

# THE EVANGELIST

Newsletter for  
Saint John the Evangelist  
Episcopal Church



August 2015

Church of the Open Door Since 1881

Vol. CXI, No. 8

## Community of Hope International

There are many needs in our congregation and our community. You may find yourself drawn to meet those needs in the area of pastoral care but be unsure how to begin or continue in a sustainable way. You might be drawn to the idea of a community where compassion is the practice, where pastoral care is connected with Benedictine spirituality.

Beginning on **September 7 from 7-9:30pm**, we are offering an eleven week lay pastoral care training at Saint John the Evangelist, in partnership with the East Metro Mission Area. The training is under the auspices of Community of Hope International, a pastoral care organization founded by the Rev. Helen Appelberg, an Episcopal priest in the Diocese of Texas, and based on the principles of the rule of Saint Benedict.

The goal of Community of Hope International is "to create and sustain Christian communities of lay pastoral care givers united in prayer, shaped by Benedictine spirituality, and equipped for and serving in pastoral care ministries."

Modules include: Benedictine Spirituality, Theology of Pastoral Care, Spiritual Gifts, Listening Skills, Pray-



er, Meditation, and Silence, Family Systems, Grief, Caring for the Caregiver, and practical skills for pastoral visits. Each lecture and discussion will be led by one of our local experts in the field, including chaplains, clergy, social workers, and psychologists.

Rev. Appelberg explains that "Benedictine Spirituality gives Community of Hope its unique emphases:

- to stay true to Jesus' commandment to **care for the sick...** "When you do this to the least of these, you do it also unto me"

- **growing each participant spiritually**, within a nurturing community "because those who are

the healthiest spiritually will have the most to give to others in need."

Kate Bradtmiller will be facilitating our cohort and the creation of a monthly Circle of Care, where our lay pastoral care givers will support one another in their ministry with congregation and community.

If you are interested in participating, please contact Kate Bradtmiller at [kate.bradtmiller@stjohnsstpaul.org](mailto:kate.bradtmiller@stjohnsstpaul.org) or 651-228-1172 ext. 18.

## Come... Join Us This Summer!

### Sundays

#### 8:00 am Service:

##### Holy Eucharist Rite I

9:00 St. John's Café

(Meditation Room)

9:00 Summer Choir Rehearsal

(Chancel)

9:00 Farmers' Market

(Parking Lot)

#### 10:00 am Service:

##### Sung Eucharist Rite II

11:15 Coffee Hour

(Parking Lot)



**Evangelist  
Deadline**

**September Issue  
August 13 at 4pm**

All groups and individuals are **encouraged** to submit news and items of interest to *The Evangelist*. Email (church@stjohnsstpaul.org), mail, or bring your **written and titled piece and/or photos** to the church office *before* the deadline shown above. Thank you!

**St. John the Evangelist  
Episcopal Church  
60 Kent Street  
St. Paul, MN 55102  
651-228-1172  
651-228-1144 (fax)  
www.stjohnsstpaul.org**

#### Office Hours:

Monday - Friday

9:00 am to 4:00 pm

## From the Reverend Jered Weber-Johnson

Dear Friends in Christ,

"Diversity is not a problem we need to solve. Diversity is the place where God acts most powerfully." So said the Reverend Dr. Eric Barreto at the Evangelical Lutheran Church in America's national youth gathering this past month in Detroit. You might remember these words, or something similar, from Dr. Barreto, a professor at Luther Seminary, when he said them at St. John's during our forum series on "Race and Inequality" last year.



We don't think a lot in the church about diversity being the fertile ground for God to act. Yet, the scriptures speak of a God who reveled in diversity, in the story of Creation, making all the different plants and animals, and even people. The text Dr. Barreto was working from was the story of Pentecost, where the gathered followers of Jesus had diversity amplified among them as they were given different tongues to speak. And this diversity was the birthplace of the church, the community out of which and through which (we believe) God cooperates with us to accomplish God's mission of reconciliation in the world.

Diversity is a gift. Whether that diversity manifests on the surface in the ways we can see and hear our differences, or as it manifests in personality, values, and even gifts. Our own Bishop Prior is fond of saying that part of our job as the church is to help the people of God discern and figure out what unique gifts God has given them. It's true, one of the most beautiful aspects of our diversity comes in the unique gifts the Holy Spirit gives each of us. It is one of the reasons I believe so strongly in the work our new member commission is doing - each time we welcome a new person, someone who is not like us, into our midst, we are welcoming new gifts and more fully reflecting in our community, the diversity God created us to be.

And, figuring out who we're created and called to be, listening for our unique gifts, or even searching for the right fit in a faith community, takes considerable time and energy - it takes discernment. Discernment, the work of listening and waiting and of making room is a feature of this edition of the Evangelist. You can read here about the discernment paths of three of our parishioners who are in some form of formal discernment around ministry or vocation in the church. There are more like these, who are also in formal discernment. There are also so many more who, informally with their prayers and lives, in community and alone, are listening for how to use their unique gifts.

Have you ever paused to wonder how God made you different for a reason? Do you know how your unique giftedness might be a place "where God acts most powerfully"?

I'd love to hear your answers. And, as always, I look forward to seeing you in church!

Faithfully,

## From the Reverend Kate Bradtmiller

Dear Friends in Christ,

When was the last time you really looked at something and saw it?

As I drove to church last week, I listened to Mirabai Bush, a nationally known meditation teacher describe her experience of teaching freshmen at Amherst College mindfulness practices.

She described a gathering of 70 students who had just finished moving into their dormitories.

She began with breathing exercises, and after she taught the first practice, she asked them for any reflections or questions. Silence greeted her. She tried again, teaching a second practice; once more, no one offered a comment or question. "No one would make themselves vulnerable," she said, by asking a question. She decided to switch the focus to mindfulness of an objection. She gave each student a leaf, and asked them to bring their awareness to the leaf, letting go of distractions as they arose, and bringing their attention back to the leaf. They were to simply look at their leaves.

After five or ten minutes, Mirabai stopped the exercise again, and again, no one said a word. Finally, a football player raised his hand. She had mentally categorized him as the one who was most resisting the exercise, avoiding making himself vulnerable. "Can I say something?" he asked. Receiving permission to speak, he said, "I love my leaf." "Then," Mirabai said, "they all started to talk about what it was like to look, and to look."

How often do we really look at something and see it?  
How often do we really look at someone else, or ourselves, and see more than the surface?

Part of discernment, in compliment to listening and making space as Jered described, is looking closely until we see that which we love, and embracing it, in ourselves, in one another, and in the world. I, like Jered, would love to hear about your experience. Have you looked at something or someone recently until you loved it, or them? What did you see? What did that experience show you about who God is?

Faithfully yours,

Kate



### Clergy

The Reverend Jered Weber-Johnson, Rector  
The Reverend Kate Bradtmiller, Associate Rector  
The Reverend Margaret Thor, Deacon

### Staff

Sarah Dull, Parish Administrator  
Jayson Engquist, Director of Music and Organist  
Jean Hansen, Children, Youth, and Family Minister  
Ivan Holguin, Building Assistant  
Tracy Johnson, Nursery Coordinator  
The Reverend Craig Lemming, Compliance Coordinator  
The Reverend Barbara Mraz, Writer in Residence  
John Oldfield, Office of the Treasurer  
Chris Tegeler, Building Manager  
Longkee Vang, Youth Ministry Assistant  
Dunfa Weretti, Building Assistant

### Vestry Members

Bob Baumann, Clerk of Vestry  
Tricia Durst, At Large  
Mary Gilbertson, At Large  
Gary Hagstrom, At Large  
Vern Kassekert, Fellowship  
Tim Krall, Invited Youth, non-voting  
John MacBain, Property  
Suzanne McInroy, Communications  
Don Postema, Senior Warden  
Rick Rinkoff, Treasurer  
Lea Anne Schmidt, New Member/Welcome  
Judy Stack-Nelson, Formation  
Colleen Swope, Faith in Action  
Kevin Wall, At Large  
Holly Weinkauff, At Large  
Nancy Wellington, Music  
Jerry Woelfel, Junior Warden

### Volunteer Positions

Artaria String Quartet, Artists in Residence  
Phillip Baird, Verger  
Alden Drew, Historian/Archivist  
Dorothy Ek, Music Librarian  
Paige Hagstrom, Coffee Hour Coordinator  
Jim Johnson, Planned Gift Chair  
Bob Linehan, Verger  
Joan Potter, Liturgical and Lay Reader Coordinator  
Diane Power, Altar Guild  
George Power, Columbarium  
Kate Sigford, Verger

## Discernment Candidates Profiles

### Br. Anselm Philip King-Lowe, n/OSB

I am in discernment to become a Life-Vowed member of The Companions of St. Luke/Order of St. Benedict (CSL/OSB). (See: [www.csl-osb.org/](http://www.csl-osb.org/)). We are Benedictines who live, pray and work in our Community, homes, and church communities in accordance with *The Rule of St. Benedict* in our everyday lives. We have members who are female/male, single, celibate, married/partnered, straight, and LGBT.



I have been discerning a Benedictine vocation for the past twenty two years. I first read *The Rule of St. Benedict* while on retreat in October of 1993. It was not until I became an Episcopalian while attending St. Mark's Episcopal Cathedral in Minneapolis in 2010 and was told about the CSL-OSB that I considered applying, which I did in 2012. I was welcomed as a Postulant in October of 2012. I was Clothed in the Benedictine Habit and Named Br. Anselm Philip as a Novice in May of 2013.

My husband Jason and I began attending St. John's on All Saints Sunday in 2014. While I did not begin my discernment at St. John's, I have been finding many things to aid me in listening to where the Holy Spirit is guiding me. For example, on the 5<sup>th</sup> Sunday of Lent, Rev. Kate Bradtmiller preached an amazing sermon that began with, "It is not about me. It is not about you. It is about something greater." Those very words have drawn me into a deeper prayer about my role as a member of my Community. Whatever I do, where ever I am, however I represent myself; I represent the Community of the CSL/OSB. As I discern where God is calling me, I have to keep in mind that it is not all about me.

Over the next year I will be learning how to put what I know about being a Benedictine member of CSL/OSB into how I live in relationship to others. I am there intellectually. However, between now and the time I make my first Annual Vows, I have to live into those Vows of Stability, Conversion of Life and Obedience. I will be reading, studying, writing and seeking to grow so that my Vows will be a living reality in my relationships to others.

What has surprised me most is that there is not a day that goes by in which I am not learning something new and amazing about my relationship with God, others and myself. Each day in praying the Offices, Lectio Divina and listening to the Spirit through The Rule, my Formation Master and other CSL/OSB members; I learn something that stretches me to personal growth. I am definitely not the same person I was when I started this process. I am not the same person I was a year ago. God is doing so many wonderful things in my life through the CSL/OSB and the process of formation discernment.

### Carole Selin

I am in discernment to become a priest. I have wanted to be a priest since I was very young, but I grew up in the Roman Catholic



faith. There were Catholic priests I greatly admired in my hometown of Milwaukee. One was Father Groppi, who was a civil rights advocate and the pastor at a church in Milwaukee's inner city. I can think of other priests I admired too, simply because they carried out the Mass in such a way that it conveyed great meaning. This was important since I understood neither Latin nor Polish and those were the two languages often present in the churches I attended in my neighborhood!

Saint John's has helped me on my path. I hope I never get tired of telling the story, but some may grow tired of hearing it. I woke up one Sunday and felt that it was time for me to return to church. I got into my car and drove down Summit until I got to the Cathedral, but once I was inside it felt all wrong. I got up and ran back to my car. I passed the sign for St John's and felt that I should turn the car around again rather than just drive to the next available church. So, you see it was meant to be. I just loved the way everything felt.

St. John's has really helped me lead my life with my heart. It was quite natural then after joining St John's that I would return to my early dream of becoming a priest. I was soon recruited to work on the Fellowship committee and then joined the choir. As a musician, it made sense for me to learn about the Anglican tradition at least partly through its music. I hope to

keep connecting to the support I will certainly need for this journey while at St John's.

### Craig Lemming

Ever since I was fourteen I have been encouraged by clergy and laity to discern a vocation to the priesthood. In 2012, aged 30, I finally had the courage to heed their advice.

I began my formal discernment of Holy Orders as part of an eclectic group of St. John's parishioners that participated in a Lenten study of Parker J. Palmer's book, *Let Your Life Speak*, led by The Rev. Keely Morgan, and then with a wise team of lay leaders guided by The Rev. Jered Weber-Johnson during Advent that year. With their blessing, I continued my discernment process in 2013 at the diocesan level, after which The Rt. Rev. Bishop Brian Prior granted me postulancy.

I began my studies for the Master of Divinity degree with a concentration in Theology and the Arts at United Theological Seminary of the Twin Cities, taking supplemental Anglican courses provided by The Episcopal School for Formation.

I would like to express my heartfelt thanks to everyone who has accompanied me along this daunting path, trusting that your continued support will stand me in good stead for the all the years of service and discernment yet to come..

I completed my required Clinical Pastoral Education unit during the summer of 2014 serving as a full-time Chaplain at Abbott Northwestern Hospital in Minneapolis. I was granted candidacy for Holy Orders and ordained as a Transitional Deacon on June 20, 2015 in preparation for my prospective ordination to the priesthood in 2017, once my anticipated MDiv has been conferred. I am very grateful for the abundant support I have received from St. John's.

In the words of the sixteenth-century Anglican theologian Richard Hooker, "God hath created nothing simply for itself, but each thing in all things, and of every thing each part in other have such interest, that in the whole world nothing is found whereunto any thing created can say, 'I need thee not.'" Thanks be to God.



Holy Apostles & St. John the Evangelist

# Church Cookout Sunday, August 2

**10:00am Service in the Park followed by  
Picnic Lunch and Baptisms in the River**

**At Crosby Farm Park Picnic Area  
(in case of rain, at St. John's Gym)**

### Remember to Bring:

- Lawn chairs or picnic blankets
- Sunscreen and hats
- Bug spray
- Outdoor games
- Beverages other than those provided
- Umbrellas or raincoats
- Dessert (last name A-Q)
- or Salad (last name R-Z)

Holy Apostles and St. John's will provide grilled meats, egg rolls, fried chicken, and beverages including lemonade, tea, and water.

### **Crosby Farm Park Picnic Area 2595 Crosby Farm Road**

Due to road construction, the only way into the park is via the Shepard Road entrance. Get onto Shepard Road at **South** Davern Street and turn left onto Crosby Farm Road.



# Making the Trains Run on Time

## A Portrait of Lynn Hertz

by The Rev. Barbara Mraz

My most notable skill," says Lynn Hertz, "is that I take really good notes at meetings."

The Fellowship Committee would agree that Lynn's notes are indeed stellar: organized, detailed, and an important resource for remembering if it was ham or chicken that was served at last year's Christmas dinner.

She is reliable. She is consistent. Her notes are transcribed on paper in a notebook.

"I confess that I'm organized. I'm the type that makes the trains run on time."

Lynn has honed her skills for thirty years at Macalester College where she now serves as the Assistant Provost. In this job, she is a resource person for academics and staff, a problem-solver. She likes the job for its variety and for the opportunity to have broad interactions with different groups of people.



She also values Macalester's goal to "preserve access" for students, that is the school's commitment to assuring that they do not graduate with crushing financial debt.

Lynn is the only one of her siblings to leave their birthplace in Connecticut. She has two brothers and an identical twin, Susan, an attorney. "When I travel with Susan, it's like traveling with myself. I never have to compromise! We both *always* want to do the same things."

Her mother was not a churchgoer, but her father not only took his children with him on Sundays to his Roman Catholic Church, he talked about his faith at home. Often he went alone to daily Mass.

"I learned how a marriage could work when only one person practices a religion. I also learned that your faith is ultimately about you and God. My dad didn't go to church mainly 'for the kids.' He did it because it was a part of his own spirituality."

Lynn and her husband Dennis Merley, an attorney,

have three children, all in their twenties: Paul and Anne—adopted from Korea, and Dan. Dennis is a Jew and Lynn agreed before they were married that the kids would be raised Jewish. Dennis brought them to Shir Tikvah synagogue Friday Sabbath services and to Sunday School classes on, yes, Sundays, while she attends Episcopal church. The family has celebrated holidays from both Jewish and Christian traditions, and while it hasn't always been easy, Lynn has appreciated the model she grew up with of a religiously-diverse family.

Like many of us, Lynn re-entered the church around age thirty. She attended a funeral at an Episcopal

church and was touched by the peace and meaning she found there. She liked the tradition, the Creeds, and was familiar with liturgy from her Roman Catholic upbringing. She joined Messiah Episcopal Church, near her home in Highland.

"They immediately plugged me into a house group and that gave me an instant community. Eventually I served on the vestry, and was the stewardship chair."

She left after 12 years, feeling "increasingly marginalized" by the stance the church took on important issues primarily the place of homosexuals in the Church.

St. John's was the first place she visited after leaving Messiah. She liked what she saw and she stayed.

"I like being in a house group and reading the Bible together. I like that there is a 'deep bench' of clergy and lay volunteers. There is great programming. I love Compline."

She agreed to be the chair of the stewardship campaign for several reasons: she has experience working on stewardship, she saw a "terrific" committee already in place, and she is interested in what people *get out of giving*.

"Even when I've given sacrificially, which at certain times I have, I have never regretted it. Giving is something God tells us to do. It's a discipline we are called to."

## Reflections on General Convention

*By The Rev. Margaret Thor*

I admit it; I'm a church convention junkie. I love the togetherness, the energy, the business and the joy. Fortunately the Episcopal Church sates my needs by holding a convention every three years. I've attended the conventions in the past but only as a visitor. This year I had the privilege of volunteering and I had a great time. I volunteered for 3 afternoon shifts, two on the floor of the House of Deputies and one day working registration and information.

My first shift on the House of Deputies was the afternoon that Bishop Michael Curry was announced and confirmed as the Presiding Bishop-elect. Now that was exciting! I suspect that all who were in attendance at the convention knew that the announcement was forthcoming. The earlier shift of volunteers were reluctant to leave their seats for the next shift to come in. Happily I was in place on the floor when the announcement was made. Lots of cheers and clapping and overall joy! He was elected overwhelmingly by the Bishops on the first ballot. I quickly texted Jered and whooped it up with the rest of the convention center. Then I was fortunate to be on the aisle that the new Bishop-elect traversed when entering the House of Deputies. The atmosphere felt almost as if royalty was entering but with a great deal more enthusiasm than pomp.

Conventions are what I imagine family reunions are like. Everyone seems to know each other. On my first day on the floor, the first speaker I assisted is friends with a good friend of mine. I recognized the name and quickly touched base with her. She is a priest in Rapid City. While working at the registration desk, I assisted a priest whose family shared a cabin with ours during one week of family camp at Cass Lake Episcopal Camp. He is now a priest in Virginia. I can't tell you how many times while walking with my mother we ran into clergy and lay who knew her from various committees and conventions she has attended. It was easy to start a conversation with just about anyone. I met a young man who is a paid subdeacon at the cathedral in Hong Kong. I think he knew all the dioceses and the bishops in the Episcopal Church.

Although there was a feeling of joy and togetherness and familiarity, the overwhelming feeling was of

hope. Hope for a church that is growing. Hope that we can and will do the right thing by following Jesus. Hope for what the future holds. It made me feel good to call myself an Episcopalian.



The Rev. Margaret Thor and her mom, The Rev. Cookie Clark, Archdeacon, Diocese of Northern California, at General Convention.

## Blessing of the Backpacks

We're sending our students and school employees back to school with our prayers and blessings at the 10:00 am service on **Sunday, August 30**.

Students and school staff are encouraged to bring their backpacks, briefcases and tool belts to the service to be blessed as they start the new school year.



# Faith in Action



## Farmers' Market and Fields to Families

We are having another great year at the St. John's & Holy Apostles Farmers' Market!

Neighborhood support of the Farmers continues to grow as we see more and more shoppers. The increase foot traffic has led to an amazing response to our Fields to Families matching grant program. By June 30 we had raised \$827, over half of our goal in just a few weeks. We at St. John's, Holy Apostles and the Hallie Q. Brown Food Shelf cannot thank all of you enough for the generous giving in this matching grant program.

Donations can be made at the Farmers Market on Wednesday afternoons, from 2 pm to 5 pm, and Sunday mornings, from 9 am to noon. Donations can also be sent to the Parish Office, marked for Fields to Families. No amount of money is too small, and every penny is used to buy food.

The Market will continue through September. We can still use help in covering the shifts on Sundays and Wednesdays. Please help us host the market by going to our Signup Genius volunteer page at <http://tinyurl.com/n2eougy>.



**Faith in Action Meeting** - Thursday, August 20, at 5:30 pm in the Gathering Space. To learn more, contact Colleen Swope at [ccswope50@gmail.com](mailto:ccswope50@gmail.com).

**Hearts to Homes Meeting** - Thursday, August 27, at 6:00 pm in the Library. To learn more, contact Patty Byrne Pfalz at 651-224-7784.

## First Nations Kitchen

First Nations' Kitchen (FNK) is a ministry of All Saints' Episcopal Indian Mission in Minneapolis and has been serving healthy, organic, traditional indigenous food in a welcoming, family environment every Sunday evening since November 2, 2008.



While all are welcome at the table, FNK serves primarily indigenous people in the Twin Cities, particularly residents of nearby Little Earth of the United Tribes, the largest indigenous urban housing community in the U.S. FNK models environmentally sustainable practices in all aspects of the program (composting, recycling) and serve fare based on an ancestral diet of First Nations people (buffalo, wild rice, elk, fish, deer, and turkey).

Every week, First Nations Kitchen also rescues and distributes fresh, organic produce both to dinner guests and to underserved people throughout the Twin Cities.

On **Sunday, August 23**, St. John's volunteers will serve meals at First Nations' Kitchen, located at 3044 Longfellow Ave. in Minneapolis. We serve in four shifts, none longer than 90 minutes. Contact Margaret Thor at 651-631-8308 or [margaretthor@gmail.com](mailto:margaretthor@gmail.com) for more information. To sign up for a volunteer shift, go to: <http://tinyurl.com/pjxjhl>.



St. John's volunteers serving at First Nations Kitchen Thanksgiving 2014

## Cabaret on November 21!

The 2nd Annual Cabaret to benefit Kayoro Clinic & St. John's Youth Pilgrimage will be the evening of Saturday, November 21. This is a fun evening of live entertainment, live and silent auctions and great food. Plus, this year we are introducing some fun games of chance to win great prizes.

We are looking for donations for our auctions and game prizes. These can be sculptural pieces of art, textile art, gift cards for dining, spas, museums, specialty foods, dining experiences, what ever you can think of. We would love to have great life experiences donated for our live auction (ie. a week at your cabin, a day on your boat, tickets to various cultural or sporting events).

If you would like to be part of our entertainment, please contact Joan Potter at 651.492.8837 or jepotter60@gmail.com. If you would like to donate or volunteer, please contact Cammie Beattie at 651.683.2820 or crbeattie@att.net.



## Hallie Q. Brown Happenings

Many of our parishioners have been asking about opportunities to help the Hallie Q. Brown Community Center. There are several events and missions that those at HQBCC would welcome your help with.

If you like helping those in need of household goods and clothing or shopping for food, volunteering at **The Closet** or **the Food Shelf** front desk is always needed. You can work two-hour shifts or stay for the day.

Another is working with their **Summer Youth Enrichment Program** where mentors with different interests and skills work with the children and open their worlds to different activities. This would be one hour to the number of hours you want to work with the children each week. These activities can cover many experiences: all crafts, all music, cooking/nutrition, drama/theatre, writing/storytelling – what would you like to offer?

If you are interested in any or all of these events, please contact Hannah Ellis, 651-224-4601 x113 or hellis@hallieqbrown.org.

## School Tools

**A school supplies drive for homeless and low-income school children.**



This year's school supply drive is underway.

Please drop off your donations in the special *School Tools* containers in the office hallway and at coffee hour at the Farmers' Market by **Sunday, August 16.**

**High priority supplies** Backpacks, 3-ring binders, Calculators, Facial tissue

**Other supplies needed** Spiral notebooks, Composition notebooks, Pencils, Pens, Markers, Folders, School boxes, Erasers, Highlighters, Pencil sharpeners, Colored pencils, Rulers, Glue sticks & bottles, Loose-leaf paper, Scissors, Crayons, USB Flash Drives.

Checks may be made payable to Interfaith Action with "School Tools" in the memo line.

## Support Our Food Shelf

During summer vacation many children in our community will no longer be getting additional food at school through free breakfast and subsidized lunch programs. Please join your fellow parishioners and help add inventory to our local food shelves.

Food items that can always be used and are especially in demand during the summer months are:

- Pasta & sauces
- Peanut butter & Jams and jellies
- Vegetable and Olive oils
- Oatmeal and other breakfast cereals
- Rice and dried beans
- Juices or juice drink mixes
- Canned fruit and vegetables
- Canned meat i.e. tuna, chicken or salmon
- Flour: white, wheat, gluten-free
- Hamburger Helper
- Toothbrushes and toothpaste
- Toilet paper & Paper towels
- Diapers & Personal products

As always, you can drop off food at St. John's in the Undercroft or the barrel in the back of church any time.

# Children, Youth, and Family Ministry



## Parents Share

Begins Sunday, October 4, 9am

Mark your calendars! Beginning this fall, and on the first Sunday of every month, all parents, grandparents, aunts, uncles, faith parents, Godparents and other adults who care about kids will gather at **9am in the Green Room** for conversation, support, and best practices in Christian parenting. Treats provided - bring your beverage of choice, and get to know your St. John's faith family.

Save the date!

## New Children and Youth Choir Director

### Meet and Greet

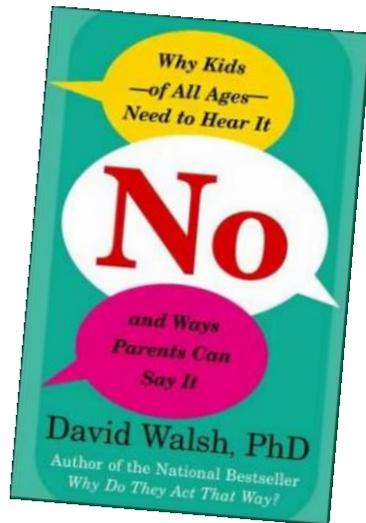


Be sure to attend coffee hour on **Sunday, August 9** to welcome **Heather Hunt**. The Music Commission is hosting coffee hour that Sunday in honor our new Children and Youth Choir Director.

## CYF Book Study

Wednesdays, August 5,  
12, 19 and 26  
7-8:30pm in the Green  
Room

Join us for four Wednesday evenings in August, as we read and discuss, "No, Why Kids - of All Ages - Need to Hear it, and Ways Parents Can Say It", by Dr. David Walsh.



No. It's not just a one-word answer, it's a parenting strategy. By saying no when they need to, parents help their children learn skills, such as self-reliance, self-discipline, respect, integrity, the ability to delay gratification, and a host of other crucial character traits. Although the importance of no should be obvious, many parents have a hard time saying it when other parents and the culture around them are being permissive, even when they know they should.

***This series is Open to all parents, grandparents, aunts, uncles, faith parents, Godparents and other adults who care about kids.***

Books are available on the buffet in the Undercroft, or by contacting Jean Hansen, 952-201-0424.

## Family Faith Practices

from Faith Inkubators

The FAITH 5 connects church to home, faith to life, and parents to kids in a powerful way. The five steps of the FAITH 5 are:

- Step One: **Share highs and lows.** Name something good and bad you experienced today.
- Step Two: **Read a verse from your Bible.** Bible verses that families explore every night.
- Step Three: **Talk about how the verse relates to highs and lows.** Unpack the verse a bit. What does it mean in your own words? How might it relate to where you are today in your highs and lows?
- Step Four: **Pray for one another's highs and lows, for your family, and for the world.** Simply talk to God, thank Jesus for the good, and ask the Holy Spirit for guidance in specific problems.
- Step Five: **Bless one another.** Trace the sign of the cross on one another's forehead or palm as a reminder that you belong to God and to one another.



## Teaching Your Child to Pray

*excerpted from Faith Formation Learning Exchange*

It is important for every child to learn how to pray. Even though you may not think you are qualified to be an authority, as parent or guardian, you are your child's primary teacher! Children mainly learn to pray by watching and copying their parents, siblings, relatives, others in church and elsewhere.

### 1. There is no wrong way to pray

The focus isn't so much "saying our prayers" as it is "talking with Jesus." So beyond memorizing prayers, let your child know that they can speak to Jesus as a friend. Let them know that they can tell him anything: silly things that happened that day, things they are scared of, what they hope for, people they are worried about, etc. Jesus is interested in all of them.

Invite your child to pray with you, but let them know he or she can pray whenever they want to by themselves. You might suggest they pray quietly in their minds after you tuck them in bed at night, after they wake up in the morning, while they are walking to or from school alone, or riding to soccer practice, etc.

### 2. Don't ask your child to do something which you aren't doing yourself

You don't have to make a big show of it, but even occasionally mentioning something you have prayed for is a great way to witness to them. For example, when they have finished telling you about something good that happened to them at school you might be able to say "Wonderful! I prayed last night that you would have a good school day today!"

If you know they are worried or scared about something, you can offer to pray for them or with them about it. Saying something as simple as "Jesus, help Jane to be brave at the dentist tomorrow even though she is scared about getting her tooth pulled out" can be consoling for her.

### 3. Regular household prayer is a great model

Try praying before meals, in times of crisis, at bedtime, in the car, with the Bible, or after a good thing happens. Let them see that praying can be natural and informal – it doesn't have to be intimidating and they don't have to worry about doing it "the right way."

Jesus knows the good intentions in our heart and hears us regardless of how sophisticated our words are. Weave prayer into your daily life.

# Faith Formation

## House Groups



House groups are a place to share our lives and journey together. They are gatherings of 8-12 members who meet regularly for friendship, spiritual support, and building deeper relationships. Some rotate meetings among the members' houses; some meet elsewhere. Some groups gather to study or have a common interest or focus. Most groups meet monthly. All groups build community around our shared life of faith.

To connect with an existing group or learn about forming a group, contact Kate at 651-228-1172 x18 or [kate.bradtmiller@stjohnsstpaul.org](mailto:kate.bradtmiller@stjohnsstpaul.org).

## St. John's Cafe

Come for the coffee, stay for the good news!

Join us **Sundays at 9:00am in the Meditation Room** as we discuss the lectionary gospel in the context of the week's news.

All are welcome!

Contact Kate for more info at 651-228-1172 x18 or [kate.bradtmiller@stjohnsstpaul.org](mailto:kate.bradtmiller@stjohnsstpaul.org).



# Musical Notes

from the Organ Bench...



## Welcome Heather Hunt, Children's and Youth Choirs Director

A life long Episcopalian, Heather's home church is St. Paul's in Duluth. Heather has a Bachelor of Arts degree in vocal performance from the College of St. Scholastica in Duluth, where she also earned a Master of Arts in Management and Organization Development.



After moving to the Twin Cities, Heather has sung with many ensembles and choirs, including Concentus Musicus, the Gregorian Singers, and the choirs of St. Mark's Cathedral, St. Clement's, St. Paul's Lake of the Isles, Epiphany Episcopal, and most recently as soprano section leader at St. Paul's on the Hill. Heather served as Choir Director at Gethsemane in downtown Minneapolis for 5 years, where she directed the adult and children's choirs and worked with the Laura Caviani trio for a monthly Jazz Mass. Heather also serves as soprano section leader for Chorus Polaris.

You may have heard Heather sing at St. John's this May in the Handel Dixit Dominus evensong. Heather enjoys working with children of all ages, programming inspiring and eclectic music to enhance worship, while honoring the Anglican Tradition.

Heather also works as 911 Director for the City of Minneapolis, and lives with her husband George near Loring Park. Heather has two children, Elias and Ashley, both young adults. Ashley currently is a junior at St. Kate's. Heather is thrilled to be joining the music team at St. John's!

Heather's contact information: [hhuntenp@gmail.com](mailto:hhuntenp@gmail.com).  
Cell Phone: 612-408-5049.

## New Children and Youth Choir Director Meet and Greet

Be sure to attend coffee hour on **Sunday, August 9** to welcome Heather Hunt. The Music Commission is hosting coffee hour that Sunday in honor our new Children and Youth Choir Director.

## Summer Choir

Our St. John's Volunteer Summer Choir continues to sing each Sunday during the month of August. We gather every Sunday at 9 am in the choir stalls to rehearse the anthem and service music. We do not wear any vestments - please come as you are! All ages are welcome - this is an intergenerational ensemble. Please come at 9 am any Sundays in the summer months. We welcome all summer singers, regardless of ability.

## Calling All Musicians

We would like to have a "consort" of recorders play several times over the summer. We also invite instrumentalists to play during summer church services. We can provide accompaniment for any solo instruments. Contact Jayson Engquist at 651-228-1172, x36 or [jayson.engquist@stjohnsstpaul.org](mailto:jayson.engquist@stjohnsstpaul.org) if you are interested.

## New Choir Singers and Ringers are Welcome in the Fall

If you have been thinking about trying out one of our singing or ringing choirs, please consider starting in September. If you would like to sing for special occasions (ie Christmas, Easter, Evensongs) we have a choir for you! Evensong Choir will be a group singing for the special Sunday afternoon services about 3 times a year. Please speak with Jayson Engquist, 651-228-1172 x36 or [jayson.engquist@stjohnsstpaul.org](mailto:jayson.engquist@stjohnsstpaul.org).

# Community Life



## Rebuild The Churches Fund



At the end of June, following the massacre at Mother Emanuel AME Church in Charleston, there were a series of fires that destroyed black churches throughout the south. Some have been identified as arson, others have not – all are devastating blows to the heart of the black community.

As fellow children of God, we stand with our sisters and brothers to help them rebuild these buildings -- which are not just houses of worship but centers of ministry for their community.

To that end, the Rebuild the Churches Fund has been established by the Episcopal Cathedral of St. Louis, to collect donations from all over the nation for the rebuilding of these churches. After surpassing the initial goal of \$25,000, a new goal of \$250,000 was set.

So far St. John's has raised more than \$750 and many more parishioners have contributed directly through the online donation website. Thank you!

To learn more or donate go to <https://cccathedralstl.dntly.com/campaign/2571#/>



### Wanted!

Check your attic. Do you have surplus wooden coat hangers that you no longer need? We need to upgrade and expand our eccentric collection in the narthex. Please hang any donated hangers on the narthex coat rack.

## Yoga invitation

Have you ever thought about prayer and your body? Yoga is one of many ways we can deepen our relationship with our bodies and with God. Kate Bradtmiller will be offering yoga with meditation on Mondays at 9:30am in the undercroft. Classes will be held from July 6-August 10. Come as your schedule allows; attending all classes is not required. Please contact Kate with any questions at 651-228-1172 x18 or [kate.bradtmiller@stjohnsstpaul.org](mailto:kate.bradtmiller@stjohnsstpaul.org).



## August Meetings

**Prayer Shawl Gathering:** Wednesday, August 5, at 9:30 am in the Gathering Room. Contact Anneke Krall at 651-248-8932.

**Men's Breakfast:** Saturday, August 8 at 9:00 am in the Gym Kitchen. Contact Jim Johnson at 651-698-5655.

**Men's Gathering:** Tuesday, August 11 at 7:30 pm in the Fireside Room. Contact Josh Colton at 612-275-6004.

**Vestry Meeting:** Monday, August 17 at 6:00 pm in the Fireside Room. RSVP to the church office at 651-228-1172, x10

**Down Syndrome Group:** Tuesday, August 18 at 6:00 pm in the Undercroft. Contact Ellison Yahner at [ellisonyahner@gmail.com](mailto:ellisonyahner@gmail.com).

# Happy Birthday to...

## August\*

1	Emily Brooks Bree Yaeger Sam Clark William Rinkoff Erika Binger	9	Jody Tigges Michael T. Ganzel Richard Dunlop Jessica Schreifels James Morley Richard Dunlop	20	Alexander Cook Jennifer Kinhead Andrew Krall
2	Scott Edgerton John Gross Phillip Baird	10	Sally Sand Peter Rosendale Amy Johnson	21	Larry Ragland
3	Marty Brown	11	GINNY LUND	22	Olivia Mulvey
4	Helen Docherty Gary Hagstrom	12	Michael Brooks Cameron Norman	23	Dale Niesen
5	Caroline Krall Camille Scheel	13	Edward Johnson Marjorie Dow Erika Sullivan	25	Andrea Edgerton Rob Beattie Ella Bloomquist Liz Connor
6	Allan Klein Piper Wilson	14	Liliane Jurayj	27	Mary Frances Palmer Zoe Weber
7	Zander Brooks Mike Dueber Caitlyn Parsons	15	Eric Husband Henry Olson	28	John Mercer Polly O'Brien Sarah Goodall Rita MacBain
8	Kathleen Moberg Luca Brown Phillip Stoltenberg	16	Sara Maronde	30	Margaret Jeffery Archer Lightner Tony Clark
		17	Jessica Drucker Cheri Wiegand	31	Lauren Debertin Alyson Westerhaus Brad McCanna
		18	Mimie Pollard Glenn Kimball		

\*If your birthday was missed, please call or email the church office so our records can be updated.

## Altar Decor Given to the Glory of God in Memory of:

### August 2 —The Tenth Sunday After Pentecost

*Main Altar:* Picnic

*Small Altar:* Jessie Beney

### August 9—The Eleventh Sunday After Pentecost

*Main Altar:* Charles R. Brynteson, Ralph & Estelle Drought

*Small Altar:* Mary Clapp Ward

### August 16—The Twelfth Sunday After Pentecost

*Main Altar:* William August & Alma C. Lindeke

*Small Altar:* William E. Ward, Sr.

### August 23—The Thirteenth Sunday After Pentecost

*Main Altar:* George Mairs

*Small Altar:* Mary S. & William T. Platt, Sandy Vogt

### August 30—The Fourteenth Sunday After Pentecost

*Main Altar:* Alyce D. & George R. Hunt

*Small Altar:* Alyce D. & George R. Hunt

## Altar Guild Teams

**August 2:** Pat Brynteson, Caroline Krall, Nan Lightner, Phyllis Merrill, Elaine Sutton, Jill Thompson

**August 9:** Diane Power, Paige Hagstrom, Sarah K. Smith, Sabine Krall, Ginny Schauss

**August 16:** Dusty Mairs, Phillip Baird, Shirley Cooper, Phyllis Frisby, Patty Byrne Pfalz, Bill Sherfey

**August 23:** Pam Strom, Kathy Brown, Sue Cadwell, Shirlee Gooch, Heather Joyce, Sue MacIntosh

**August 30:** Pat Brynteson, Caroline Krall, Nan Lightner, Phyllis Merrill, Elaine Sutton, Jill Thompson

## Altar Flowers 2015

Memorial flowers on the Main and Little Sanctuary altars are given by parishioners on a perpetual calendar basis. A few Sundays are available for donors to sign up to give the flowers for either of our altars. If you are interested, please contact **Dusty Mairs** or **the Church Office** to find out what dates are open for each altar.

# St. John the Evangelist August 2015 Service Schedule

TIME	READERS	USHERS	GREETERS	COFFEE HOUR	ACOLYTES
<b>August 2 —The Tenth Sunday After Pentecost</b>					
8:00 am	Craig Lindeke	Jay Debertin Drew Alden	Kathleen Hanson Sally Sand	Church Picnic	Church Picnic
10:00 am	A—Jeff Olsen B—Camille Scheel	Mimie Pollard Shirley Sailors	Lea Anne Schmidt		
<b>August 9—The Eleventh Sunday After Pentecost</b>					
8:00 am	Joan McCanna	Julia Ferguson Rick Rinkoff	Jennifer Kinkead Jeff Olsen	Open	Tim Krall Caroline Krall Linnea Krall Sabine Krall
10:00 am	A—Rick Rinkoff B—Carole Selin	Don Husband Diane Power	Peggy Olsen		
<b>August 16—The Twelfth Sunday After Pentecost</b>					
8:00 am	David Aylesworth	Kathleen Hanson George Kinkead	Cammie Beattie Phyllis Goff	Liz & Pat Collins	Will Rinkoff Matt Brooks Tessa Johnson Maren Johnson
10:00 am	A—Holly Stoerker B—Don Postema	Mason Kinkead Sally Sand	Barbara Lindeke		
<b>August 23—The Thirteenth Sunday After Pentecost</b>					
8:00 am	Joan Potter	Bob Baumann Pat Brynteson	Vern Kassekert Gabrielle Lawrence	Gary & Page Hagstrom	Eli Weinkauff Charlie Docherty Thea Bishof Ailsa Schmidt
10:00 am	A—Gary Gleason B—Shirley Sailors	Mary Gilbertson Peter Gilbertson	Don Postema		
<b>August 30—The Fourteenth Sunday After Pentecost</b>					
8:00 am	Brad McCanna	Cammie Beattie Marvin Cadwell	Ella Slade Colleen Swope	Don Husband	Madeline Weinkauff Roan Weinkauff Aidan Schmidt Helen Baxter
10:00 am	A—Paige Hagstrom B—Keith Davis	Lynn Hertz Alex Joyce	Jerry Woelfel		

## Office Volunteers

Would you be interested in helping out in St. John's office? Do you have experience with Publisher, Constant Contact or WordPress? We would appreciate your help! Contact Sarah Dull at 651-228-1172 x10.

## Evangelist Mailing List

Many of our members access this publication electronically. Do you want to keep getting paper copies in the mail? Send in the slip on the back page of this issue to stay on our mailing list.



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*AUGUST 2015*

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