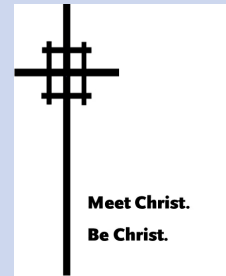


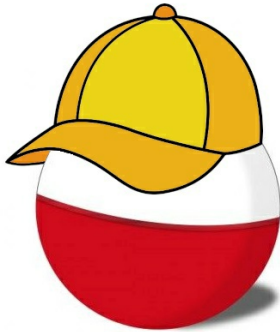
St. Christopher's

e-Traveler



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From the Rector



**The Rev.
Randy W. Johnson**

Rector

In a Rut *by Fr. Randy+*



I was completely enveloped by a severe winter blizzard. It was in the mid 1980's, and I was working "Dog Watch"—overnights as a patrol officer in Roseville. The snow had been piling up at an incredible rate and the streets were completely abandoned. This was good, as the snow had heaped up over my knees and the northwest wind was picking up. I had to keep moving—albeit very slowly—because if I stopped, I would never get rolling again. The deep snow was actually lifting the squad car off of its wheels, causing significant traction problems. *And the ruts!* There was only one set of ruts through the snow, and I kept running a 3-mile circular circuit—and I prayed I would not meet another vehicle head-on, because we would be both stuck for good. Thankfully, at about 4:00 am, I linked up with a Ramsey County public works road grader, and was safely escorted from emergency to emergency behind

the operator's expert plowing. There was no way I could *EVER* get out of that rut alone. I desperately needed help from community to do the work I was called to do—in mutual relationship, we got it done.

We are created for relationship, reflecting God's nature. The Society of St. John the Evangelist Rule of Life states, *"Our human vocation to live in communion and mutuality is rooted in our creation in God's image and likeness. The very being of God is community; the Father, son and Spirit are One in reciprocal self-giving and love."*

We are created to love mutually, to walk together, listen, share, teach, and encourage. Yet, in our brokenness, much can make us feel alienated, alone, disconnected, and cut off. Choosing to turn toward each other to connect, welcome, and share, transforms us and heals us. Life is all about transformation—a continual progression and constantly moving process. It is an ongoing conversation in relationship with God and others. God continually calls us onward into more *"together."*

Yet, it is so easy to be stuck in the past—*stuck in a rut*. Trapped in tortured memories, given labels, and held to unrealistic expectations. Memories of who we once jostled up against, and conflict with who we are now. Persistent patterns of prior times are powerfully present, though the players themselves may have changed.

Hard-wired memories may be of embarrassment or shame or guilt. We may be treated with aggression, evasion, or suspicion based on our past actions, rather than our present selves. Sadly, other people may restrict us, zeroing in on what we once did—even if it was only a poor life decision or it happened only once. Perhaps you know what this feels like.

Jesus had a hard time returning home for a visit. *"Where did this man get this wisdom and these deeds of power? Is this not the carpenter's son? Is not his mother called Mary? Where did this man get all this?"* People from his own home town—his own neighbors took offense at Jesus, at his change into a powerful prophet and teacher. He was no longer what he once was—a local kid like all the others. He had changed, and they didn't like it. Jesus knows how it feels to have people not accept and support positive change in one's life. Others tend to want a static past and refuse to affirm who you are becoming. It is so very easy to give up and stay stuck in your rut.

The Bible is full of graphic and disgraceful stories of fallible families and individuals, yet God continually worked through humanity and held them up in unwavering love. Most people were tripped up and launched into deep, deep ruts—ruts impossible to pull themselves out of alone. Jesus witnessed this.

And he responds by extending grace and forgiveness and support to everyone. He knew who they were and what they'd done, and he loved them still. Jesus showed them to be one family.

Be transformed by helping each other: *"Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers. Bless those who persecute you. Rejoice with those who rejoice; weep with those who weep."* (Romans 12:12-15)

How are you being called into deeper relationship and transformational life support with others—friends, neighbors, or strangers? How can you help others be lifted out of the ruts of life? Are you willing to accept the help from others as you grow and change? Rejoice, be patient, persevere, and contribute. Welcome, weep, and bless together, for like God we are community one to another. *Randy+*

Lenten Calendar

Join Marion and the children to learn about a special Lenten project and how you can participate with us! We will be presenting this during Adult Forum on Sunday, February 11th.

Lenten Reflections

Would you like to join our Lenten Reflection Project? Here's how it works – There will be a blog on the St. Christopher's website, and each morning a new reflection will appear based on the readings for the day. Where do these reflections come from? They come from you! If you are interested in writing a reflection, contact Marion@stchristophers-mn.org. She will assign you a date and send the readings to you. We are collecting them NOW so that the blog can be set up and run smoothly throughout Lent. There are 40 days in Lent, so don't be afraid to jump in. It could be a prayer, thoughts about the readings, or a personal reflection about Lent. There is no required format (or length) – just share what comes from your heart. Here is a link to last year's blog: <https://www.stchristophers-mn.org/2023-lenten-reflections>

“WILL YOU?”

A Lenten Study of Baptismal Promises

(Book by Amanda Perkins McGriff)

During the upcoming Lenten season, we will be studying the Baptismal Covenant promises we made, or were made for us by our sponsors. The first three questions of the Covenant echo the words of our creeds, our beliefs about God and the church. The last five questions focus on action. They each begin with the words: "Will You?"

These "Will You" questions articulate how we are to animate our baptism, to follow Christ's example in our relationships with others, our communities, and the world. These questions move from a "gathering in" to a "sending out"--they are a call to embrace and practice evangelism by proclaiming the Good News of Christ in all we do and say.

This five-week Lenten small group study offers daily reflections, examples of evangelism in action, and an invitation to think in new ways about the promises we make to God, each other, and ourselves in baptism.

We will meet on Sunday mornings at 9:15; if there is interest, we can schedule a discussion group online during the week, as well. Included in the book is a short daily meditation for each day of Lent.

Books will be available soon, or you may download on Kindle. (Print books will

Music Notes



Karla Cole

Director of Music Ministries

Alice Parker (1925-2023) was born into a music-loving middle-class family with the means for her to study music seriously and to attend the New England Conservatory, Smith College and Julliard, where she studied with musical legends Robert Shaw and Julius Herford. She had grown up in Boston and her family had a farm place in rural Massachusetts, where she died last Christmas Eve. Parker was an organist, conductor, teacher, composer, and promoter of all things singing. On her 90th birthday, the choral music world celebrated with her. She was awarded and fêted and honored and adored – a legend in her own time. If Robert Shaw was the father of the American school of choral singing, Alice Parker was its mother.

There's a short documentary, *At Home with Alice Parker*, available on YouTube. It is peppered with song – “I’ve been workin’ on the railroad”, “Away in a Manger”, “We shall overcome”, “Oh an Austrian went yodeling” – with Alice and her daughter, Molly singing the nonsense syllables in the refrain, complete with the hand motions that we all learned at camp when we were little kids. We see some of Alice’s photos, and an early home movie from about 1930 of her mother playing the piano while Alice and her brother bang along enthusiastically with a tambourine and some rhythm sticks. Oddly, the piano was outside, and a gentle breeze threatened to send the music flying. When you’re a pianist, you notice these things.

A lengthy and very full lifetime away, we go to her little New England church and see her warmly greeting the other parishioners. Alice is obviously a delightful little old lady with many friends. And students – she teaches a conducting class around what looks like the dining room table. She takes a walk with her daughter along a snowy road, using her Nordic walking sticks. She goes to St. John the Divine in New York City, where she leads an annual community singalong of spirituals in honor of Martin Luther King every year. And she tells of the day that King died and how it affected her, and how she came to write “A Sermon on the Mountain” for choir, baritone and strings. Parker wrote four operas, multiple chamber works, dozens of choral pieces and countless arrangements of hymns and folk tunes. She collaborated for many years with Robert Shaw on arrangements of hymns and most importantly, spirituals that are classics in the repertoire. She felt that *her* music needed a purpose, for a church, a community, a school, not just to be an exercise, but music to be used.

As an educated musician, she certainly valued the craft of music – the art of composing, the long process of preparing music for performance, the drive to continually shape, improve, and attempt the perfect. But, over the course of her lifetime, she learned herself, and then helped others to reduce music to its simplest terms – the human voice and the raw emotion to be found within a melody. Music’s very essence. Before there were instruments, people had their own voices. And there is deeply profound emotion to be heard there, in a melody. It can be as simple as humming to yourself when no one’s around, a soothing lullaby or the keening of great sorrow. It can be more or less organized as a children’s choir, a community band, your average church choir, or your fledgling recorder consort. And it can be a sublime professional performance. All are worthy and all tap a sort of spiritual human longing for beauty. “Music is God's gift to man, the only art of Heaven given to earth, the only art of earth we take to Heaven.” – Walter Savage Landor

Karla Cole

Footprints FEBRUARY 2024

News from Children's Ministries



Marion Hunner

**Director of
Children's Ministries**

Epiphany - Thank you to everyone who participated in the Epiphany Presentation on January 7th. It was great to see the children take on more responsibilities and to bring in more members of our Faith Community. There is a poster with photos hanging in the Upper Narthex.



Lent – We will be putting together a special Lenten Calendar that will help us focus on three disciplines: kindness toward others, prayer and scripture, and awareness/outreach. Join us in the Parish Hall on Sunday, February 11th to

learn how you can participate along with us during Lent while also supporting a good cause.

Sunday School – In February and March we will be exploring parables.



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! I DO thiiiiink it will snow, eventually...

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).

Anything over 2 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, only to not be needed, and to all of those who have helped in the past!

Vestry Shorts

- Shout Outs: Chris Hartman and The Humes/Bailey Boys for moving furniture out of the youth room so it can be rented to the daycare!!
 - And, thanks to everyone who helped in the Greening of the Church, and those who helped to take down the Christmas decorations, especially Jennifer and Tom Linder.
-

Green Team News: GotSneakers?

The Green Team is collecting used athletic shoes. The sneakers will be sent to the company GotSneakers? and the shoes will be either recycled or reused. St. Christopher's will get paid for the shoes we recycle. The Green Team tried it out by recycling 18 pairs of sneakers. The results were

Sustainability Impact

Landfill: 18 pairs displaced from the landfill

Carbon Dioxide: 540 pounds displaced

Water: 40,626 gallons saved

And, the church received a check for \$13.50!

So, ask your neighbors, friends and relatives-- and look in your own closets for any athletic shoes you don't wear anymore or are too old and worn out to wear. The company will take **Any** athletic shoes in **Any** condition. Look for

collection bins around church to put your shoes in. (The company does not accept nonathletic shoes).

If you have any questions, ask a member of the Green Team – Joel and Leslie Norton, Larry Jones, Joan Hoium, Karen Hartman, Sally Brown, and Jean Crow

FEBRUARY Calendar

1 Thursday

3:30 PM Cello Lessons # 218/219 – to 7:15 PM

2 Friday

2:45 PM Cello Lessons # 218/219 – to 6:45 PM

3 Saturday

9 AM Flute Lessons – Music Room

10 AM “What is a Co-Op?” Event – Offsite

4 Sunday – Epiphany 5

8 AM Holy Eucharist - Church

9 AM Fellowship

9:30 AM Sunday School-Room 107

10:30 AM Holy Eucharist – Church

11:30 AM Fellowship

1 PM GSVLOC – Parish Hall – to 5 PM

5 Monday

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

6 Tuesday

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

7 PM Brian Boru Irish Pipe Band – Parish Hall

7 Wednesday

9 AM Private Spiritual Direction – Library

10 AM Private Spiritual Direction – Gathering Room

12:15 PM Holy Eucharist – Church

1:15 PM Private Spiritual Direction – Library

4:00 PM Cello Lessons - #218/219 - to 7:15 PM

6:15 PM Bell Choir – Balcony

6:30 PM Roseville AA – Gathering Room

7:15 PM Choir – Music Room

8 Thursday

3:30 PM Cello Lessons # 218/219 – to 7:15 PM

9 Friday

2:45 PM Cello Lessons # 218/219 – to 6:45 PM

4 PM Chinese Day Care/New Year – Parish Hall – to 6 PM

10 Saturday

9 AM Flute Lessons – Music Room
5 PM Blue Zone Meal Event – Offsite
5 PM Dinner in Pub Event -Offsite

11 Sunday – Last Epiphany

8 AM Holy Eucharist - Church
9 AM Fellowship
9:30 AM Intergenerational Event - Parish Hall
10:30 AM Holy Eucharist – Church
11:30 AM Fellowship
1 PM GSVLOC – Parish Hall – to 5 PM

12 Monday

3:30 PM Cello Lessons # 218/219 – to 6:30 PM
5:30 PM Finance Committee – Parish Hall

13 Tuesday – Mardi Gras

10 AM SG Peer Group – Gathering Room – to 12 PM
1 PM Private Spiritual Direction - Library
7 PM Brian Boru Irish Pipe Band – Parish Hall

14 Wednesday – ASH WEDNESDAY – Valentine’s Day

10:45 AM Private Spiritual Direction – Library
12:15 PM Holy Eucharist with Ashes– Church
4:00 PM Cello Lessons - #218/219 - to 7:15 PM
5:30 PM Lent Soup Supper – Parish Hall – to 7 PM
6:30 PM Roseville AA – Gathering Room
7 PM Holy Eucharist with Ashes - Church

15 Thursday

10:30 AM Hearts and Hands – Parish Hall
3:30 PM Cello Lessons # 218/219 – to 7:15 PM

16 Friday

2:45 PM Cello Lessons # 218/219 – to 6:45 PM

17 Saturday

9 AM Flute Lessons – Music Room
10 AM Private Spiritual Direction - Library

18 Sunday – Lent 1

8 AM Holy Eucharist - Church
9 AM Fellowship
9:15 AM “Will You?” Lent Book Study - Chapel
9:30 AM Sunday School-Room 107
10:30 AM Holy Eucharist – Church
11:30 AM Fellowship
1 PM GSVLOC – Parish Hall – to 5 PM

19 Monday – President’s Day – Office Closed

3:30 PM Cello Lessons # 218/219 – to 6:30 PM
6:45 PM Vestry – Parish Hall

20 Tuesday

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

10 AM Tuesday OA Group - #218

7 PM Brian Boru Irish Pipe Band – Parish Hall

21 Wednesday

12:15 PM Holy Eucharist – Church

4:00 PM Cello Lessons - #218/219 - to 7:15 PM

5:30 PM Lent Soup Supper – Parish Hall – to 7 PM

6:15 PM Bell Choir – Balcony

6:30 PM Roseville AA – Gathering Room

7 PM Way of the Cross – Church

7:15 PM Choir – Music Room

22 Thursday

3:30 PM Cello Lessons # 218/219 – to 7:15 PM

23 Friday

12 PM Blues Buster Meal & BINGO – Parish Hall

2:45 PM Cello Lessons # 218/219 – to 6:45 PM

3 PM Cello rehearsals – Church – to 8 PM

24 Saturday

9 AM Flute Lessons – Music Room

9 AM Cello Federation Education Event – Church, 218/219, Gathering Rm
– to 5 PM

25 Sunday – Lent 2

8 AM Holy Eucharist - Church

9 AM Fellowship

9:15 AM “Will You?” Lent Book Study - Chapel

9:30 AM Sunday School-Room 107

10:30 AM Holy Eucharist – Church

11:30 AM Fellowship

26 Monday

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

27 Tuesday

10:30 AM Meals on Wheels - Offsite

7 PM Brian Boru Irish Pipe Band – Parish Hall

28 Wednesday

12:15 PM Holy Eucharist – Church

4:00 PM Cello Lessons - #218/219 - to 7:15 PM

5:30 PM Lent Soup Supper – Parish Hall – to 7 PM

6:15 PM Bell Choir – Balcony

6:30 PM Roseville AA – Gathering Room

7 PM Way of the Cross – Church

7:15 PM Choir – Music Room

29 Thursday

3:30 PM Cello Lessons # 218/219 – to 7:15 PM

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 February *e-Traveler!*

Do you suppose the Groundhog will bother to come out of his burrow to predict Spring? Perhaps in the East, where they got their snow, and ours, too!

Ruth Thillen
Parish Administrator

St. Christopher's Episcopal Church

VESTRY:

Barb Hovey, Sr. Warden; Josh Kattelman, Jr. Warden
Robert Williams, Clerk; Bruce Warkentien, Treasurer

Kathy Ackerman; Cheryl Bailey;
Darlene Cross, Madisen Crow; Eric Hedican;
Rich Pieper; Ann Trapnell, Betsy Wesenberg

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 through May 2024:

8:30 AM Holy Eucharist

9:30 AM Fellowship

9:15-10:15 AM Adult Forum

9:30-10:15 AM Sunday School

10:30 AM Holy Eucharist

11:30 AM Fellowship

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
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