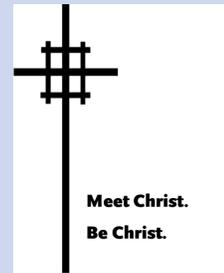


St. Christopher's

e-Traveler



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From the Rector



**The Rev.
Randy W. Johnson**

Rector

The Followership Lesson of Jesus or “Watch Your Own Bobber” by Fr. Randy+

Well...that was a strange eTraveler article title, but you can choose which you would assign after reading it!

A member of our State Emergency Management Leadership Team pulled me aside and shared a video of his 5-year-old granddaughter. She stood *“large and in charge”*, despite being rather diminutive in stature. The precocious young lass--bubbling over with energy--sporting lovely sun-bleached blond hair was looking directly into the phone camera with her sparkling periwinkle-blue eyes. With hands on hips, she blurted out, *“Grandpa! Watch your own bobber!”*

All righty then...how about some context? It was a lovely sunny summer day in the Northland, the time of year we all do our outdoorsy stuff—camping, boating, and of course fishing. Our time of recreation and re-creation! Grandpa and granddaughter were tasked with a fishing expedition to help prepare for the evening fish fry. The fishing was yielding sparse results, despite grandpa’s coaching and fishing hints, his fixing and telling—his helping to the point of not-helping. Granddaughter was about done with it all, as she had hoped she would receive help learning how to fish. When the help became too much for her, she blurted out, *“Grandpa! Watch your own bobber!”*

Hmmm...a Leadership Lesson taught to us by a young one—a repository of

truth, honesty, and the untainted wisdom of the ages.

The granddaughter knew her mission, (given to her by her grandma.) She was to catch fish. Not drive the boat. Not choose the best lure. Not to locate the best fishing hole. She was to catch fish! She was chosen, focused, and prepared to catch fish. The rest of the process belonged to someone else!

And, this is where I believe many of us get our *“knickers in a bunch”* about being faithful followers of Jesus—especially when it comes time for us to fulfill our mission—our work of sharing the Good News of the Gospel—and trusting God to do the rest. We get *“spun around an axle”* questioning ourselves—our worthiness, our ability to speak rightly, our own faithfulness to *“Meet Christ and Be Christ”* to others in our communities. We worry about doing enough—being enough—and the inevitable *“Mission Creep Mindset”* blur that makes us think we are responsible for the whole thing—*the entire enchilada!*

Jesus counters these fears in his own actions and words. In scripture we know he picked regular people like us—callous-handed fishermen—to be his disciples. He told them, *“Come with me. I’ll make a new kind of fisherman out of you. I’ll show you how to catch women and men instead of perch and bass.”* (Matt 4) They walked and lived with Jesus as he performed miracles, and he taught them how to love God and their neighbor—and he gave them authority and power to preach the news of God’s kingdom and heal the sick. (Luke 9) This is *our* work, too.

Jesus told the disciples—and us—to support the learning of others and to walk with them as together we continue to grow in faith—with God’s help! It is our error and misunderstanding of our role in the bringing of the Kingdom, when we mistakenly become anxiety-filled and obsess about things beyond our control, influence, and authority—things well beyond our *“pay grade.”* We are believers and disciples and apostles and saints—and God is God! This is a lesson of the Leadership of Jesus and the life of Followership we are to share with everyone.

Our Post Communion Prayer (BCP p. 366) affirms this truth as we say:
“And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord.”

That is our task—this is *our* role in bringing the Light of Christ to our broken world. Jesus told the disciples what they could expect for themselves, and it applies to each one of us as his followers. *“Anyone who intends to come with me has to let me lead. You’re not in the driver’s seat—I am. Don’t run from suffering; embrace it. Follow me and I’ll show you how.”* (Luke 9; The Message)

Pay attention to our role in sharing the love of God with all persons; to follow Christ; to come together week by week for corporate worship; and to work, pray, and give for the spread of the kingdom of God. *We do it with God’s help!*

A Followership Lesson of Jesus *or* “Watch your own bobber?” Which do you pick for this rector rambling? I believe it is not an *“or”*, it is an *“and!”*
God speed on your fishing excursion. *Randy+*

Music Notes



Karla Cole

**Director of Music
Ministries**

Music Notes

I think we can all agree that life is pretty stressful just now. The pandemic isn't even vanquished yet and they're already talking about monkeypox; the war in Ukraine drags on; people are dying in the heat and it isn't even August yet; inflation seems to have no cap; civic life in these United States is in constant turmoil. So, if you're someone who's able to keep your equilibrium in the middle of all of this, you can move on to the next article. You certainly don't need any of *my* blather. If you're floundering a bit, as I am, read on. I have a little hope for us.

I've been reading about some 2018 research, from the Princeton Neuroscience Institute. They used some firefighters in Colorado as their case study and found that the brain steps up and works faster and better under a perceived threat. Or when bad news comes, and keeps coming. Because professors live to torture undergrads, they then went back to New Jersey and told some ~~lab rats~~ students that they would have to give a presentation that would be assessed by a panel of judges, recorded, and posted for all the world to see on the internet. Predictably, their heart rates and cortisol levels shot up, but they became much quicker at processing the information that they needed for the presentation. Who said that all-nighters don't work?!

When you experience stress, both in your personal life and in the world around you, the body triggers a physiological change, and hormones flood to the rescue. The body is able to switch these on and off as needed when we are stressed or relaxed. Or not, actually. People with clinical depression or anxiety seem unable to switch off from this state of high alert to their perceived threats or negative imagery. When everything is functioning well though, people are naturally quite optimistic, able to overlook the bad and hang on to the good. I guess a little ignorance is helpful for your mental health.

And to complicate our physiology even further, we are influenced by the people around us. Stressed family members or co-workers induce stress in us. Babies pick up on their mothers' elevated heart rates. Sociologists digging into FaceBook have discovered that if your feed has more positive posts than negative, you'll tend to post more positively as well. And the reverse is true. If we are bombarded with bad news, we sink into it and then we'll share it with our family and friends, and the lady in the grocery line, and the guy at the post office, and the inexperienced driver at the four-way stop, or the little old man going 45 in the fast lane. All of our negative vibes leak out all over the place.

So if we are just wired to follow each other down the rabbit hole, what are we to do as Christian people who long to show God's love in the world, to just be happy? Jesus made it pretty simple, really: love God, love each other. Unfortunately, we are assailed by the negative impulses around us. But remember that we can take advantage of the brain's superpower when we do succumb. And when we're busy sharing our "vibe" with others, we try to share love. It ain't easy. And I daresay no one can do it all the time. But we've had a good example of how to love under the greatest of stressors. Christ embodied love for us in the face of pain and death, so surely we can try to overcome our physiology sometimes and just love people.

Karla Cole

Footprints July 2022 News from Children's Ministries



Marion Hunner

**Director of
Children's Ministries**

Family Worship

On Sunday, June 5th, we celebrated Pentecost with an interactive story, a fire, and S'mores! We will NOT have family worship in July due to the holiday weekend.



Kids in the Liturgy

We are very excited to have several of our children serving as Junior Acolytes and Readers. If anyone else would like to join us in this ministry, please contact Marion.



Help with VBS

Thank you to all who have dropped off cans – we have what we need. I do still have a few volunteer slots available during the week of VBS, if you are interested, please contact me.

**REGISTRATION DEADLINE
FRIDAY, JULY 1ST!**



I am getting VERY excited for Vacation Bible School in July. If you know any children age 3 – 5th grade who might be interested, please send them to our website www.stchristophers-mn.org/vbs for more information and a link to the registration form, or give them my email address and I will be happy to answer any questions.

Please Pray Daily

In this time of upheaval, stress and conflict, I encourage you to intentionally go in prayer daily for our world, our country and our communities.

I am sharing a prayer from the Book of Common Prayer (#18, BCP pg.820);
For Our Country:

Almighty God, who hast given us this good land for our heritage:
We humbly beseech thee that we may always prove ourselves a people mindful of thy favor and glad to do thy will. Bless our land with honorable industry, sound learning, and pure manners. Save us from violence, discord, and confusion; from pride and arrogance, and from every evil way. Defend our liberties, and fashion into one united people the multitudes brought hither out of many kindreds and tongues. Endue with the spirit of wisdom those to whom in thy Name we entrust the authority of government, that there may be justice and peace at home, and that, through obedience to thy law, we may show forth thy praise among the nations of the earth. In the time of prosperity, fill our hearts with thankfulness, and in the day of trouble, suffer not our trust in thee to fail; all which we ask through Jesus Christ our Lord. Amen.

May God Almighty continue to bless our country in abundance, loving kindness, and peace.

Fr. Randy+

Summer Services

Please remember that we are in Summer hours; one service at 9:30 AM on Sundays.

Pulse of the Parish

There was NO Vestry meeting in June!

CALENDAR for JULY

1 Friday

4:00 PM Cello Lessons - #218/219 – to 6 PM

2 Saturday

3 Sunday – 4th Sunday after Pentecost Proper 9

9:30 AM Holy Eucharist - Church

10:30 AM Lemonade on the Lawn

4 Monday – Independence Day! – Office CLOSED

5 Tuesday

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

8:45 AM Private Spiritual Direction – Library

9:00 AM Flute Lessons – Music Room

10:00 AM O.A. - #218

12:45 PM Cello Lessons - #218/219 – to 6:45 PM

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

6 Wednesday

12:15 PM Holy Eucharist – Church

2:45 PM Cello Lessons - #218/219 – to 7 PM

6:30 PM Wednesday AA – Gathering Room

7 Thursday

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

8 Friday

3:45 PM Cello Lessons - #218/219 – to 6:30 PM

9 Saturday

10 Sunday – 5th Sunday after Pentecost Proper 10

9:30 AM Holy Eucharist - Church

10:30 AM Lemonade on the Lawn

11 Monday

8:45 AM Private Spiritual Direction – Library
10:00 AM Private Spiritual Direction – Library
2:15 PM Cello Lessons - #218/219 – to 6:30 PM
5:30 PM Finance Committee (Please note earlier time!)

12 Tuesday

9:00 AM Flute Lessons – Music Room
10:00 AM O.A. - #218
2:00 PM Private Spiritual Direction – Library
3:00 PM Cello Lessons - #218/219 – to 6:30 PM
7:00 PM Brian Boru Irish Pipe Band – Parish Hall, outdoors

13 Wednesday

11:00 AM Private Spiritual Direction – Library
12:15 PM Holy Eucharist – Church
4:00 PM Cello Lessons - #218/219 – to 7 PM
6:30 PM Wednesday AA – Gathering Room

14 Thursday

3:00 PM Cello Lessons - #218/219 – to 6:15 PM

15 Friday

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

16 Saturday**17 Sunday - 6th Sunday after Pentecost Proper 11**

9:30 AM Holy Eucharist - Church
10:30 AM Lemonade on the Lawn

18 Monday

1:30 PM Cello Lessons - #218/219 – to 5:30 PM
6:45 PM VESTRY – Parish Hall

19 Tuesday

8:30 AM Private Spiritual Direction – Gathering Room – to 5:30 PM
9:00 AM Flute Lessons – Music Room
10:00 AM O.A. - #218
11:30 AM Meals on Wheels - *Offsite*
1:00 PM Cello Lessons - #218/219 – to 6:45 PM
7:00 PM Brian Boru Irish Pipe Band – Parish Hall, outdoors
7:00 PM Meditation Group - #218/Chapel – to 8:30 PM

20 Wednesday

12:15 PM Holy Eucharist – Church
3:00 PM Cello Lessons - #218/219 – to 7 PM
6:30 PM Wednesday AA – Gathering Room

21 Thursday

10:30 AM Don Homme Funeral - Church
3:45 PM Cello Lessons - #218/219 – to 7:15 PM

22 Friday

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

23 Saturday

24 Sunday – 7th Sunday after Pentecost Proper 12

9:30 AM Holy Eucharist - Church

10:30 AM Lemonade on the Lawn

25 Monday – e-Traveler Deadline

9:00 AM VBS BEGINS! – to NOON – Church, Gathering Room, Parish Hall, Outdoors

10:00 AM Private Spiritual Direction – Library

26 Tuesday

9:00 AM VBS! – to NOON – Church, Gathering Room, Parish Hall, Outdoors

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

27 Wednesday

9:00 AM VBS! – to NOON – Church, Gathering Room, Parish Hall, Outdoors

12:15 PM Holy Eucharist – Church

6:30 PM Wednesday AA – Gathering Room

28 Thursday

9:00 AM VBS! – to NOON – Church, Gathering Room, Parish Hall, Outdoors

29 Friday

9:00 AM VBS! – to NOON – Church, Gathering Room, Parish Hall, Outdoors

30 Saturday

31 Sunday – 8th Sunday after Pentecost Proper 13

9:30 AM Holy Eucharist - Church

10:30 AM Lemonade on the Lawn

Please note that MOST of our outside groups have returned to meeting in the building. Those groups are now on this calendar to avoid over-scheduling. Always check with the church office before scheduling a meeting.

Last Words



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

We are all looking forward to VBS the week of July 25-29!

We still have the Xcel project going on along Hamline Avenue, and it is frustrating to not be able to drive south

on Hamline! We don't know when that will change.

Fortunately, the bridge is open both directions. It has been pretty quiet in OUR parking lot, so far.

Ruth Thillen
Parish Administrator

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. Marilyn Baldwin, Assisting Priest
Rev. Randy W. Johnson, Rector

Our Summer Schedule:

Recorded Sermons for each Sunday are on our website.

Sunday: 9:30 AM Holy Eucharist in the Sanctuary
10:30 AM Lemonade on the Lawn

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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STAY CONNECTED

