

Annual Meeting of the Parish January 21st!

Please join us on **January 21st** for a single service at 9:30 AM, followed by "Continental Breakfast" and some fellowship time, and the Annual Meeting beginning about 11 AM. We will elect Wardens and Vestry members, and hear about the 2023 Financials and final 2024 Budget.

Reports for the Annual Report Book are due by **THIS Monday, January 15th**. All groups are invited to report on your 2023 activities and plans for 2024.

Hearts and Hands

The Hearts and Hands group will meet on **Thursday, January 18** at 10:30 in the Parish Hall. We will be putting together "Grab and Go" bags for the patients at Hope Lodge. Hope Lodge is run by the American Cancer Society; it is a free hotel for Cancer patients and their caregivers. Locally, this is located near the University of MN. It's one of the many ways ACS supports Cancer patients on their journeys. Come and join us—everyone is welcome. Questions? Call Sally Brown 651-483-8232.

Our Facebook WORSHIP Fans

We've been trying to get our 10:30 service back online for those who cannot be with us. (If you're not following us yet, please do!) We hope to be able to bring it to you every week. It's especially helpful with winter weather, and it's an opportunity to connect with our snowbirds, and people we haven't met yet.

Here's where **you** come in! We really only need one person per Sunday to set up and monitor a tablet during the service, and take it down afterwards. We could use several more people so that the commitment is not a burden to a few. This is a great ministry opportunity for anyone to get started in a low-key way! Volunteers of any age are encouraged; the only requirement is some familiarity with tablets, and we'll train and provide simple directions.

Please consider this important outreach opportunity! Contact Marilyn+ for more information and to sign up. [Marilyn's email](#)

Upcoming Lectionary Readings

January 14: Epiphany 2

1 Samuel 3:1-10(11-20); Psalm 139:1-5, 12-17; 1 Corinthians 6:12-20;
John 1:43-51.

January 21: Epiphany 3

Jonah 3:1-5, 10; Psalm 62:6-14; 1 Corinthians 7:29-31; Mark 1:14-20.

Sunday Ministries January 14

8:00 AM

Lectors - Pete L, Mary P
Intercessor - Mary P
LEM - Robert W
Usher - Cindy & Pete L
Altar Guild - Ann T
Coffee Hosts: Cindy & Pete L

10:30 AM

Nursery - Kathy A, Jane S
Lectors - Katherine J, Sue T
Intercessor - Roland K
LEM - Lyn L, Marion H
Ushers - Carol K, Bill H
Altar Guild - Jean H
Crucifer - Alexander K
Coffee Hosts: Ann & Larry J

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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

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