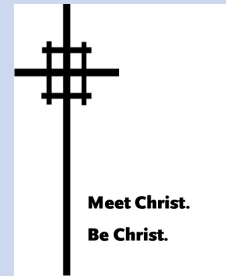


St. Christopher's

e-Traveler



Visit our Website

From the Rector



**The Rev.
Randy W. Johnson**

Rector

Get on Your Feet *by Fr. Randy+*

Here is something for you to ponder—something you might never have imagined about me, personally. Brace yourself—Kim and I are what you might call “*Kitchen Dancers!*” I know...weird...and probably deeply disturbing! But it is true. We don’t dance all of the time, but we tend to do so when we are cooking a meal together and a catchy tune is played on the oldies radio channel. We all know the critical importance music plays in living beings; calming and soothing, bringing a rush of memories, as well as speaking to the wonder and beauty and spiritual connection it enhances.

Gloria Estefan has a unique ability to elicit a dancing response in us. She is a Cuban-American singer, songwriter, and actress, who took the world by storm in the late 1980s and 1990s. Her distinctive and percussive style of music making catapulted her band, The Miami Sound Machine to the top of the music charts the world over.

One of our favorite songs is “*Get on Your Feet.*” It is super-catchy and begs you to get your body moving! Take a couple of moments to peruse the song lyrics—and I believe you will be surprised by the thought provoking impact of the words:

[Get on Your Feet](#)

Song by Gloria Estefan

*"I know it's a waste of time, there's no use trying
So scared, that life's gonna pass you by, your spirit dying
Not long ago, I could feel your strength and your devotion
What was so clear is now overcast
With mixed emotions (emotions, emotions)
Deep in your heart is the answer
Find it, I know it will pull you through
Get on your feet
Get up and make it happen
Get on your feet
Stand up and take some action
I think it's true that we've all been through some nasty weather (Weather, weather)
Let's understand that we're here to handle things together
You gotta keep looking onto tomorrow
There's so much in life
That's meant for you
Get on your feet
Get up and make it happen
Get on your feet
Stand up and take some action"*

I can't help but be drawn back to last week's Epistle reading we shared together at Sunday Worship. It was a portion of Paul's letter to the Romans, in which he echoed Gloria's sentiment in words to followers of Jesus. He advocates that we use our bodies for good. To be active—to *"Get on Your Feet"* and be transformed in Christ's love.

The New Life in Christ

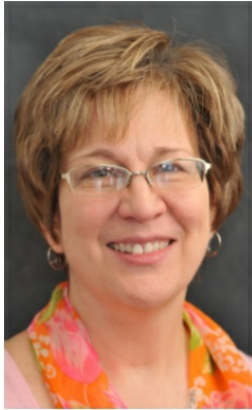
"I appeal to you therefore, brothers and sisters, on the basis of God's mercy, to present your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable act of worship. ² Do not be conformed to this age, but be transformed by the renewing of the mind, so that you may discern what is the will of God—what is good and acceptable and perfect.^[a]

³ For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think but to think with sober judgment, each according to the measure of faith that God has assigned. ⁴ For as in one body we have many members and not all the members have the same function, ⁵ so we, who are many, are one body in Christ, and individually we are members one of another. ⁶ We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ⁷ ministry, in ministering; the teacher, in teaching; ⁸ the encourager, in encouragement; the giver, in sincerity; the leader, in diligence; the compassionate, in cheerfulness." (Romans 12:1-8)

Each one of us is part of the larger body of Christ, and that as part of a larger body we help each other weather rough times and celebrate in the joys our Creator God gifts us! We each have unique and wonderful gifts to share—gifts that should be used and exercised—talents that bind us together—love that lasts forever.

"Get on Your Feet!" Grab a pan and a partner, and dance like nobody is watching! *Randy+*

Music Notes



Karla Cole

**Director of Music
Ministries**

The State Fair craziness is quickly giving way to the beginning of the new program year. Tom McNellis, who used to be our tenor section leader, but we still love him – is bringing his banjo and his own brand of joyful singing to church on September 3rd. One of his bands (he's got two going now), Skunk Hollow, has kind of taken off and you can catch them at Sociable Cider Werks on the last Friday in September, the 29th at 7:30pm. We wish him well!

And we have a new tenor, Ben Winkler. Ben subbed for us last Easter and commented about how welcome he felt at St. Christopher's that day. He was super friendly, slipped seamlessly into the choir, and sang beautifully. We commiserated after church about how it was too bad that he lived in Mankato and that was just too far to commute. Well, fortunately for us, he has made a job change and moved to the Twin Cities – and is coming to sing with us! In addition, he is a part of The Singers, a professional group that you will hear more about in future. AJ Lund, Katherine Johnson and Carolyn Nuelle will be back this month as well. We are so blessed to have these four fine musicians and lovely people in leadership roles in our choir!

So, with all of this great leadership that we have, you should really think about joining the choir! We're especially looking for a few good men. It seems that choirs are always in need of more men, and we'd particularly like to encourage a couple of new basses to join up. If you have some low notes and like to sing, why don't you give us a try?

Don't sing? The handbell choir is looking for another ringer or two. Reading music is a plus, but not critical, and all that stuff about the music and math connection is hokum, really. You only need to understand basic addition and be able to count to 4 or 6. In fact, if math were a requirement, I would have washed out years ago. I struggle once I run out of toes and fingers.

Speaking of fingers, the recorder is the thing for fending off boredom and any potential problems with your mental acuity. Baroque fingerings will certainly keep your mind nimble! And playing in a recorder consort is just plain fun. The learning is ongoing, and you are always welcome to jump in.

The other thing that you should know is that the folks who make music in this

place are simply the best. They are loving, thoughtful and devoted, they enrich our worship with their beautiful offerings of music, and they bring so much joy to our little corner of the world. I am the luckiest of music directors!

Karla Cole

About the Organ...

Perhaps you've noticed an extra organ console up in the chancel lately? It's on loan from the Rodgers company for a while. If it is sold, off it goes. But in the meantime, we get to play with it. We are exploring the possibility of replacing our current organ. But why? you say.

To give you a little background that you may not know or have forgotten, the current organ was the most economical choice at the time, back in 2012. We didn't know if it would be a final solution or just a stopgap until the church planned to purchase either a digital organ or a built-in pipe organ. What we found was that it had some problems with the fluctuations of temperature and humidity in our sanctuary. For example, I could warm up after the early service in an empty church and all seemed well, but by the second hymn, things were sticking. It has not been unusual to start a hymn on the organ and take a flying leap off the organ bench (it's rather like sitting on a tractor) to the piano bench because of an organ foible in the middle of the hymn.

Additionally, we found that, though it makes plenty of noise, it doesn't have enough heft in the bass range to support congregational singing. It has many tiny, high-pitched pipes and a frequent critique has been that it sounds a bit like a calliope. This fact, along with the lack of any volume control beyond physically adding or subtracting the few stops that it has, limits its usefulness to the music before 1750. Obviously, we've used it for many more style periods than that, but it has not been very successful, and it was musically unsatisfying.

There are other noisome characteristics – like the fact that the organist can't see the altar at all from where they're sitting. Or that there isn't any light for the music rack or the pedalboard. You can attach a stand light to the music rack, but it sits crooked and backlights the music – making it seem as if there are more notes on the page than there really are. There are some issues.

Perhaps the most frustrating thing is that people don't seem to like to tune it. There are a whole lot of tiny little pipes crammed inside (that's the calliope sound I mentioned) and apparently, when you adjust the tuning of one pipe, you can easily knock two more pipes out of whack in the process. So, the company that has always tuned it for us cut us loose two weeks before Christmas last year and I've had difficulty finding a new person to take us on.

We're in the talking phase now and a committee is forming to look at all of the options and make a recommendation to the Vestry. We are fortunate to have some time with this particular organ, and we can, as Fr. Randy says, kick the tires and play with the gadgets a bit. We can see it up close and determine if it suits us. There are certainly bigger and more expensive options to be had. But the focus of the music program should be the choir, the handbell choir and the instrumentalists, not the organ. An organ should support and encourage

singing and music-making at St. Christopher's, not detract from or overshadow it. That's what we'd like to find.

Karla

Footprints SEPTEMBER 2023

News from Children's Ministries



Marion Hunner

**Director of
Children's Ministries**

Start Up Sunday is on September 10th. This will be our last 9:30 worship service, followed by root beer floats and popcorn! Registration for Sunday School, Nursery, and the Hayride will be available as well as information for adults to volunteer in the nursery. Come visit me at the table next to the TV where our VBS photos will be running.

Sunday School begins on Sunday, September 17th

We will meet weekly at 9:30 am in room 107. All children in kindergarten through 6th grade are welcome. Thank you to Carol Duff and Jean Darnell, our dedicated teachers!

Nursery Care during worship

We are planning to offer nursery care during worship beginning Sunday, September 17th. This will be for children birth – kindergarten. If you would like to help provide this service, please contact Marion.

Flashback to VBS Service Projects

We collected 155 food items, created 14 t-shirt bags, and packaged 228 laundry detergent pods into small portions. Many thanks to Connie Hendrick and Sally Brown for taking our items to Keystone Community Services the week following VBS.

Our School Supply Collection was very successful!

Thank you to all who contributed! The Roseville School District was pleased as punch when I dropped off the items. Look at all the items here (below)!



Hayride Saturday, October 14th

Mark your calendar for the annual Hayride and Potluck Bonfire – all are welcome! We meet at Bunker Stables at 4 pm, enjoy a hayride around the grounds, and gather at the firepit for a potluck supper. Online registration is available [here](#).

It's Time for a New Directory!

The good news: There will be no one trying to sell you giant retouched photos!
The challenge: We need your help to make it happen!

Matt Cole has agreed to photograph each family unit for a new, do-it-ourselves directory. He will set up a photo booth and take pictures after services on September 3 and September 17, so put on your prettiest smile and get yourself to church!

Or, simply send a recent photo to Ruth in the office and we'll be glad to add it.

We also need some volunteers to help herd people on Sundays for photos, to update information, and to help put the directory together. Look for more information in weekly news, and email Marilyn ([HERE](#)) to help.

Faithful Innovation Team

As your Faithful innovation team, we have helped St Christopher's parishioners reflect on the question of where they see God showing up in scripture, in their community, and in their experience of church. We have reported to the ECMN Faithful Innovation Group as well as our vestry about what we have learned. We also feel it is important that we report to our fellow parishioners so we can discern together how God is directing us to move forward as a parish. The focus of Faithful Innovation is to create an environment where we can work toward becoming a spiritual community that listens to scriptures, each other, and our neighbors: to be curious as a community about what God is up to; to experiment with new ways of being and joining the Holy Spirit to work in our church and community; to notice, learn, reflect, and discover new ways of being church together.

We heard that during Covid there was limited opportunity to share our stories. That was missed, and many people would like to bring those opportunities back. Sharing our spiritual stories is best served with intent as part of a deliberate process, as it is not easily done on the spur of the moment. One of the exercises that we did with the congregation was to break into pairs and

share stories – specifically stories of spiritual experiences. People enjoyed hearing what others had to share, and it deepened their relationships with fellow parishioners. In that vein, your Faithful Innovation team will share some of their stories here in the eTraveler over the next three months. We also hope to provide more opportunities for this kind of sharing in-person.

Numerous ideas came forward about what is meaningful for people at St Christopher's and what would be helpful for us as a parish as we move forward. We noted that the majority of the ideas fell into three basic categories: Education, Greeting and Welcoming Activities, and Celebrating Each Other. Here's what we heard from you and what we shared with the vestry in July.

Education:

- Episcopal 101 Bible Studies
- Instructional Eucharist.
- Dwelling in scripture

Greetings and Welcome:

- During announcements: Welcome new people, offer introduction, newsletter sign-up, invite to coffee after service, etc.
- Train all ushers to notice new people and how to greet/welcome without overwhelming
- Introduce new members to the congregation in a way that is comfortable for them
- Safe place signs in the restrooms with phone numbers for help.
- Put up signage stating our stand on unity and the value of all people.
- Create Newcomer's Welcome Bags to send home with newcomers.
- Home visits for newcomers/others, who need or want them.
- Continue to ask everyone to wear their name tags, have blanks available.

Celebrating Each Other:

- Announce birthdays, anniversaries, and travel or other celebrations during service – including "Who wants to share something they wish to celebrate" invitation
- Celebrating each other with more social gatherings.
- Driving ministry for those who needs rides so all can attend
- Resume Community Dinners.

We hope that you will watch for opportunities to engage in some of these initiatives in the months to come.

For the Team
Becky Lucas

Giving Garden!

Here's a taste of the Giving Garden's wonderful bounty - these pictures are of the harvest on August 25th.



Hearts and Hands News

Here is a picture from the Hearts and Hands gathering on August 17th, when they put together Birthday Bags for Keystone.



Vestry Shorts

The vestry resumed their regular Monday meeting schedule, after taking July off due to travel plans etc. Here's a bit of what was discussed:

- The daycare is going to need more space due to licensing issues. Talks about space usage are in the works
- Welcoming information for visitors is being worked on in order for newcomers to learn what we have to offer.

- The fellowship committee reported a great turnout for bingo night and are working on fostering more social activities. If you have ANY ideas please email Ann Trapnell at: mntrappers@gmail.com
- Start up Sunday will be on September 10 with Popcorn and rootbeer floats along with information about groups within the church will be available. Back to two services on the 17th!
- Vestry participated in an outreach opportunity, Open Arms, and had a very positive experience. We would like to extend an invitation to the entire congregation to participate!! Information will be coming your way!
- Karla is currently using an organ for worship on a trial basis- Karla will demonstrate the difference between pipe organ vs electronic organ in the near future. The Vestry is having an ongoing discussion about the organ.
- Adult forum starts on September 17. The forum will study Luke's Gospels between services. Books are available as a study guide. Please let Marilyn know if you are interested and want a book.
- Thanks to members of the congregation who have volunteered time this summer, you all help make St. Christopher's great!

SEPTEMBER Calendar

1 Friday

State Fair Parking

2 Saturday

State Fair Parking

3 Sunday – Pentecost 14

9:30 AM Holy Eucharist

10:30 AM Fellowship

State Fair Parking begins at 1 PM

4 Monday – Labor Day – Office Closed

LAST DAY State Fair Parking

5 Tuesday

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

10 AM Private Spiritual Direction – Library

3:30 PM Cello Lessons - #218/219 to 7 PM (actual time frame TBD)

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

6 Wednesday

10 AM Private Spiritual Direction –Library

10:45 AM Private Spiritual Direction – Gathering Room

12:15 PM Holy Eucharist – Church

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

6:30 PM Wednesday AA – Gathering Room

7:15 PM Choir – Music Room

7 Thursday

9 AM Private Spiritual Direction - Library

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

8 Friday

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

9 Saturday

9 AM Flute Lessons – Music Room

10 AM Altar Guild Meeting & Brunch – Parish Hall, Kitchen

10 Sunday – Pentecost 15 – START UP SUNDAY

9:30 AM Holy Eucharist (Last time)

11 Monday

10 AM Private Spiritual Direction - Library

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

5:30 PM Finance Team – Parish Hall

12 Tuesday

10 AM SG Peer Group – Gathering Room – to 12 PM

10:30 AM Meals on Wheels - Offsite

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

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

13 Wednesday

9 AM Parking in West Lot – to 12 PM

12:15 PM Holy Eucharist – Church

1 PM Private Spiritual Direction - Library

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

6:30 PM Wednesday AA – Gathering Room

7:15 PM Choir – Music Room

14 Thursday

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

15 Friday

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

16 Saturday

9 AM Flute Lessons – Music Room

9 AM Private Spiritual Direction - Library

10 AM Lay Reader Training – Church – to 11:30 AM

17 Sunday – Pentecost 16

8:00 AM Holy Eucharist

9:30 AM Fellowship

9:15 AM Adult Forum

9:30 AM Sunday School

10:30 AM Holy Eucharist

11:30 AM Fellowship

18 Monday

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

6:45 PM Vestry – Parish Hall

19 Tuesday

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

10 AM Private Spiritual Direction – Library

10 AM Tuesday OA Group - #218

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

7 PM Meditation Group - #218/Chapel – to 8:30 PM

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

20 Wednesday

9 AM Parking in West Lot – to 12 PM

10:45 AM Private Spiritual Direction –Library

12:15 pm Holy Eucharist – Church

1:15 PM Private Spiritual Direction –Library

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

6 PM Bell Choir - Balcony

6:30 PM Wednesday AA – Gathering Room

7:15 PM Choir – Music Room

21 Thursday

10:30 AM Hearts and Hands – Parish Hall

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

22 Friday

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

23 Saturday

9 AM Flute Lessons – Music Room

10 AM Lay Eucharistic Ministers Training – Church – to 11:30 AM

24 Sunday – Pentecost 17

8:00 AM Holy Eucharist

9:30 AM Fellowship

9:15 AM Adult Forum

9:30 AM Sunday School

10:30 AM Holy Eucharist

11:30 AM Fellowship

12:30 PM Celebration of 1 Year with Afghan Refugee Family

25 Monday – e-Traveler Deadline

9 AM 75th Anniversary Committee – Gathering Room

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

26 Tuesday

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

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

27 Wednesday

9 AM Parking in West Lot – to 12 PM

12:15 PM Holy Eucharist – Church

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

6 PM Bell Choir - Balcony

6:30 PM Wednesday AA – Gathering Room

7:15 PM Choir – Music Room

28 Thursday

10 AM Private Spiritual Direction - Library

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

29 Friday

3:30 PM Cello Lessons - #218/219 to 7 PM (time frame TBD)

30 Saturday

9 AM Flute Lessons – Music Room

9 AM GSVLOC – Parish Hall – to 1 PM

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. Days with no activity scheduled have been left off this calendar.



Last Words

I hope you have enjoyed the September e-Traveler!

By the time you see this, the State Fair will have only a few days remaining. We've had a full parking lot by about 9:30 AM every day of the Fair (not counting Sundays). All the fair-goers have been smiling and excited, and the parking volunteers have been enjoying their time (although we note that the hot days are SO much harder!). We are **very** grateful to the many volunteers who handle this fundraising outreach project each year. You are all awesome!

Start Up Sunday is September 10, and it will be the last Sunday at 9:30 AM. We go back to 2 services, with Sunday School and Adult Forum, on Sunday, September 17th.

Ruth Thillen
Parish Administrator

St. Christopher's Episcopal Church

VESTRY:

Karen Hartman, Sr. Warden; Barb Hovey, Jr. Warden
Robert Williams, Clerk; Jean Crow, Treasurer

Ross Ackerman; Patrick Ahern; Cheryl Bailey;
Darlene Cross, Madisen Crow; Eric Hedican;
Leslie Norton; Rich Pieper; Ann Trapnell

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 September 10:
9:30 AM Holy Eucharist**

Sundays beginning September 17:

8:30 AM Holy Eucharist

9:30 AM Fellowship

9:15-10:15 AM Adult Forum

9:30-10:15 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.
Roseville, MN 55113

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