



Hello, St. Christopher's Community!

Heads up! I see that it is ROAD CONSTRUCTION season...
and it's affecting St. Christopher's.

THIS WEEKEND, June 29-30,
Highway 36 Westbound will be CLOSED
between 35E and 35W.

from 9 PM Friday evening, to 5 AM Monday morning.

Please allow enough time to take alternate routes this weekend!



Rumbling by Fr. Randy+

I have had several medical appointments these past few weeks—you know, the regular “*health maintenance*” stuff. These were the type of appointments where the doctors “*took a look under my hood and checked the oil level in my crankcase.*” Some of the appointments were nothing but conversation, a few pokes and prods, while a couple of times it involved listening to my heart and lungs. Yet, other times, it required a more participative action on my part, meaning fasting and limiting intake of liquids of any type for what seemed like

an inordinate amount of time. I was both hungry and thirsty! It was a bit embarrassing to hear my tummy gurgle and rumble—which was audible to people all around me. *Sorry...*

My stomach was empty. My energy level was rapidly being depleted. I had a headache and was suffering—yeah, I know this is a bit of a dramatic stretch, but I was in need of replenishment.

The challenges we face, the suffering of our broken world, our fragile earth, can also deplete us, and our spirits can become low and sad. At Pentecost, we celebrate the great gift which God poured out upon us all. The Spirit came down to those disciples gathered in a room, and they were changed, transformed. Their spirits were recharged with life and power. They came back to life. And that same promise is made to us today. Jesus said, *“I came that you may have life, and have it abundantly.”* On Pentecost Day, this promise is fulfilled to us all.

God gave us the gift of abundant life. C.S. Lewis captured it in a phrase which I have always liked. He wrote, *“God designed the human machine to run on Himself. It is the fuel which their spirits were designed to burn.”* And that fuel totally transformed them. They came to life. They came out into the world with new courage and strength and energy.

God gives that same gift of the Holy Spirit to you and to me, as our daily nourishment, our daily fuel. It means that every morning we awake, when our rumbling tummies tell us that our body needs breakfast, we should pause and remember that our *“rumbling spirits”* need refueling as well!

If you feel right now that your life needs renewing, that you want to become more alive, that you’ve lost some of your old joy for life, a good question to ask yourself is; *“How is my spirit being fed right now? What am I consuming and what am I feeding on? Is it good for me? Does it build me up or does it bring me down? Am I spiritually undernourished?”*

God is longing to give himself to us as fuel for our spirits. Filled with the Holy Spirit we can feel more alive, and we have a new courage and strength to face a new day. For God *“designed us to run on Himself.”* So, invite the Spirit into your life. I pray you may be filled by God’s very life, to live lives of power and grace, to God’s glory. Alleluia! *Randy+*

What would Jesus Drink?

Not sure exactly, but I'm pretty sure he would love to drink it with us! Join us at Wandering Leaf Brewing on **THIS** Sunday afternoon, **June 30th, from 3-5.** (2463 West 7th St, St. Paul.) They have all kinds of summery-sounding beers on tap, non-alcoholic choices, too, bring your own snacks, Market BBQ food truck, and a Korean restaurant next door. To top it off, Humble Hounds will be having an adoption event, so someone will need to come and keep an eye on the Coles. They really don't need another dog just now.



Giving Garden News

The Giving Garden is in bloom and growing. There have already seen about 24 lbs of produce delivered to food shelves! We could still use volunteers. Contact Jeff Jensen at 651 270 5947 or jjensen1@msn.com to find out how you can help.



Book Club Invitation

Greetings and Blessings Beloved Community,
We are interested in starting a book group here at St. Christopher's. Are you interested in participating in a book club?
We'd like to try it out! **Let's meet on Wednesday, July 24 at 5:30 at church** and discuss "The Book of Longings" by Sue Monk Kidd. We'll also discuss when and where to meet in the future, and pick our next book(s). Feel free to bring a snack and a beverage.

Questions? Contact Angela Robinson, angela.robinson.elohim@gmail.com or Marilyn+.

The Book of Longings by Sue Monk Kidd

"I am Ana. I was the wife of Jesus."

Raised in a wealthy family in Sepphoris with ties to the ruler of Galilee, Ana is rebellious and ambitious, a relentless seeker with a brilliant, curious mind and a

daring spirit. She yearns for a pursuit worthy of her life, but finds no outlet for her considerable talents. Defying the expectations placed on women, she engages in furtive scholarly pursuits and writes secret narratives about neglected and silenced women. When she meets the eighteen-year-old Jesus, each is drawn to and enriched by the other's spiritual and philosophical ideas. He becomes a floodgate for her intellect, but also the awakener of her heart.

Start a new, fun project

We would love to have you join us for recorder-playing! St. Christopher's has 2 groups - one made up of people who've played an instrument before. And another made up of people who've never played an instrument before, or it was a looong time ago. We're going to start a review session, which is the perfect opportunity for you to join us without feeling behind.

See Karla at coffee hour or give her a call. Day and time yet to be determined.



REGISTER BY FRIDAY, JUNE 28!!

Join us for Vacation Bible School 2024

Hero Hotline: Called together to serve God.

July 15-19 from 9am-noon. Invite your friends and family to join us for this high energy, faith-filled experience. Each day we have a Bible story and theme. The snacks, crafts, music, science experiments, and games are all related to either that day's theme or the overall theme for the week. For registration and more information, see the VBS page on our website.

Here's the Link: <https://www.stchristophers-mn.org/vbs.html>

Prayer List Requests

Have you noticed a "Prayer Requests" button on our website? This is a very short form to add a name to our prayer list! Requests will be monitored Monday through Friday and added to the list published on Fridays. You may, of course, still call the office to add or remove a name from the list. AND, you can use this QR Code to go right to the website!



Upcoming Lectionary Readings

June 30: 6th Pentecost, Proper 8

Wisdom 1:13-15; 2:23-24; Psalm 30; 2 Corinthians 8:7-15; Mark 5:21-43.

July 7: 7th Pentecost, Proper 9

Ezekiel 2:1-5; Psalm 123; 2 Corinthians 12:2-10; Mark 6:1-13.

Sunday Ministries June 30

9:30 AM

Nursery - Tom L, Ann D

Lectors - John L, Charlotte B

Intercessor - Chris M

LEM - Marion H, Robert W

Ushers - Ann & Larry J

Altar Guild - Jennifer W, Jean D

Crucifer - Marion H

Coffee Hosts: Bruce & Cheryl W

Are you receiving this email forwarded by a friend?

You can now sign up to receive the weekly Parish Mail and monthly *e-Traveler* in your own inbox. A sign-up form is now on the main page at our website. Just go to www.stchristophers-mn.org.

www.stchristophers-mn.org



Thank you for keeping your pledge up to date.

St. Christopher's Episcopal Church | 2300 Hamline Ave N | Roseville, MN 55113 US

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