

St. Christopher's

## e-Traveler



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### From the Rector



**The Rev.  
Randy W. Johnson**

**Rector**

#### A Holy Lent

It is difficult to believe that we are well on our way to journey with Jesus through the 40-day season of Lent. In doing so, we are once more reminded;

*“Through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and live no longer for ourselves alone, but for him who died for us and rose again.”*  
*Book of Common Prayer page 379*

The beginning of this Lenten season is Ash Wednesday. Many times I have had persons ask me, *“Why is Ash Wednesday so important?”* This is an interesting and valid question to ponder and explore, why this smudging of a cross on people’s foreheads holds such meaning in their sometimes very secular lives.

Church is usually filled to the brim on Ash Wednesday, with people sometimes even standing in the back, kids fidgeting in pews, and people making time in their otherwise busy day to start the Lenten season. *But why?*

You can make the simple argument that people come because they get something, an outward sign of ashes, but I think it may be more than that. The world often implies that what is right in front of us is all there is. We live like what matters most to us is a promotion or success, a feeling of happiness, acceptance or ease, money, or momentary needs or wants. So much of our

days are consumed with getting these things. Ash Wednesday reminds us that all of the things we are working for, no matter how noble, will fade away. You will die, your world will turn to ash.

We crave this truth of mortality, sometimes subconsciously. I believe that is why Ash Wednesday services are so full. In the simple act of ashes being placed on our heads, we can choose to strip away everything that is temporary and dwell, even for a second, on what is eternal.

*“Remember that you are dust, and to dust you shall return,”* are the words spoken as the priest’s thumb drags the charcoal dust, made of burned palm branches mixed with blessed oil of chrism, across our foreheads.

When we have ashes placed on our heads, we are not merely talking about the idea of immortality, but truly feeling with our sense of touch the ashes to which our bodies will become.

We crave the reset, the second chance, which Lent provides. The ashes on our heads and the words spoken to us feel like a baptism of sorts. In this moment, we recall the marking on our foreheads the sign of the cross in chrism oil at baptism, with the words, *“You are sealed by the Holy Spirit in Baptism and marked as Christ’s own for ever.”* An outward sign of an internal reality. A breath from the constant message that we need more of what is temporary. A solemn look into our destiny, the grave.

We can, in that moment, choose to offer the ashes of our life to God, joining them to the life and sacrifice of Christ.

*“I invite you, therefore, in the name of the Church, to observe a holy Lent.”* Book of Common Prayer page 265

Randy+

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## 2020 Lenten Worship Service Schedule

### Wednesdays in Lent:

**12:15 PM Holy Eucharist** in the Chapel (year-round)

**7:00 PM Way of the Cross and Holy Eucharist**- Church  
(Not during Holy Week)

### Holy Week:

**April 5: Palm Sunday**

**8:00 AM Holy Eucharist** with palms

**10:30 AM Holy Eucharist** with palms

**April 8: Wednesday in Holy Week**

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

**7:00 PM Individual Reconciliation** - Church

**April 9: Maundy Thursday**

**7:00 PM Holy Eucharist** with Foot (or hand) Washing

and Stripping of the Altar

**April 10: Good Friday**

**12:00 PM Worship for Good Friday**

with Communion from Reserved Sacrament

**7:00 PM Way of the Cross**

with Communion from Reserved Sacrament

**April 11: Holy Saturday**

**7:00 PM The Great Vigil of Easter with Holy Eucharist**

**April 12: Easter Sunday**

**8:00 AM Holy Eucharist**

**10:30 AM Festival Holy Eucharist**

Easter Egg Hunt for children after both services.

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**Music Notes**



**Karla Cole**

**Director of Music Ministries**

Thank you for joining us at Evensong on February 23rd

*Karla Cole*

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**Footprints MARCH 2020 - News from Children's Ministries**



**Marion Hunner**

**Children's Ministries  
Director**



**Sunday, March 1st** –Children's Chapel! We meet in the small chapel at 10:25 and join our families in the sanctuary during the peace. This month we will join the choir for the procession of the Great Litany at the beginning of the liturgy. This is for children age 3 through 5<sup>th</sup> grade and any interested

parents. We will sing, pray, and explore a Gospel story. THERE IS NO SUNDAY SCHOOL ON THIS SUNDAY.

**This is also the first Sunday in Lent!** Come to the parish hall after the 10:30 service to assemble your family's Lent in a Bag – Family activities for each week during Lent. If you will not be in church on March 1<sup>st</sup>, contact Marion to get your Lent in a Bag.

In addition, there are several options for family Lenten Disciplines on our website under Resources. <http://www.stchristophers-mn.org/family.html>.

**Thursday, March 5<sup>th</sup>** – St. Christopher's is hosting a Soup Supper and presentation to kick off the Lenten Series for the East Metro Mission Area (EMMA) faith communities of ECMN. **In addition to the adult programming, we will have activities for all ages.** Please bring your family! Soup Supper begins at 6:00, programming runs from 7:00-8:30.



### Looking Ahead!

**Vacation Bible School will be 9am – noon  
July 20-24**

This program is for age 3 – 5<sup>th</sup> grade. Youth volunteers have completed 6<sup>th</sup> grade or older. Details and registration will be available after Easter. You can see information and pictures from previous VBS programs here: <http://www.stchristophers-mn.org/vbs.html>



Click here to see many opportunities for children, families and youth: [ECMN 2020 Camps](#)

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## Notes from the Cap Hanson Memorial Library

We have several new books available in the library. All are ready to be checked out. Look for them ON DISPLAY in the library now.

***MAY I WALK YOU HOME*** by Joyce Hutchinson and Joyce Rupp  
"A resource for caregivers and loved ones assisting those on their final journey."

***THE CURSE of CHALION*** by Lois McMaster Bujold  
This 2001 Fantasy Novel won the 2002 Mythopoeic Fantasy Award for Adult Literature.

***WHY RELIGION?*** by Elaine Pagels  
"In the wake of great personal tragedy, National Book Award winner and NYT best selling author Elaine Pagels reflects on the persistence and nature of belief and why religion matters."

**HALLELUJAH ANYWAY** by Anne LaMott  
"A captivating and moving exploration of mercy."

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## Lenten Series “Caring for God’s Creation”

Throughout the season of Lent this year, we will be joining with other Episcopal parishes in the East Metro Mission Area of ECMN in fellowship and study. Our theme this year will be *Caring for God’s Creation*. Two of our sessions will be with our sisters and brothers from the other parishes, and four will be presented in the Sunday morning adult education sessions during Lent. Topics of reflection and discussion will center on the Loving, Liberating, Life-Giving work in which God dreams of us engaging.

The Kick-Off gathering will be held at St. Christopher’s on **Thursday, March 5 at 6 pm**—a simple soup and bread supper will be provided, along with a presentation and discussion.

The Wrap-Up session will be held on **Thursday, April 4 at 6 pm** at St. Christopher’s, with another simple soup and bread supper and discussion. For more information, speak with Father Randy.

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## Talking Trash (Recycling and Composting)

***If in doubt, throw it out***—What! The Green Team says to toss stuff in the trash? Only sometimes!

It’s clear that many of us are confused about what to recycle because our bins have items in them that don’t belong. While some cities’ haulers accept all plastics, our city of Roseville uses Eureka Recycling, which does not accept #3 or #6 plastics (also no plastic flower pots). We need to follow the rules so that our refuse doesn’t mess up their machines.

So to do our best job of recycling:

- everything going into recycling **MUST** be free of food and food residue. All food containers must be completely rinsed out and set up to dry, and
- **it is IMPORTANT that NO LIQUIDS be put in our recycling or trash containers.**

We also want to be **composting** food scraps, coffee grounds, used paper napkins and other items regularly at St. Christopher’s. This month, look for special compost containers near the kitchen pass-through and in the kitchen during our March 5 Lenten Soup Supper, and on Sundays.

Food waste that goes into landfills causes the release of methane, a very potent greenhouse gas. When we compost, on the other hand, we convert organic material into stable carbon to return to our soil—while retaining all the nutrients of the original. The result: “carbon sequestration as well as production of a valuable fertilizer” (according to Project Drawdown — [drawdown.org](http://drawdown.org)).

Still confused? then please keep in mind the new slogan adopted by Ramsey County we quoted above: **"IF IN DOUBT - THROW IT OUT"**

Thank you for your cooperation!  
—Bruce Warkentien & Allison Jensen

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## Food Shelf Update

In early February, 123 pounds of food went to the Keystone Food Shelf from St. Christopher's. Thanks, everyone! Keep up the great work!

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## Dining Club

Dining Club will meet in the Parish Hall on Sunday, March 29, at 4:30 PM.

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## Novel (new) Coronavirus comes to the USA.

Over the past few weeks, students from the city of Wuhan and other parts of China have been returning to the University of Minnesota after a month of Winter break. As usual, a few of them have come to the student health clinic (where I work as a Physician Assistant) with fever, cough and/or sore throat. All of these symptoms are consistent with influenza (flu) or one of the many cold viruses circulating around campus this time of year. However, this year is different. About a month ago, the Novel Coronavirus was identified in Wuhan, China and cases have now been reported around the world, including in the US. It is probably just a matter of time until cases start to show up in the Twin Cities. The good news is that the virus does not appear to be severe in most cases. If we are lucky, the virus will turn out to be mild for the vast majority of people and we can all go back to our normal lives.

So what does this mean for our time at St. Christopher's? Hopefully nothing, but a few precautions would be prudent for parishioners to be aware of during this year's cold and flu season.

1. If you feel sick, have a fever/chills, cough and/or sore throat. Please stay home. Fr. Randy would be happy to give you a guilt free, stay home card for services and meetings.
1. Influenza, colds and all coronaviruses are transmitted by air in droplets created by coughing and sneezing. It can also be transmitted by shaking hands, or touching virus contaminated objects such as door handles. To minimize this potential, you will see hand sanitizer containers available in the narthex. Please use these liberally and often.
1. Information and recommendations for Novel Coronavirus is changing over time. Please take a look at the Center for Disease Control (CDC) website for the most up-to-date information. I see the fear mongering and conspiracy theories have started up on Facebook and similar sites. Please try to get your information from reliable, well established sites including the ones below.

In Christ,  
Joel Norton PA-C, MA



<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.health.state.mn.us/diseases/coronavirus/index.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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## MARCH Calendar Highlights!

### **1 Sunday – LENT 1**

**8:00 AM Holy Eucharist**

**10:30 AM Holy Eucharist**

### **3 Tuesday PRIMARY ELECTION DAY**

**7:00 AM – 8 PM Voting in the Parish Hall**

**10:00 AM Tuesday OA - #218**

**7:00 PM Meditation Group – Chapel**

### **4 Wednesday**

**12:15 PM Holy Eucharist – Chapel**

**3:00 PM Staff Meeting – Office**

**6:15 PM Bell Choir - Balcony**

**7:00 PM Way of the Cross and Holy Eucharist – Church**

**7:15 PM Parish Choir – Music Room**

### **5 Thursday**

**6:00 PM Lent Soup Supper and Program**



### **8 Sunday – Lent 2 – DAYLIGHT SAVING TIME BEGINS**

**8:00 AM Holy Eucharist**

**10:30 AM Holy Eucharist**

### **9 Monday**

**6:00 PM Finance Committee – Parish Hall**

**10 Tuesday**

*Meals on Wheels – Offsite*

**11 Wednesday**

**12:15 PM Holy Eucharist** – Chapel

**3:00 PM** Staff Meeting – Office

**6:15 PM** Bell Choir - Balcony

**7:00 PM** Green Team - Library

**7:00 PM Way of the Cross and Holy Eucharist** – Church

**7:15 PM** Parish Choir – Music Room

**12 Thursday**

**1:00 PM** Knitting – Library

**13 Friday**

**1:30 PM** Keystone Mobile Food Shelf – West Parking Lot

**15 Sunday LENT 3**

**8:00 AM Holy Eucharist**

**10:30 AM Holy Eucharist**

**16 Monday**

**6:45 PM** Vestry – Parish Hall

**18 Wednesday**

**12:15 PM Holy Eucharist** – Chapel

**3:00 PM** Staff Meeting – Office

**6:15 PM** Bell Choir - Balcony

**7:00 PM Way of the Cross and Holy Eucharist** – Church

**7:15 PM** Parish Choir – Music Room

**19 Thursday**

**10:00 AM** Hearts and Hands – Parish Hall

**22 Sunday – LENT 4**

**8:00 AM Holy Eucharist**

**10:30 AM Holy Eucharist**

**25 Wednesday**

**12:15 PM Holy Eucharist** – Chapel

**3:00 PM** Staff Meeting – Office

**6:15 PM** Bell Choir - Balcony

**7:00 PM Way of the Cross and Holy Eucharist** – Church

**7:15 PM** Parish Choir – Music Room

**26 Thursday**

**5:30 PM Community Dinner** – Parish Hall

**29 Sunday - LENT 5**

**8:00 AM Holy Eucharist**

**10:30 AM Holy Eucharist with Baptism**

**4:30 PM** Dining Club – Parish Hall

**30 Monday**



## ***e-Traveler Deadline***

**31 Tuesday**

*Meals on Wheels - Offsite*

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.

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## **Last Words**



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

As I write, the entrance of the month of March is expected to be warm and quite "lamb-like." I hope this year, it also goes "OUT like a lamb!"

And with my apologies for not sending this on Friday the 28th!



Ruth Thillen  
Parish Administrator

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## **St. Christopher's Episcopal Church**

### **VESTRY:**

Kathy Ackerman, Sr. Warden; Mike Sirany, Jr. Warden  
Allison Jensen, Clerk; Suzanne Hitchcock, Treasurer

Erin Bowman; Barbara Hovey; Ann DePaolis-Jones; Josh Kattelman;  
Alexander Kun; Tom Linder; Jeanna McLoughlin; 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 Regular Schedule**

**Sunday: 8:00 AM Holy Eucharist**

9:00 AM Fellowship

9:30-10:20 AM Children's Education-Room 107  
(*NO First Sunday*)

9:30-10:15 AM Youth Education-Youth Room

9:30-10:15 AM Adult Education-Parish Hall

**10:30 AM Holy Eucharist**

10:30 AM Children's Chapel (*First Sunday ONLY*)

11:30 AM Fellowship

**Wednesday:** 12:15 PM Holy Eucharist in the Chapel

**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

