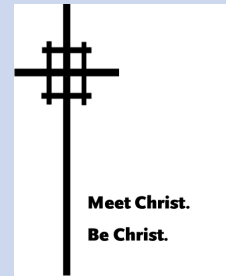


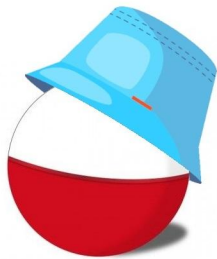
St. Christopher's

## e-Traveler



Visit our Website

### From the Rector



The Rev.  
Randy W. Johnson

Rector

#### Listen Up *by Fr. Randy+*

I had just yanked my burned toast slices from the toaster. Our grand-dog Rey looked sadly at me as I scraped the blackened surface into the sink. Not a good start to the day. It had begun well with our early morning walk past the nearby cornfield, with stalks reaching high into the sky. Plump, tassel-topped ears of corn growing larger by the minute! I giggled as I randomly thought about the scripture passages about “ears;”

*“Mortal, you are living in the midst of a rebellious house who have eyes to see but do not see, who have ears to hear but do not hear.” (Ezekiel 12:2)*



*Ha Ha...as I turned on the morning news. The KSTP TV news reporter’s early morning report tickled my ear; “A breakthrough study reveals hearing aids may reduce risk of dementia.” The ear-catching report continued on;*

For people experiencing cognitive decline, hearing aids could reduce their risk of dementia by half, according to a first-of-its-kind medical study published in

*The Lancet* medical journal Tuesday.

St. Paul audiologist and owner of Associate Hearing Care, Rebecca Younk, called the “ACHIEVE” study a breakthrough for people with hearing loss that are also beginning to experience cognitive decline.

The link between hearing loss and dementia is two-fold, she explained. “There are several working theories. Basically, what we know is that when you have hearing loss, your brain is impacted, not just your ears, but your brain.”

Hearing loss actually causes “shrinkage in the brain,” Younk added. “So that will impact cognition, obviously.”

When people begin to lose their hearing, they also start to socialize less and become more isolated, “And then often cognitive decline is a direct consequence,” added Starkey audiologist and chief innovation officer Dave Fabry.

The link between hearing loss and cognitive decline has been on the books for decades, he explained, but now, researchers have now linked *treating* hearing loss with reducing that decline.

“We say around here that hearing care is healthcare,” Fabry said. “And this study really gets to the essence of that.”

Of about 1,000 people monitored by researchers over three years, a subgroup of about 300 older adults who were already experiencing some cognitive decline revealed a breakthrough.

“They showed a monstrous effect on slowing the progression of dementia by 48%,” Fabry said. “And even that subgroup of nearly 300 people is more than any other prospective study has looked at.”

“What’s exciting about this for us is that hearing loss is something that’s treatable,” shared Melissa Tucker, the director of family services at the Alzheimer’s Association of Illinois.

“This definitely warrants more study but we’re always so encouraged when we find things that are within our control.”

“The famous line in every study is ‘more research is required’,” Fabry concluded. “But I think it’s important to understand that this reached statistical significance in a very large subject size population.”

The study also noted a significant improvement in feelings of loneliness for those fitted with hearing aids, Fabry added.

*Hmmm...* I began thinking, (I know...dangerous!) If untreated hearing loss is a definitive cause of dementia onset—the loss of memory and cognitive functioning, as well as feelings of isolation, fractured relationships, and depression--could it also be possible that severing of relationships with God and others may also be a root cause of “dementia of the heart and soul?” Could our inability or refusal to hear the Gospel Message, the Good News of Christ, cause our hearts and minds to go dull and waste away?

*“Hear this, O foolish and senseless people, who have eyes but do not see, who have ears but do not hear.” (Jeremiah 5:21)*

Maybe it is time for each one of us to get a “hearing check-up” and do what needs to be done to improve the performance of our ears. The intentional opening of our ears, and hearts, and minds to the Good News of the Gospel will enhance and enrich our relationship with God and neighbor. It is accomplished not just in the hearing, but also in the learning and doing. It is intentional action taken to build and retain sound body and mind--to keep ourselves healthy and whole and Holy.

*“Then the eyes of those who have sight will not be closed, and the ears of those who have hearing will listen.” (Isaiah 32:3)*

Dear friends; Open your eyes and ears, and **Listen Up!**  
Randy+

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## Footprints AUGUST 2023

### News from Children's Ministries



**Marion Hunner**

**Director of  
Children's Ministries**



Many thanks to all who helped make Knights of North Castle a success! I am always amazed and humbled at the way our community steps up for this event. I had the wonderful problem of too many volunteers! Several folks offered to come for more days than I needed them – what a blessing! Between the behind-the-scenes prep and those who come during the week, over 20 adults help bring Vacation Bible School to our kiddos. Because this newsletter due date is during VBS, I will share an update on our

food shelf collection next month. You can see photos from each day on our Facebook page: [www.facebook.com/St.ChristophersRoseville](http://www.facebook.com/St.ChristophersRoseville)

**School Supply Collection – August 6-20**  
Watch for the yellow bus in the Lower Narthex from August 6-20, where we are collecting



school supplies for Roseville Area Schools. They need all of the typical school supplies for children in elementary through high school. Especially: backpacks, #2 pencils, Markers (thin and thick), crayons, colored pencils, handheld pencil sharpeners, kid-sized

scissors, etc. Anything you find in the back-to-school section of the store would be great! Please place supplies in the bus no later than Sunday, August 21<sup>st</sup>, as Marion will be delivering them that week. If you would prefer a monetary donation, please put it in Marion's mailbox and label it "school supplies." We have shoppers who would be thrilled to put it to good use!

### **Mark your calendars for the annual Hayride on Saturday, October 14th**

Come join us for an evening of fun at Bunker Park Stables. We meet at 4pm for a horse drawn hayride at 4:30, and then we enjoy a potluck picnic supper and bonfire. [Register Here.](#)

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## **It's Time for a New Directory!**

The good news: There will be no one trying to sell you giant retouched photos!  
The challenge: We need your help to make it happen!

Beginning in late August, Matt Cole has agreed to photograph each family unit for a new, do-it-ourselves directory. He will set up a photo booth and take pictures after services on several Sundays, including Start-Up Sunday, September 10, so put on your prettiest smile and get yourself to church!

Or, simply send a recent photo to Ruth in the office and we'll be glad to add it.

We also need some volunteers to help herd people on Sundays for photos, to update information, and to help put the directory together. Look for more information in weekly news, and email Marilyn ([HERE](#)) to help.



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## **Fellowship Suggestion Boxes**

We want to hear from YOU!

St Christopher's is your community -- help us plan future fellowship and social activities! We are looking for new ideas - or simply let us know your old favorites - what would you like to see added to the social calendar here at St C's?

There are suggestion boxes in the upper narthex and parish hall -- look for the brightly colored Fellowship signs and let us hear from YOU!

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## **75th Anniversary Team Announcement**

Rev. Bruce Freeman, Associate Rector at St. Christopher's from 1987 to 1989, will be attending our worship service and coffee hour on Sunday, August 27th. The 75th Anniversary Committee will provide treats and beverages to celebrate his visit. Rev. Freeman and his wife, Dana, now reside in California. They won't be available to attend our 75th celebration in October 2024, but are happy to join us this summer. We hope for a great turnout on August 27th!

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## August Calendar

### 1 Tuesday

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

**9 AM** *Flute Lessons – Music Room*

**10:30 AM** *Meals on Wheels – offsite*

**1:30 PM** *Cello Lessons - #218/219 – to 5:15 PM*

**7:00 PM** *Brian Boru Irish Pipe Band – Outdoors, Parish Hall*

### 2 Wednesday

**12:15 PM** **Holy Eucharist** – Church

**6:30 PM** *Wednesday AA – Gathering Room*

### 3 Thursday

**9 AM** *Private Spiritual Direction – Library*

**4:30 PM** *Private Baptism - Church*

### 4 Friday

### 5 Saturday

### 6 Sunday – Pentecost 10

**9:30 AM** **Holy Eucharist**

**10:30 AM** *Coffee Hour*

### 7 Monday

**10:00 AM** *Private Spiritual Direction – Library*

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

### 8 Tuesday

**9 AM** *Flute Lessons – Music Room*

**3:30 PM** *Cello Lessons - #218/219 – to 5:45 PM*

**7:00 PM** *Brian Boru Irish Pipe Band – Outdoors, Parish Hall*

### 9 Wednesday

**10 AM** *Private Spiritual Direction – Library to 11 AM*

**10:45 AM** *Private Spiritual Direction – Gathering Room to 12 PM*

**12:15 PM** **Holy Eucharist** – Church

**4:15 PM** *Cello Lessons - #218/219 – to 5:30 PM*

**6:30 PM** *Wednesday AA – Gathering Room*

### 10 Thursday

**10:30 AM** *Private Spiritual Direction – Library*

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

**11 Friday**

**3:45 PM** Cello Lessons - #218/219 – to 6:15 PM

**12 Saturday**

**9 AM** Private Spiritual Direction – Library

**13 Sunday - Pentecost 11**

**9:30 AM** Holy Eucharist with Baptism

**10:30 AM** Coffee Hour

**14 Monday**

**3:45 PM** Cello Lessons - #218/219 – to 6 PM

**5:30 PM** Finance Team – Parish Hall

**15 Tuesday**

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

**9 AM** Flute Lessons – Music Room

**10 AM** Tuesday OA - #218

**1:45 PM** Cello Lessons - #218/219 – to 4:30 PM

**7:00 PM** Brian Boru Irish Pipe Band – Outdoors, Parish Hall

**7:30 PM** Meditation Group - #218/Chapel

**16 Wednesday**

**12:15 PM** Holy Eucharist – Church

**1:10 PM** Private Spiritual Direction – Gathering Room to 2:30 PM

**6:30 PM** Wednesday AA – Gathering Room

**17 Thursday**

**10:30 AM** Hearts and Hands – Parish Hall

**1 PM** Cello Lessons - #218/219 – to 6 PM

**18 Friday**

**3:30 PM** Cello Lessons - #218/219 – to 5:15 PM

**19 Saturday****20 Sunday – Pentecost 12**

**9:30 AM** Holy Eucharist

**10:30 AM** Coffee Hour

**21 Monday**

**9 AM** 75<sup>th</sup> Anniversary Committee – Gathering Room

**4:30 PM** Cello Lessons - #218/219 – to 6 PM

**6:45 PM** Vestry – Parish Hall

**22 Tuesday**

**9 AM** Flute Lessons – Music Room

**10:30 AM** Meals on Wheels – offsite

**10:30 AM** Private Spiritual Direction – Gathering Room

**11 AM** Private Spiritual Direction - Library

**1:30 PM** Cello Lessons - #218/219 – to 5:15 PM

**7:00 PM** Brian Boru Irish Pipe Band – Outdoors, Parish Hall



**23 Wednesday**

*10:45 AM Private Spiritual Direction - Library*

**12:15 PM Holy Eucharist** – Church

*4 PM Cello Lessons - #218/219 – to 5 PM*

*6:30 PM Wednesday AA – Gathering Room*

**24 Thursday**

**STATE FAIR PARKING BEGINS**

*1 PM Cello Lessons - #218/219 – to 6 PM*

**25 Friday**

**STATE FAIR PARKING**

**26 Saturday**

**STATE FAIR PARKING**

*9 AM Private Spiritual Direction – Library*

**27 Sunday - Pentecost 13**

**9:30 AM Holy Eucharist**

**10:30 AM Coffee Hour**

**STATE FAIR PARKING STARTS AT 1 PM**

**28 Monday**

**STATE FAIR PARKING**

*e-Traveler Deadline*

**29 Tuesday**

**STATE FAIR PARKING**

*9:30 AM Private Spiritual Direction - Library*

**30 Wednesday**

**STATE FAIR PARKING**

**12:15 PM Holy Eucharist** - Church

**31 Thursday**

**STATE FAIR PARKING**

**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. Days with no activity scheduled have been left off this calendar.



## Last Words

I hope you have enjoyed the August e-Traveler!

How did we get to the last 1/3 of Summer already? WOW! Time flies when we are having fun! I'll be on vacation mid-month, and then State Fair parking begins on the 24th. (Remember, we have parking for church business/building users on the grass on the highway side of the building.)

Ruth Thillen  
Parish Administrator

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## St. Christopher's Episcopal Church

### **VESTRY:**

Karen Hartman, Sr. Warden; Barb Hovey, Jr. Warden  
Robert Williams, Clerk; Jean Crow, Treasurer

Ross Ackerman; Patrick Ahern; Cheryl Bailey;  
Darlene Cross, Madisen Crow; Eric Hedican;  
Leslie Norton; Rich Pieper; Ann Trapnell

### **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 May 28 -- September 10:  
9:30 AM Holy Eucharist**

**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](http://www.stchristophers-mn.org)

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