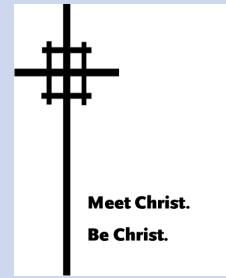


St. Christopher's

# e-Traveler



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## From the Rector



**The Rev.  
Randy W. Johnson**

**Rector**

### **Resolutions and New Beginnings** by Fr. Randy+

This morning, I did my best to choose the most direct route from my downtown St. Paul parking lot to my office in Town Square. The nine blocks zig-zagging through the “corporate canyons” became a mighty struggle against brutally cold wind chill and ice-coated sidewalks. My face and fingers were nearly frozen as I entered my building. *Brrrr!*

The slippery trek gave me time to think and ponder. *I know—dangerous!* This day, my thoughts were upon the realization that it is the end of January —*already!* Ash Wednesday and the season of Lent are just days and weeks away, racing in on the heels of Advent, Christmastide, and Epiphany. Time is fleeting as we flip another page on our 2023 calendars.

And, I thought about the practice many of us partake in each New Year—that of making resolutions. I normally don’t do so myself—as I find they become tiresome. Yet, around the world, every New Year is welcomed with anticipation and fresh determination. We consider it an annual marker to take stock of our lives, start afresh, and continue our journey with a renewed sense of purpose. We tend to reflect on what we have done in the past, what we have achieved, and what we may want to accomplish in the coming year.

This year, I made a different type of list of things I hope to continue working on. Rather than concentrate on long-term, heavy lift, large scale resolutions, I instead determined to focus on short-term oriented and truly achievable goals. Studies have shown that it is normal for about 60% of persons to abandon their new goals by the end of January. *Not a promising track record!*

Although my mental list of things to work on this year is optimistically compiled, I do endeavor to see many of them through this year, so *here goes:*

- eat mindfully
- drink more water
- intentionally pray more
- take mental reset days
- be OK with saying “no”
- invest in experiences
- create more things
- spend more time in nature
- spend more time with loved ones
- practice gratitude and lovingkindness always

Change has its costs. Rather than focusing on the results I want to achieve, I have to feel free to modify my goals to better fit current needs and priorities. Keeping the behaviors both relevant and achievable is possible by breaking them down into more manageable mini-goals. Making them happen takes concentration and perseverance. And, it is always important to our overall well-being to remain adaptable—it is OK to abandon goals that no longer work for us—which ultimately makes room for new ones. *Change can be hard—very hard. But, it is attainable!*

*“Therefore unless the living pass through the difficult and futile experiences, they can never receive those things that have been reserved for them.” (2 Esdras 7:14)*

A beloved friend of mine shared sage advice about changes he made to his life through intentional effort, focused life choices, and in gratefulness for the richness of joy provided in friends, family, and faith. He tells people that the greatest gifts shared are those that you eat, drink, or that are shared experiences.

Interestingly, these are the precise components we find and are invited to share at Holy Eucharist—sacred bread and wine shared in community—*“the Gifts of God for the Holy People of God.”* Eat, Drink, and Holy Community Experience. So, here is my recent modification to my 2023 resolutions list—to make room for goals that are more meaningful and sustainable—being worship and fellowship focused. I hope and pray you make room for positive change and a more meaningful and sustainable life in Christ.

*Randy+*

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## A Note from Rev. Marilyn

**Introducing Community of Hope**

One of the things I first noticed about this community was that it tries to take good care of others in many ways. Of course, we've been limited in the past couple of years, but there is always a need for a listening ear and a hand to hold, in person or otherwise. If you're feeling a tug to learn how to listen and respond appropriately, along with spiritual grounding for what you're called to do, you will be interested in Community of Hope.

In a previous parish, I introduced Community of Hope as a resource for lay pastoral care. It offers Lay Chaplains guidance in exploring the spiritual side of pastoral care along with listening skills. This year, the ECMN will begin training on a diocesan basis instead of individual parishes, so there is a better opportunity for training and sharing best practices. Training will be available both online and in person at St. Mark's Cathedral, beginning February 24 and ending May 20. Retreats begin and end the program, with Zoom meetings on Saturdays in between.

If you're interested in learning more, please contact Dr. Helen Hansen at [helenh@ourcathedral.org](mailto:helenh@ourcathedral.org).

For an overview, check out the COHI website: <https://www.cohinternational.org>

I'll be happy to answer any general questions, and to support you in any way.

In Christ,

**Marilyn+**

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## Music Notes



**Karla Cole**

**Director of Music  
Ministries**

For Christians, worship is a sensory experience – touch, sight, smell, taste, sound – they all are the experiences we can conjure up anywhere and be reminded of our faith family and the place where we worship. The solid wooden chairs, the ashes rubbed on your forehead, the hand of a friend in peace. Their smile, the light coming through the stained glass, the changing banners and paraments. The smoke from the candles, fresh scents of flowers, the ladies' perfumes. The wine, the bread, the coffee. The congregation reading or singing together, the happy chatter as people greet one another, the chuckles as Fr. Randy tells another one. And the music.

As you might imagine, the sense that tugs my heart the most is sound. I hear

the morning conversations die down as the clergy and choir gather – the cue for me to hurry up and finish the prelude and get the opening hymn started. I listen for the crackle of the bread being broken – cue for the fraction anthem. And of course, there's the music.

My head and heart are full of sounds gathered over a lifetime of church attendance in various places. The organist in my home church playing a Bach prelude on a hot summer morning as we wait in the cool air conditioning for the service to start. Singing, or maybe more like shouting a decidedly Baptist hymn downstairs in Sunday School. Singing 70s praise music with the youth group and the associate pastor's guitar. The rumble of the mighty organ in St. Mark's as we were received into the Episcopal church. I could fill the rest of this page with those kinds of memories. Sometimes it's just a sense of what things sounded like, sometimes I could tell you the exact hymn or piece of music. And it's not just my church life that has those musical cues. A song on the radio snaps me back in time to when the song was popular, or I had spent my allowance on the sheet music so I could play it for myself. Likewise, a piece of piano music can really trigger a trip down memory lane.

My husband, Matt has discovered an app that allows you to play songs on the "jukebox" of various bars, even if you're not there. He gets great amusement from playing Raffi's "Baby Beluga" or Kenny Loggins' "Winnie the Pooh" at the local dive bar from time to time. Our daughter, Geneva and her friends frequent the Art Bar in Greenwich Village these days, so her dad plays tunes from his large and wide-ranging collection. The bartender has come to recognize the vibe of Matt's tunes, so much so that when we were there a few weeks ago, she says, "so *you're* the dad who plays the music!" Hey, we got free drinks in New York. Who da thunk it?

Now I'm always all over live music, especially the kind you can make yourself. But I do have a recording recommendation for you. Ana Hernandez is an Episcopal musician, songwriter, author and get this, "theomusicologist." She put out a couple of CDs in the 90s as *The Miserable Offenders* that I particularly like and think you might as well. They are mostly hymn arrangements that she's recorded with another singer – they accompany themselves with an eclectic assortment of ethnic and street instruments as well as the usual suspects. The earliest is an Advent and Christmas collection titled, "Keepin' the Baby Awake" and the other is a reworking of traditional hymns, "God Help Us." You can sample all of her music at [www.anahernandez.org](http://www.anahernandez.org) and select the Albums tab on the top left. There are purchase options there as well and an album will cost you \$10.00. Little enough for beautiful, moving and cleverly arranged music. By an Episcopalian.

So, whether you hear music in church, or at home, at the mall or a bar, or even just in your mind's "ear", it casts a bit of a magical spell, I think. It connects us with the musicians past or present, and brings all of us great joy. Music hath charms, indeed.

Happy listening!  
Karla



**Marion Hunner**

**Director of  
Children's Ministries**

**Epiphany** - We were thrilled to be back to an in-person presentation this year. It was wonderful to see our children take on more responsibility as they read, lit the candles, and helped with props.

**Children in Worship** – you may have noticed on Annual Meeting Sunday that four of our children served as acolytes and one read the second lesson. It is such fun to see these kids taking on leadership roles in our worship services.

**Family Worship:** All are welcome to join us at 4pm on the first Sunday of each month. We enjoy a family friendly, interactive worship service. In February we will be burning palms and talking about Ash Wednesday.

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## Jigsaw Puzzle Fans

Hi, jigsaw puzzlers - be sure to stop by the church library sometime. We maintain two shelves of jigsaw puzzles for your pleasure, located in the small cabinet to the right as you come into the room. Feel free to take one, or leave one, or both.

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## Lenten Reflections

*By Marion Hunner*

Everyone is invited to participate in our Lenten Reflections project. Beginning on Ash Wednesday, there will be a special blog on our website. Each day there will be a new blog post with a link to that day's lectionary reading and a reflection from a St. Christopher's Community Member. If you would like to contribute to this project, here's how it works: You will be assigned a date and provided with the lectionary readings for that date, and you will write a reflection that will be shared on our blog. The reflection could be directly related to the readings, or it could be something completely different. Perhaps a prayer, a poem, a piece of artwork or music. It could be an original or one by someone else. Anything that is meaningful to you that you would like to share with our faith community. Once you get the date you provide your reflection within a week.

Here is a link to last year's blog: <https://www.stchristophers-mn.org/lent-2022>

## January Pulse of the Parish

The Vestry decided to forgo the reading of the Pulse of the Parish at the January 22 service, because of the Annual Meeting, so it is here for your reading pleasure.

**Finance:** Many thanks to all our faith family members for their pledge support this past year, and for next year! We started on our contract with MSI for weekly boiler checks last month, a new and now standard operational expense. The Finance Team and the Vestry approved the 2023 budget with minimal use of surplus to balance the budget.

**Children's Ministries:** Marion did a presentation about Celebrating the Anniversary of Baptism. There will not be Sunday School on Annual Meeting Sunday. There will be activities for the children & for the adults who need to have busy fingers during the meeting.

**Communications:** Chris Mayr and Ruth Thillen will meet with Emilia Allen, the Diocesan Missioner of Communications, next month to get feedback on our print and social media communications.

**Meals on Wheels:** With some folks gone for the winter, we're in need of drivers. Contact Sally Brown if interested.

**Kitchen, Funerals/Caterer, Special Gatherings:** The team is planning a Saturday morning kitchen equipment orientation class in March or April, for learning how to make coffee, run the dishwasher or use the griddle, etc.

**Stewardship:** We've achieved 100% congregation participation, surpassing our budget goal for a second consecutive year. Thank you!

**Unfinished Business:** Good news! We have enough volunteers for the delegates for Convention.

**New Business:** We welcome Junior Warden candidate Barb Hovey. The Annual Meeting is January 22, 2023, after a 9:30 service, in the Parish Hall. Vestry members volunteered to help provide coffee/cookies at the meeting.

**Rector Report:** Introducing our Faithful Innovation Engagement Team Members: Marion Hunner, Angela Robinson, Becky Lucas, and Kathy Hagen. It is a lay-led discovery group which will help us to focus on different spirituality pieces that we may have forgotten about during the pandemic, and we might need to identify for the future growth of our faith family.

The Annual Clergy Conference will be February 16 to 18, at the Brainerd Arrowwood Resort. Fr. Randy, Rev. Marilyn, and Deacon Christopher will attend.

We hosted the funeral for Ben Desmond on January 10 and will be holding a small private family funeral for Pam O'Meara on January 27.



**Senior Warden Report:** Thank You Retiring Vestry members Alexander & Ann for your years of service, your care, your help, & your love to our faith family.

**Junior Warden Report:** Thanks to Chris for his service. Vestry Member candidates are Ann Trapnell, Rich Pieper and Darlene Cross. The Vestry Retreat is Saturday, Feb. 11. Sam & Kiely of Wood and Water Retreats will once again lead the retreat.

**Announcements/Shoutouts:** We salute Bruce Warkentien, who has been doing a lot of things around the church, shoveling, helping fix the refrigerator, and more. We salute the Epiphany Pageant participants.

Want to know more? The meeting minutes will be available after they have been approved at the next Vestry meeting, in February. Thank you for all *you* do for our faith family!

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## CALENDAR for FEBRUARY

### 1 Wednesday

**10:45 AM** *Private Spiritual Direction – Library – to Noon*

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

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

**6:00 PM** Bell Choir - Balcony

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

**7:15 PM** Parish Choir – Music Room

### 2 Thursday

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

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

### 3 Friday - Epiphany

**4 PM** *Cello Lessons - #218/219 – to 7:30 PM*

### 4 Saturday

**9 AM** *Flute Lessons – Music Room*

### 5 Sunday – Epiphany 5

**8 AM** **Holy Eucharist**

**10:30 AM** **Holy Eucharist**

**4:00 PM** **Family Worship**

### 6 Monday

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

### 7 Tuesday

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

**7 PM** *Brian Boru Irish Pipe Band – Parish Hall*

### 8 Wednesday

**10:45 AM** *Private Spiritual Direction – Library – to Noon*

**12:15 PM Holy Eucharist – Church**

*1:00 PM Private Spiritual Direction – Library – to 2:30 PM*

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

**6 PM** Bell Choir - Balcony

*6:30 PM Wednesday AA – Gathering Room*

**7:15 PM** Parish Choir – Music Room

**9 Thursday**

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

**10 Friday**

*4 PM Cello Lessons – #218/219 – to 7:30 PM*

**11 Saturday**

**8 AM** Vestry Retreat – Parish Hall – to Noon

**9 AM** Flute Lessons – Music Room

**12 Sunday – Epiphany 6**

**8 AM** Holy Eucharist

**10:30 AM** Holy Eucharist

*1:00 PM GSVLOC Rehearsal – Parish Hall – to 5 PM*

**13 Monday**

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

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

**14 Tuesday - Valentine's Day**

**11:30 AM** Meals on Wheels - Offsite

**10:00 AM** SG Peer Group – Gathering Room – to Noon

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

**7 PM** Brian Boru Irish Pipe Band – Parish Hall

**15 Wednesday**

**12:15 PM Holy Eucharist – Church**

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

**6 PM** Bell Choir - Balcony

*6:30 PM Wednesday AA – Gathering Room*

**7:15 PM** Parish Choir – Music Room

**16 Thursday**

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

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

**17 Friday**

**18 Saturday**

**9 AM** Flute Lessons – Music Room

**9 AM** GSVLOC Rehearsal – Parish Hall – to 1:30 PM

**19 Sunday – Last Epiphany**

**8 AM** Holy Eucharist

**10:30 AM** Holy Eucharist

**4:00 PM** Evensong



**20 Monday****3 PM** Cello Lessons - #218/219 – to 7:15 PM**6:45 PM** Vestry – Parish Hall**21 Tuesday****8:30 AM** Private Spiritual Direction – Gathering Room – to 5 PM**10 AM** O.A. – Room 218 (In person!)**7 PM** Brian Boru Irish Pipe Band – Parish Hall**22 Wednesday – ASH WEDNESDAY****12:15 PM** Holy Eucharist – Church with Imposition of Ashes**4 PM** Cello Lessons - #218/219 – to 7:15 PM**6:30 PM** Wednesday AA – Gathering Room**7:00 PM** Holy Eucharist – Church with Imposition of Ashes**23 Thursday****3:00 PM** Cello Rehearsals in Church – to 8 PM**3:15 PM** Cello Lessons - #218/219 – to 7:15 PM**24 Friday****3:00 PM** Cello Rehearsals in Church – to 8 PM**4 PM** Cello Lessons – #218/219 – to 7:30 PM**25 Saturday****9 AM** Flute Lessons – Music Room**10 AM** Cello Federation – Church, Classrooms – to 6 PM**26 Sunday – LENT 1****8 AM** Holy Eucharist**10:30 AM** Holy Eucharist**1:00 PM** GSVLOC Rehearsal – Parish Hall – to 5 PM**27 Monday****e-Traveler** Deadline**3 PM** Cello Lessons - #218/219 – to 7:15 PM**28 Tuesday****1 PM** Cello Lessons - #218/219 – to 6:30 PM**7 PM** Brian Boru Irish Pipe Band – Parish Hall

**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.

## Last Words

I hope you have enjoyed the February *e-Traveler*!

It is still pretty cold as we "got to press," but the daylight is longer, and we all seem to be noticing. Lent is coming, but first, we get to be sweet to our sweethearts on the 14th!



Ruth Thillen  
Parish Administrator

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## St. Christopher's Episcopal Church

### **VESTRY:**

Chris Mayr, Sr. Warden; Karen Hartman, Jr. Warden  
Robert Williams, Clerk; Jean Crow, Treasurer

Ross Ackerman; Patrick Ahern; Cheryl Bailey;  
Madisen Crow; Eric Hedican; Ann DePaolis-Jones;  
Alexander Kun; Leslie Norton

### **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 Memorial Day:**

**8 AM Holy Eucharist**

9 AM Fellowship

9:15 AM Adult Ed – Parish Hall

9:30 AM Sunday School (except 1st Sundays)

**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  
651-633-4589 | Fax 651-633-7361 | [www.stchristophers-mn.org](http://www.stchristophers-mn.org)

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