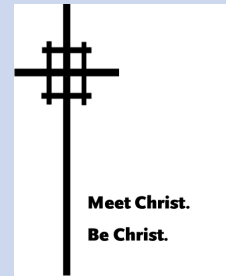


St. Christopher's

e-Traveler



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From the Rector



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

Do Not Fret *by Fr. Randy+*

How are you doing? OK, please be honest with me—*How are you really doing?* Are you exhausted, feeling put upon, and frankly fed up with all of the criticism, finger-pointing, and jaw-jacking controversy swirling all around us?

We are living in a time of great tumult and angst. We don't have to do much more than turn on the radio or TV, flick through social media sites, stand in the checkout line at the grocery store, or sit in a neighborhood barber or hair stylist chair, to be swept into the morass of unkind talk and "shotgun verbiage" that is only slightly veiled as a threat. *The unrelenting noise is deafening!*

The nearly constant drumbeat of hate-speak and intolerance seems to be the screaming voice that refuses to be ignored or relegated to the place it deserves to dwell—far, far away from the hearts and hands of compassionate and loving people. If you are anything like me, it has made me *fret* over these concerns more than I normally would. *Fret*—to torment, irritate, annoy, or consume by gnawing, friction or corrosion. It has made me feel a sense of burnout and loss of compassion for persons and causes that would have normally softened my heart. This compassion fatigue is really a secondary trauma in reaction to the negative stimulus—and this causes us to lose our capacity for connection and peace.

What are we to do when fussing and fretting over our difficulties has us anxious, impatient, and maybe even afraid? I often turn to the Psalms as a mirror to the thoughts and feelings I am experiencing—to seek clarity and comfort in my soul. Psalm 37 is a source of strength and assurance when I fear that in all of these troubles around me, God has abandoned me.

Psalm 37 Exhortation to Patience and Trust

- ¹ Do not fret because of the wicked;
do not be envious of wrongdoers,
- ² for they will soon fade like the grass
and wither like the green herb.

- ³ Trust in the Lord and do good;
live in the land and enjoy security.
- ⁴ Take delight in the Lord,
and he will give you the desires of your heart.

- ⁵ Commit your way to the Lord;
trust in him, and he will act.
- ⁶ He will make your vindication shine like the light
and the justice of your cause like the noonday.

- ⁷ Be still before the Lord, and wait patiently for him;
do not fret over those who prosper in their way,
over those who carry out evil devices.

- ⁸ Refrain from anger and forsake wrath.
Do not fret—it leads only to evil.
- ⁹ For the wicked shall be cut off,
but those who wait for the Lord shall inherit the land.

Psalm 37 speaks truth—*straight up!* It emphatically states, “*God’s got this, so stop worrying already—fretting is not helpful—give your troubles over to God!*” The formula of the Psalm is straightforward. Three times David proclaims in song, “*Do not fret.*” Then he offers a better alternative, the response of faith. Worrying obsesses over what indeed is true, the “*Life is too much for me.*” But faith—which depends not upon ourselves but is given and sustained by God—trusts in, takes delight in, commits its way to, trusts again, is still before, and waits patiently for God.

Austrian psychiatrist Viktor Frankl states, “*Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.*” I believe this space is that thin space between God and us. It is the space where we can seek refuge. It is the safe harbor in which we find calm and comfort and hope and purpose and peace, as we abide in the loving care of our Creator.

Do Not Fret. Be still my soul. Wait for the Lord. Trust and delight in God’s love.
Randy+

Music Notes

Skunk Hollow Returns to St. Christopher's!

Join them for a Hootenanny!

Saturday afternoon, **October 8th**

2 PM in the Parish Hall

All are welcome.

Suggested donation **\$5**

Come and sing, or just tap your foot!



Footprints October 2022

News from Children's Ministries



Marion Hunner

**Director of
Children's Ministries**

The program year has begun, and we are on our way!

Family Worship - On the first Sunday of the month we have Family Worship at 4 pm. All families are welcome to join us – any age, shape or size! We don't have Sunday School on these Sundays, so you may not see the families (or Marion) in church on those mornings.

Sunday School takes place from 9:30-10:15 on the 2nd through 5th Sunday of

the month. This fall we are studying prophets. We use two different curricula: Godly Play is Montessori based, and it uses manipulatives to tell our stories; Story and Stretch incorporates yoga moves into our stories.

Junior Acolytes – Our Junior Acolytes are beginning their second year, and they're doing a great job! You may notice that they are helping more and more around the table.

Pet Blessing! On October 2nd, for our Family Worship service, we are having a pet blessing. All are welcome! Bring your pet – photo, stuffy, drawing, live - we'll bless them all!

Dog Biscuits – On Sept 25TH we learned about St. Francis and made dog biscuits. The dog biscuits will be available to folks who come to the Pet Blessing on October 2nd.



Hayride! October 22, 4 PM

Hayride! **October 22, 4pm, Bunker Park Stables in Andover.** Join us for a horse-drawn hayride around the grounds and a potluck supper by the campfire. We were able to secure a 2nd wagon, so there is plenty of room for YOU! Bring friends and family; this is a lovely way to spend a fall afternoon. Click [here](#) for registration information or email marion@stchristophers-mn.org. Registration and payment due by **Sunday, October 9th**.



Adult Formation Continues Sundays at 9:15 A.M.

This fall we are reading and discussing the recent book, "The Church Cracked Open," by Stephanie Spellers. We will meet on the 1st, 3rd, and 5th Sundays, beginning on September 18 at 9:15 in the Parish Hall, and finish by 10:15. We will also make time for more discussion after the late service if you are so inclined

Dwight Zscheile, colleague and professor at Luther Seminary, offers a review of this book:

“In a moment when structures and patterns in the church’s life are being deeply disrupted, this book is a loving, passionate invitation to repent, reimagine, and renew. Stephanie Spellers not only names hard truths but also and even more importantly offers hope and promise in Jesus’s way of love.”

Our planned dates are as follows:

Date	Reading Assignment
Oct. 2	Chapters 2 & 3
Oct. 16	Chapter 4
Oct. 30	Chapter 5
Nov. 6	Chapter 6
Nov. 13	Chapter 7
Nov. 27	Chapter 8, Conclusion

Please contact Marilyn+ if you have questions. We can include a Zoom link if there is a need.

Attitude of Gratitude

THANK YOU to Jill Eischens for taking this lovely Community Photo on Start Up Sunday!



Pulse of the Parish

This brief report is to keep you, our faith family, informed about the work and actions taken by the Vestry on September 19.

Finance: Thanks to our Parish Administrator, Ruth, and the Finance Team, who created the 2023 budget; after review and discussion, the Vestry approved it. Both Finance and Vestry felt it was important to give the staff a 4% increase as inflation has impacted them too. Biggest financial concern is the increasing costs of heating our faith family facilities. Thanks to Don Shiek and all the folks who helped park cars for the State Fair, netting us more than \$5000.

Children’s Ministries: Children’s Sunday School has begun in earnest. All

faith family members are encouraged to attend the October 22nd hayride at Bunker Hills Stables in Coon Rapids.

Hearts and Hands: Members made fleece blankets for patients at the Masonic Children's Hospital.

Garden Team: OVER 500 pounds delivered to Keystone recently as our giving garden comes to harvest time of the year.

Green Team: The Green Team is looking at making a video to be made available through our regular communications to remind folks about can and can't be recycled.

Kitchen/Special gatherings: Vestry liaison Ann DePaolis-Jones is working with some of our seasoned veteran faith family members on process and procedures for helping out at Funerals and Weddings. Everyone is encouraged to sign up for serving coffee and treats after the two services.

Unfinished Business: Thanks to those folks who helped with root beer floats and popcorn at Start Up Sunday. We distributed about 40 goldenrod colored "Identifying Our Gift, Talents, and Passions" survey forms. Ruth has a supply of them in the office if you haven't completed the form.

Rev. Marilyn started the Adult Forum for the fall with reading and discussion of the book *The Church Cracked Open: Disruption, Decline, and New Hope for Beloved Community*.

Refugee Family: On September 12, we welcomed a family of 6 women to Minnesota from Afghanistan. They were met at the airport, and have settled into their apartments in St. Louis Park. Thank you to Becky Lucas and her team for welcoming them with open arms, beautifully prepared apartments, and home cooked meals.

New Business: As we get back to normal operations, we are in urgent need of Lay Eucharistic Visitors. Interested, contact Fr. Randy.

Rector's Report: We are in the running for bringing on a Deacon who will serve ten hours a week at St. Christopher's.

Sharing and Caring: Now that we are back, it was urged that not only Vestry but all members of our faith family keep an eye on our fellow members, who might need a prayer said for them, or meal prepared for them, or flowers sent to lift their spirits. It's important that we inform Fr. Randy and Ruth in the office so our Hearts and Hands, Caring Card and Faith Family Well Being Teams can be informed and respond appropriately.

Please feel free to contact any of our Vestry members if you have questions or comments. The meeting minutes will be available after they have been approved at the next Vestry meeting on October 17th. Thank you for all you do for our faith family!

1 Saturday

9 AM Flute Lessons – Music Room

2 Sunday – Pentecost 17

8 AM Holy Eucharist

9 AM Coffee Hour

9:15 AM Adult Forum—Parish Hall

10:30 AM Holy Eucharist

11:30 AM Coffee Hour

4:00 PM Family Worship with Pet Blessing! (Outdoors)

3 Monday

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

4 Tuesday - ChristoGram Deadline

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

1PM Cello Lessons—#218/219—to 6:30 PM

7 PM Brian Boru Irish Pipe Band— Parish Hall, Outdoors

5 Wednesday

12:15 PM Holy Eucharist—Church

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

4 PM Cello Recital—Church—to 5:30 PM

6 PM Bell Choir—Balcony

6:30 PM Wednesday AA—Gathering Room

7:15 PM Parish Choir—Music Room

6 Thursday

3:45 PM Cello Lessons—#218/219— to 7:15 PM

7 Friday

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

8 Saturday

9 AM Flute Lessons—Music Room

2 PM Hootenanny with Skunk Hollow—Parish Hall (\$5)

9 Sunday—Pentecost 18

8 AM Holy Eucharist

9 AM Coffee Hour

9:30 AM Children's Sunday School

10:30 AM Holy Eucharist

11:30 AM Coffee Hour

1:00 PM GSVLOC—Parish Hall—to 5 PM

10 Monday

9 AM Private Spiritual Direction – Library – to 10 AM

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

5:30 PM Finance Team – Parish Hall

11 Tuesday

10 AM Tuesday OA-218

11:30 AM Meals on Wheels - Offsite

1 PM Cello Lessons - #218/219 – to 6:30 PM
7 PM Brian Boru Irish Pipe Band – Parish Hall, Outdoors

12 Wednesday

10:45 AM Private Spiritual Direction – Library – to 12 PM

12:15 Holy Eucharist

1 PM Private Spiritual Direction – Library – to 2:15 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

13 Thursday

3:45 PM Cello Lessons - #218/219 – to 7:15 PM

14 Friday

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

15 Saturday

9 AM Flute Lessons – Music Room

16 Sunday – Pentecost 19

8 AM Holy Eucharist

9 AM Fellowship

9:15 AM Adult Ed – Parish Hall

9:30 AM Sunday School

10:30 AM Holy Eucharist

11:30 AM Fellowship

1 PM GSVLOC – Parish Hall – to 5 PM

17 Monday

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

6:45 PM Vestry – Parish Hall

18 Tuesday

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

10 AM Tuesday OA-218

1 PM Private Spiritual Direction – Library – to 2 PM

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

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

19 Wednesday

12:15 Holy Eucharist

6 PM Bell Choir - Church

6:30 PM Wednesday AA-Gathering Room

7:15 PM Parish Choir – Music Room

20 Thursday

21 Friday

22 Saturday

9 AM Flute Lessons – Music Room

4 PM HAYRIDE! Offsite at Bunker Park Stables

23 Sunday – Pentecost 20

8 AM Holy Eucharist

9 AM Fellowship

9:30 AM Sunday School

10:30 AM Holy Eucharist

11:30 AM Fellowship

1 PM GSVLOC – Parish Hall – to 5 PM

24 Monday- e-Traveler Deadline (EARLY!)

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

25 Tuesday

10 AM Tuesday OA-218

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

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

26 Wednesday

12:15 Holy Eucharist

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

6 PM Bell Choir - Church

6:30 PM Wednesday AA-Gathering Room

7:15 PM Parish Choir – Music Room

27 Thursday

3:45 PM Cello Lessons - #218/219 – to 7:15 PM

28 Friday – ECMN Convention - Offsite

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

29 Saturday - ECMN Convention - Offsite

9 AM Flute Lessons – Music Room

9 AM Private Spiritual Direction – Library – to 10 AM

30 Sunday – Pentecost 21 – Stewardship Sunday

8 AM Holy Eucharist

9 AM Fellowship

9:15 AM Adult Ed – Parish Hall

9:30 AM Sunday School

10:30 AM Holy Eucharist

11:30 AM Fellowship

31 Monday – Happy Halloween!

3 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 to avoid over-scheduling. Always check with the church office before scheduling a meeting.

Last Words

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



WOW! We finished up with State Fair Parking, and then September flew by in a flash! Seems like Summer did, too, when we went from 90 one day to 60 the next. I could wish the temperature change had been somewhat more gradual! (But, Mother Nature did not consult me.) Oh, well, enjoy October's "Bright Blue Weather" in person, and in verse! (My mom loved this poem by Helen Hunt Jackson.

It sticks with me, this time of year!)

“October’s Bright Blue Weather”

O SUNS and skies and clouds of June,
And flowers of June together,
Ye cannot rival for one hour
October’s bright blue weather;

When loud the bumble-bee makes haste,
Belated, thriftless vagrant,
And Golden-Rod is dying fast,
And lanes with grapes are fragrant;

When Gentians roll their fringes tight
To save them for the morning,
And chestnuts fall from satin burrs
Without a sound of warning;

When on the ground red apples lie
In piles like jewels shining,
And redder still on old stone walls
Are leaves of woodbine twining;

When all the lovely wayside things
Their white-winged seeds are sowing,
And in the fields, still green and fair,
Late aftermaths are growing;

When springs run low, and on the brooks,
In idle golden freighting,
Bright leaves sink noiseless in the hush
Of woods, for winter waiting;

When comrades seek sweet country haunts,
By twos and twos together,
And count like misers, hour by hour,
October’s bright blue weather.

O suns and skies and flowers of June,
Count all your boasts together,
Love loveth best of all the year
October’s bright blue weather.

Helen Hunt Jackson

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 Schedule:

Recorded Sermons for each Sunday are on our website.

8 AM Holy Eucharist

9 AM Fellowship

9:15 AM Adult Ed – Parish Hall (1st, 3rd & 5th)

9:30 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.
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