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### **Hello, St. Christopher's Community!**

Please keep your eyes open about construction closures of Highway 36. As of this morning, no closure is posted on the MN DoT website, *but* the SIGNS on Westbound 36 say there is a weekend closure, again.

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### **Traditions** *by Fr. Randy+*

Completely covered...I mean completely covered by scraps of paper and dog-eared index cards, clippings from colorful magazine pages, and note paper splashed with the remains of meal preparations from years gone by. Kim has taken on a project for the ages—taking time to organize some of the favorite family kitchen recipes lovingly collected from family and friends over many decades. Some are rather new, but others—others have been passed along from generation to generation. When we looked at many of these olden time recipes, we not only remembered the heirloom food item itself, but alongside came the stories which became legend when we spoke of these most beloved and special meals.

It is interesting to ponder the beginnings of some of the food items that had become such revered staples in family celebrations. Some of the foods reserved for special holidays or celebrations were brought from the “old

country”—the countries of our family origins. We giggle that the foods we hold with highest honor were actually the foods of the most humble and poor immigrant people. That is the only food they knew, but it was never eaten by those living a life of privilege. They are tradition—and there they will stay, as if in a time warp that never allows for adaptation or change for the better.

Tradition strikes a very strong cord for me—as an individual and as a leader in the church. As a leader, I respect traditions, but I have a greater respect for people. If a tradition is valid and helpful, I will use this tradition for the greater good of the community.

Jesus did this in many ways, using traditions that glorified God to help the people understand him and his will. Yet, Jesus was careful to brush aside traditions that were onerous or nonsensical and did not reflect the nature of God. Discerning the difference is critical.

A real leader—like Jesus—understands that tradition can be good, often unifying and energizing. Valuing these traditions are useful in making people better and in making things better for people.

But traditions that inflict unnecessary burdens on people should always be a target for discernment—“*We’ve always done it this way*” Is not a validating concept for a healthy life.

Tradition in and of itself is neither good nor bad. Wise leaders—especially in established agency—must use the past, but not be shackled by it. Tradition can sometimes become a chain if it keeps us from doing what needs to be done, which is what Jesus meant when he said, “*The Sabbath was made for man and not the man made for the Sabbath.*” (Mark 2:27)

Whether our area of leadership is in a home, school, civic organization, church, or even a kitchen, how one handles traditions that exist there will help demonstrate who we are as leaders, and whom we choose to honor and follow.

Recipes are made to be massaged, caressed, modified, creatively improved upon, and made more healthful and tasty. In Jesus, the old things have passed away, the traditions of value are preserved, and with God’s help, all things have become new. *Randy+*

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## Music Up Next

Fresh off our nod to the classic French organ, we’re coming home. Katherine Johnson will join us for a little old time religion and some good old gospel hymns. If you’re not sure who she is, I think you’ll know her when you see her, as she is the alto section leader in our choir and most requested soloist around here. Additionally, she may be going out for Klondike Kate this year - if she does, more details will follow!

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## Celebrate VBS this Sunday, July 21st!!!!

Vacation Bible School is one of St Christopher's best intergenerational events of the year! Join us in the Parish Hall immediately following the 9:30 am service this Sunday to celebrate a wonderful week of learning and fun. Hear

about the week's activities and lessons, greet the many participants and volunteers of all ages, and see a few of the phenomenal decorations. This year's VBS week, **Hero Hotline**, was a collaboration with St. John in the Wilderness from White Bear Lake, so we have more than ever to celebrate! Root beer floats, coffee, hot dogs, chips and watermelon will be served, compliments of the Fellowship Committee. (Gluten Free and Vegetarian options will be available upon request.)

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## 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 in the Parish Hall** 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](mailto: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.

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## Fall Adult Forum

As you may remember, our bishop will be joining us on Sunday, October 6, and part of his visit is to officially welcome people into the church. This happens through reception, or through confirmation by a bishop, if one has not previously been confirmed in another tradition.

In preparation, we will be offering a discussion group to focus on The Episcopal Church's history, theology, and practices. This will happen at 9 am on three Sundays, beginning on Sunday, September 15. We'd love to have long-time members as well as any newer ones join us.

If you feel you'd like to be received or confirmed, please contact Fr. Randy or Rev. Marilyn.

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## 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!



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## Upcoming Lectionary Readings

### July 21: 9th Pentecost, Proper 11

Jeremiah 23:1-6; Psalm 23; Ephesians 2:11-22, Mark 6:30-34, 53-56.

### July 14: 10th Pentecost, Proper 12

2 Kings 4:42-44; Psalm 145:10-19; Ephesians 3:14-21; John 6:1-21.

## Sunday Ministries July 21

### 9:30 AM

Nursery - Janet C, Ann D

Lectors - Joan M, Mary P

Intercessor - Angela R

LEM - Lyn L, Mary P

Ushers - Karen & Chris H

Altar Guild - Ann T

Crucifer - Angela R

Coffee Hosts: Don & Julie S

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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](http://www.stchristophers-mn.org).

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