

St. Christopher's

e-Traveler



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Musings from a Mug...



**The Rev.
Randy W. Johnson**
Rector

“The Rest That God Promised”

Hebrew 4:1-11 speaks to the promise of rest which is made.

“Therefore, while the promise of entering his rest is still open, let us take care that none of you should seem to have failed to reach it...So then, a Sabbath rest still remains for the people of God; for those who enter God’s rest also cease from their labors as God did from his. Let us therefore make every effort to enter that rest,...”

I have been contemplating this time of rest which is promised by God, and the rest that God took on the seventh day following the creation in Genesis. God created—saw that it was good—in fact VERY good! And then he rested from his labor—declaring a Sabbath.

Now, I am in this case defining Sabbath as the day set aside for worship and rest—a *noun*. It is something we are commanded to do in following the law. It is something we should do—we should continually and intentionally embrace this practice.

But, I also believe the second definition of Sabbath in the Merriam-Webster Dictionary is a *verb*—a time of rest. This too is a practice we should embrace, especially during these few months of extraordinary warmth and sunshine and even life-giving rains.

We must “Learn to Sabbath,” during the summertime—a season all too short in our year. I implore you, your loved ones, and friends to take intentional time to “Sabbath” in loving connection with one another and in praise to our creator God.

Last evening, I had the delightful opportunity to march in the Rosefest Parade with many of our St. Christopher’s family. It was a joy to spend time together as we shared our smiles, hospitality, and fellowship with many, many of our neighbors. Following the parade, several of us walked together in the warmth of the evening, with the scent of blossoming trees and flowers wafting in the breeze. The mile and ½ walk back to the church was life-giving. We walked, talked, laughed, and connected more deeply as sisters and brothers in Christ. It is a time for rest, relaxation, and rejuvenation. It is time we “Learn to Sabbath.”

Peace and all good,
Randy+

The Deacon Discusses



**The Rev.
Janet MacNally**
Deacon

Usually my thoughts about cleansing and purging and making room and more space occur around the end of the year. Maybe it is the way the house becomes stuffed with the trimmings for the season that we have collected over the years, or the thought of an impending New Year’s resolution (that we will try to keep one more time), but as I said, that is when I normally think of what one might refer to as downsizing. So you can imagine that I was somewhat caught off guard when I came face to face with actively having to downsize our home these past few weeks.

I suppose that a downsizing such as this could easily transfer to all of our lives, and not just where we physically reside. I had several sessions, alone with my thoughts and memories and things, in order to let go of things that once seemed so important and now seem to be planted firmly and lovingly in my memory bank of what once was. Boxes that hadn’t been opened since that last time we moved provided an interesting and heartwarming look into the past, but when it came to keeping those things for the future the answer had to be no. It was enough to pull out notebooks that once held the script for the plays I directed for various high schools, the cards tucked inside gave me fond memories of those students, now adults. And the determination came that time spent de-cluttering was not only time well spent on the downsizing side of things but also time well spent on the memory lane as well. And there was a certain feeling of freedom that came from the letting go.

We all have places, both physical and ethereal, that could use a good de-

cluttering operation now and again. We all hold on to things from our past, whether it is an object, or the adage that “we have always done things that way” that needs letting go of in our lives. While it is pleasant and often (almost always) comforting to have those things within our reach, they can be and are a force that prevents us from moving forward with our lives. While it is often hard to admit, change in our lives is a constant, and almost always in the long run brings good things our way.

Author and internet personality Marie Kondo recommends that you should hold up the thing that you are looking to let go of and ask yourself “Does this bring me joy?” She claims in that answering that question within a minimal amount of time is the key to downsizing and decluttering your life. I found that to be somewhat helpful, but more importantly I found also asking myself “What does holding on to this prevent me from discovering?” As I said we all have closets or places under the bed or tucked into bookshelves or firmly entrenched into the way we perceive the way the world should work, items and traditions that could be holding us back from where God is calling us to be. What is there in your life that requires the question “Does this bring you joy?” or “What might this be keeping you from discovering?” Ask the questions, take the risk, the answers and the outcomes may surprise you. I know that they did for me.

Amen Deacon Janet

Footprints JULY 2019 - News from Children's Ministries



Marion Hunner

**Children's Ministries
Director**



VBS is Coming July 22-26!

Registration deadline is
July 7th – We welcome
your kids, grandkids,
neighbors and friends!

Please help us transform
the sanctuary following the

9:30 service on Sunday, July 21st. We would also love
some help tearing down on Friday, July 26th, starting at
12:15pm. **Many hands make light work!**

Needed for VBS:

- Newspaper – skip the recycle bin and bring in your newspapers (minus the glossy ads) so that we can put them down when we tie dye.
- A few volunteers on Wednesday to rinse our tie dye items
- Watch your ChristoGram for other requests

Looking Ahead

We are working on a family event in August at Como Park – probably a potluck picnic near a playground and miniature golf. Watch for details to come!

Youth News



Chad O'Leary

**Youth Ministries
Director**

SUMMER TRIP THIS MONTH!

Our Youth, friends, and family members will head off on the trip on Sunday, July 14th after worship, returning Sunday the 20th. We hope to learn many things to share with the community at St. Christopher's when we return!

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Much Peace on the Journey,
Chad O'Leary

Food Shelf News

66 pounds of food were delivered to Keystone for the months of May and June. Many, many thanks to those supporting this worthy cause!

Do you play Bridge?

This is an open Invitation to play Bridge on the 2nd Friday of each Month, beginning September 13 @ 1:00 p.m.

We are on the church calendar as "Couples Bridge." We play Friday afternoon, beginning at one o'clock, once a month at St. Christopher's in the parish hall, always on the second Friday of the Month at 1:00 p.m.

If you have someone that you would like to have as your partner we welcome everyone. We'll help find a partner if you prefer.

This is a Social, Relaxed and Enjoyable time together with light refreshments. Please call Jean Hammer @ 651-330-3879

Looking forward to hearing from you !!

Pulse of the Parish

The Pulse of the Parish is a brief update to keep everyone informed of the actions taken by the Vestry at their meeting on June 17, 2019.

- The monthly financial reports were reviewed. The May 2019 income and expenses are generally staying within the budget. The annual audit was completed; no problems were found.
- Capital Campaign update: We have had an outstanding response! Campaign balance is at \$374,000. A few additional pledges have come in this week.
- Golf Outing: Will take place next Sunday, June 23rd. Golfing will be from 2:00-4:00pm and there will be happy hour from 4:00-6:00 pm. Tickets were sold during Silent Auction and will be on sale before the event.
- Building and Grounds: Exterior lights on west side of the church have been fixed. Bids for paint lines for parking lot are being obtained. Goal is to complete before the State Fair.
- Safe Churches: The ECMN Safe Church program is in the process of being revised. Annual training will be made available to all church members. Training will be required every 3 years for those working with youth and vulnerable adults. Additional information will be made available over the coming months.
- Summer Events: There will be a St. Christopher's float in the Roseville parade, starting at 6:15 pm, on June 24th. There will be a youth trip to Native American historical sites in early July. And the State Fair Parking event in August.
- Chinese Daycare: Attendance at the daycare is back up. Lease payments to the church will return to normal.
- Shout Outs:

Thank You to: Mark and Wendy Brilowski: To Mark for countless projects completed throughout the church, most recently repair of exterior lighting. To Wendy for providing Spanish translation at the CAN breakfast gathering here at the church.

Also to: Scott Crow and everyone on the Capital Campaign Committee: A big THANK YOU! to all of you for all the hard work.

Please be aware that the minutes of the June meeting will not be available to read online or in the library until after they have been approved at the Vestry's July meeting. Vestry members will be available after the service for any questions you may have.

Busy Building!

Do you ever wonder who the "outside user groups" are in our building? Here's a list of folks who have their meetings and lessons here during the week. We appreciate their presence here as part of our life in the City of Roseville and surrounding communities.

Minnesota Chinese Day Care and Learning Center

Monday through Friday, 7:30 am - 6:00 pm.

North Star Cello

Individual and Group Cello Lessons Monday-Friday

Private Spiritual Direction

Four Directors are currently using our building

Overeaters Anonymous

Tuesdays and Saturdays

Brian Boru Irish Pipe Band

Every Tuesday

SatSang Meditation

Tuesday evenings (1st, 3rd and 5th)

Clann Tartan Scottish Reenactment and Dance

Tuesday Evenings (2nd and 4th)

Flute Lessons with Carol Gilkey

Saturdays during the School Year and Wednesdays in Summer

Clutterers Anonymous

Saturdays (1st, 3rd and 5th)

Spirit of Christ Old Catholic Community

Saturdays (in the Chapel)

Minnesota Bonsai Society

Monthly on the 3rd Tuesday and 3rd Thursday

We are also a **Polling Site** for Primary and General Election Days.



JULY Calendar Highlights!

Tuesday, July 2

Meals on Wheels - Offsite

Wednesday, July 3

12:15 p.m. Holy Eucharist—Chapel

Thursday, July 4 – Independence Day

CLOSED

Everybody go Celebrate!

Friday, July 5

Office May be Closed

Sunday, July 7 – 4th Sunday after Pentecost

9:30 a.m. Holy Eucharist

10:30 a.m. Fellowship

Monday, July 8

5:30 p.m. Finance Committee – Parish Hall

Tuesday, July 9

Ruth on Vacation through July 15

Office may be closed at any time – please call ahead!

Wednesday, July 10

12:15 p.m. Holy Eucharist—Chapel

3:00 p.m. Staff Meeting – Office

6:30 p.m. YOUTH TRIP MEETING

Sunday, July 14 – 5th Sunday after Pentecost

9:30 a.m. Holy Eucharist

10:30 a.m. Fellowship

Youth Leave on Trip!

Monday, July 15

6:45 p.m. Vestry Meeting – Parish Hall

Tuesday, July 16

Ruth back in the Office

Wednesday, July 17

12:15 p.m. Holy Eucharist—Chapel

3:00 p.m. Staff Meeting – Office

Thursday, July 18

10:30 a.m. Hearts and Hands – Parish Hall

Sunday, July 21 – 6th Sunday after Pentecost

9:30 a.m. Holy Eucharist

10:30 a.m. Fellowship

VBS Set Up Day!

Monday, July 22

9:00 a.m. VBS Begins! – Church, Parish Hall, etc.

Tuesday, July 23

Meals on Wheels - Offsite

9:00 a.m. VBS! – Church, Parish Hall, etc.

Wednesday, July 24

9:00 a.m. VBS! – Church, Parish Hall, etc.

(No Wednesday Eucharist)

3:00 p.m. Staff Meeting – Office

Thursday, July 25

9:00 a.m. VBS! – Church, Parish Hall, etc.

5:30 p.m. Community Dinner – Parish Hall

Friday, July 26

9:00 a.m. VBS Last Day! – Church, Parish Hall, etc.

12:15 p.m. VBS Tear-down

Sunday, July 28 – 7th Sunday after Pentecost

9:30 a.m. Holy Eucharist

10:30 a.m. Fellowship

Monday, July 29 *e-Traveler Deadline*

Wednesday, July 31

12:15 p.m. Holy Eucharist—Chapel

3:00 p.m. Staff Meeting – Office

Please note: These are the parish events occurring this month. Please remember that many outside groups use our building daily. If you need to use a building space, please check with the office to see that your time, date and space are available.

Last Words



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

Summer is here and with it the loooong days! I love being outside at this time of year a whole lot more than in the winter. (I wonder why? Ha ha!) As I write, the weather folks are predicting a 4-day stretch of HOT and MUGGY for the weekend leading up to the 4th of July. THAT seems appropriate!

Stay cool and well hydrated!

Ruth Thillen
Parish Administrator

VESTRY:

Joel Norton, Sr. Warden; Kathy Ackerman, Jr. Warden
Sue Triebenbach, Clerk; Suzanne Hitchcock, Treasurer

Erin Bowman; Mark Brilowski; Karen Hartman; Barbara Hovey; Chris Huntley;
Josh Kattelman; Tom Linder; Al Reedstrom; Lisa Spiro

STAFF:

Ruth Thillen, Parish Administrator
Chad O'Leary, Youth Ministries Director
Marion Hunner, Children's Ministries Director
Karla S. Cole, Director of Music Ministries
Rev. Mary Rowe, Assisting Priest
Rev. Janet MacNally, Deacon
Rev. Randy W. Johnson, Rector

Our SUMMER Sunday Schedule June 9 - September 8

Sunday: 9:30 AM Holy Eucharist
10:30 AM Fellowship

Wednesday: 12:15 PM Holy Eucharist in the Chapel

Office Hours:

Monday - Friday 9 AM - 4 PM

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STAY CONNECTED

