



October Newsletter



October Newsletter

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Beloved St. John's Community,

As of October 1, I have been with you for one year! It has been an incredible year of learning, loving and blessing for me. I've spent countless hours with you in worship services, one-on-one meetings, cottage dinners, hospital visits, committee meetings, retreats, book studies, service opportunities, Convention and other encounters. I've seen evidence of God's Spirit moving among you. I've heard about your love for each other, your passion for justice and for welcoming all without distinction. I've heard about your hunger for deeper opportunities to connect with each other and with God. We've blessed and been blessed by the Rev. Patricia Benson in the first year of her ministry as a deacon, welcomed the Rev. Rex McKee as our new deacon, and welcomed a new Sexton Greg Moulton. We've seen amazing vitality in our children & youth ministry – we had 55 children in Sunday School on September 15 (about 25% of our average Sunday attendance), and saw 22 youths go to the Camino Del Santiago on Pilgrimage last June. I am so grateful to you and to God for inviting me to be your Rector—spiritual director, midwife, and storyteller.

This month, we are engaging the spiritual practice of financial giving—one of the ways to walk the [Way of Love](#), to “bless” the world by supporting God's mission through the ministry of St. John's. Our pledge campaign theme is “Our Way Forward: Living into God's Purpose for Ourselves and the World.” This theme reminds us that our faith is not an intellectual state but a living journey; that it revolves around God's purpose for restoring the world through love; and that this purpose, by definition, must involve us as individuals, us as a community, and the world around us. I invite you to consider how God is calling you to engage God's purpose with all of who you are – beginning with receiving the love of God for yourself, then allowing that love to pour through your life and ministry through your gifts and resources, including your generosity toward St. John's.

You matter. Your generosity matters. The movement of God's Spirit in your life, story and ministry at St. John's and in the world matters. Thank you, with all my heart, for walking the Way of Love at St. John's together.

Faithfully,
[Lisa](#)

Speakers**September 29**

8, 9 & 11am:
Jane Gilgun

October 6

8 & 11am:
Mark Lindberg
9am:
Sue Everson-Rose

October 13

8, 9 & 11am:
Shelly Gill-Murray

October 20

8am:
Kari Slade
9am:
Kaitlin McDonald
11am:
Ryan Curl & Kari
Rusch-Curl

**Our Way Forward****CONSECRATION****SUNDAY****October 27****ONLY 8 & 10AM
SERVICES!****BRUNCH****FOLLOWS THE
10AM SERVICE****RSVP HERE**

to help the
Pilgrims plan for
numbers!

Our Way Forward:**Living into God's Purpose for Ourselves and the World**

Beloved St. John's community,

The past two years have been full of transition, challenge and accomplishment. We have successfully launched and sustained a generous capital campaign; said goodbye to our beloved Rector Susan and joyfully welcomed our new Rector Lisa; stepped out in faith to create the Centennial Fund (about \$200,000.00) from a tithe of our capital campaign donations; and continued to worship, make music, do justice & service, spiritually nurture children & youth, and engage the many other ministries that make up our St. John's community. We've also seen increasing divisiveness and tension in the country around us.

At times like these, it's important to remember why we exist: to follow Jesus' [Way of Love](#) toward God's healing and reconciliation in the world, toward the Beloved Community. This purpose is the heart of our annual fall stewardship campaign, when we engage the spiritual ministry of financial giving. Our theme is "Our Way Forward: Living Into God's Purpose for Ourselves and the World."

This fall, we have been assessing how well St. John's nourishes its members through focus groups that create a snapshot of the spiritual life and health of this community. We're launching a comprehensive focus on learning about the Way of Love, the seven spiritual practices that help us connect faith with daily life, through sermons, adult forums, and blogs.

As part of this focus, we're also doing the sacred work of inviting each of you to engage the spiritual practice of "bless" by making a generous annual pledge to St. John's. You can explore more deeply what God is up to, here in person, on our website, or by engaging the seven practices of the Way of Love yourself alongside other St. John's parishioners. What you'll discover is that throughout all our ministries, people and activities, there is a common thread: God's Spirit is active to transform and heal us—and through us, to transform and heal the world around us.

Our minimum goal this fall is to increase our annual pledge total by 5%, which will enable us to maintain and strengthen the excellence of what we already do (for a person who pledges \$5000 per year, this amounts to about a \$20 / month increase). Please consider pledging more than that—an increase of 10% would allow us to deepen our relationships with outreach partners like First Nations Kitchen, Sisterhood Boutique and Circle of the Beloved, raise our excellent staff's salaries to remain competitive, create a "wellbeing fund" for the spiritual health and vitality of staff, in addition to the "Father Gear Fund" that exists to help parishioners in need, and continue to steward our beautiful historic building.

Let's step in faith on Our Way Forward—and thank you in advance for your generosity to God's purposes for the St. John's community. To make your pledge, please fill out a [pledge card](#) and mail it to St. John's, or bring it to church on Consecration Sunday, October 27, when the community will place their pledge cards in the basket during Sunday morning worship.

Faithfully,

Dick Howard,
Stewardship Co-chair

Kay Kramer,
Stewardship Co-chair

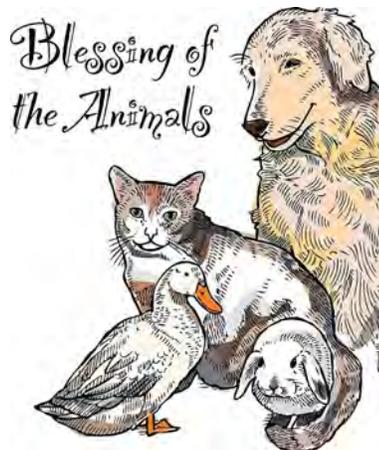
Lisa Wiens Heinsohn,
Rector

Safe Church training

Saturday, October 5th, 9:00am in the Parish Hall

Safe Church is the training that many St. John's members who volunteer in various areas, or hold a key to the church, are required to attend so we all share the same mindset about always keeping every person at St. John's safe.

The Episcopal Church in Minnesota has updated their Safe Church training materials. There are new conversations, new emphases, and new videos. Shane and Rex will be co-leading Safe Church training from 9-3 on Saturday, October 5th. If you're a new Sunday School Teacher or Vestry Member, mark your calendars! If you've taken this training in the past, please check with Shane or Rachel in the office if you need to renew – new guidelines expect renewal every 3 years, not every 5.



Blessing of the Animals
SATURDAY, October 5th, 4:00pm in the Sanctuary

It is our joy every year to honor St. Francis by hosting a blessing of the animals. It's a simple service of prayer and song. And it's a time of sweet delight. Bring all of your critters of every size, shape, color, breed and kind! There's plenty of room in the Sanctuary so if your pet is shy, they can have a pew all alone.

Join us!

Our New Deacon

I want to thank Lisa, and every member of this blessed community of St. John's in your welcome to me these past few weeks. As many of you know this is a homecoming of sorts; St. John's was for many years my spiritual home, yet for nearly 17 years I have been serving other faith communities. It is wonderful to be here, and I am excited to experience with new eyes and ears this loving community. To borrow a phrase, meeting St. John's again for the first time.



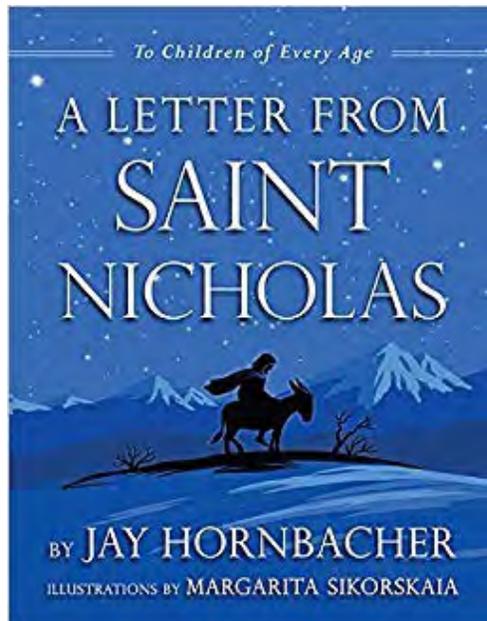
As your deacon, I am committed to bridge the needs of broken world with the compassion, love, mission, and discipleship of this community. To practice loving one another as Jesus loves us.

Over time, we will listen to each other's stories, the blessings and challenges of our lives, and the many ways that we are called to participate in being co-creators of the creator's blessed community. You will hear that I am a lifelong Episcopalian, peace maker, feminist theologian and philosopher, community organizer, aging hippie, husband, father, grandfather and great-grandfather. Or, as I wrote 20 years ago in preparing for my discernment, 'contrary to ordinary'.

I am thankful to be with you, to follow with you the [Way of Love](#), and once again to be transformed. Let's have coffee and share our stories on the way.

Blessings,
[Rex](#)

Book Event: *A Letter from Saint Nicholas*



Sunday, October 6th, 4:00pm in the Parish Hall

CHRISTMAS ALREADY? No, not for quite a while, thankfully. But there will be a touch of Christmas at St. John's with the launch of parishioner **Jay Hornbacher's** new book, *A Letter from Saint Nicholas, To Children of Every Age*. Jay calls this enchanting story "a made-up fable full of truth," as he takes a young Nicholas on a wondrous journey, accompanied by a magical donkey friend. The story asks us to remember that we are never too young -- or too old -- to be captured by wonder, mystery, and miracle. Beautiful illustrations by artist Margarita Sikorskaia accompany the book.

The event will feature Jay's reading, followed by a light reception, book sale, and signing in the Parish Hall.



Brown Bag Eucharist
Tuesdays, 12:15pm in the Chapel

We offer a weekly Eucharist in which you are invited to bring your lunch – at 12:15pm every Tuesday in the Chapel. During this service, during the liturgy of the Word, we eat our lunches, have a lively conversation about scripture, offer our prayers verbally to God, and then continue with the liturgy of the table. We conclude by 12:50 so people can get back to work.

Adult Forums

What helps us grow and be nourished spiritually? How do we connect the dots between Sunday morning and daily life? Come to the Adult Forum to discuss the [Way of Love](#) spiritual practices, and learn more about St. John's and our neighbors.

Pilgrim Presentation

Sunday, October 6th

2019 Pilgrims

Pilgrimage is without a doubt one of the highest and most well-loved experiences of St. John's deep and abiding commitment to children and youth. Be sure to come to Adult Forum to see a slideshow and hear from all of our Post-Pilgrims (now Confirmands!) about their experience on the Camino de Santiago from June!

What do you want to happen when you pray?

Sunday, October 13th

Ann Kraemer

Most of us know we "should" pray. Most of us, in times of difficulty, do pray – even if the word "Help!" is the only thing we can say. What is your experience of prayer? What do you really want when you pray? If the definition of prayer is "to dwell intentionally with God each day," what helps you do that?

Why are YOU here today?

Sunday, October 20th

Wendy Smith

Worship provides us with an experience that is communal, not just personal. The value of being in community is the practice of receiving and offering love from and to God, ourselves and each other. We'll explore whether healing is made possible when we gather together that is not possible when we are alone—which means your presence matters, even if it's not always for yourself! Ultimately, during worship we are invited to meet Jesus, and learn to recognize him throughout the week.

Sunday, October 27th

NO Adult Forum

It's Consecration Sunday! Join us at the 10am service and then stay for the brunch provided by our 2021 Pilgrims.



Small Groups

Conversations from the Heart

Saturday, October 12th, 12:30pm in the Library

As we turn toward autumn, we will be discussing how we cultivate balance as we go through the various transitions in our lives. You are invited to join us to share or just to listen; all are welcome. Contact [Nancy Herbst](#) with questions.



Lunch Bunch

Monday, October 21st, 12:00pm in the Parish Hall

On the 3rd Monday in October, Lunch Bunch will begin with a potluck lunch (*bring a dish to share!*), followed by a showing of a DVD movie titled "Still Dreaming", a thoughtful, humorous comedy about a group of retired actors living in an assisted living facility who have the energy to plan a stage production to show off their many talents. Come enjoy lunch and a reminder that aging is a time for sharing our many gifts. Contact [Barb Risken](#) with questions.



Fall Workday at St. John's

Saturday, October 26th, 8:30am

Many hands do make light work. We are looking for volunteers to participate in the fall work day to complete some much needed tasks before winter begins. On the checklist –

- Interior and external window washing
- Boiler room and the neighboring storage room clean up and rearranging
- Yard work, vine removal, and other outside tasks
- General cleaning

Supplies, materials, tools and crew leaders, along with coffee and some treats (to get the morning started) will be provided.

Please contact [John Corlett](#) or [Allen Gooch](#) to sign up. Thanks!



Our Saviour's Shelter Meal



Friday, October 11th

Please consider supporting our Shelter Meal Ministry!

We will again cook and serve a wonderful meal for guests at Our Saviour's Housing Shelter (2219 Chicago Avenue S Minneapolis, MN 55404). Please take a moment to see if you might be able to help!

Meal Prep - 3-6pm: Come to St. John's and help prepare salad, meal, etc. (3-4 people needed).

OR Deliver & Serve - 5:45-8pm: Come to St. John's and transport, deliver, and serve the food to guests at the shelter (5-6 people needed).

Show your commitment by signing up on the signup board in the Gathering Space. Thank you!

If you have questions, please contact [Caron Stebinger](#).

Affordable Housing Update and Workday

Our affordable housing partner **Urban Homeworks** (UHW) hosted an open house at 1317 Thomas Ave N on September 5th, to show a new home constructed in partnership with University of Minnesota NorthernSTAR Building America Team, who also partner with the U.S. Department of Energy. UHW is always looking for ways to make housing affordable and to improve the energy efficiency of housing. This was a spectacular exhibit of both of those goals. This brand new house was constructed without a single structural wall stud by using state-of-the-art materials developed at the U of M Bioproducts & Biosystems department. You can watch the time lapse construction over the 5 days from foundation to closed in [here](#).

The affordable housing crisis still exists, and this house is one of the methods Urban Homeworks is working to provide affordable, dignified housing. With the help of St. John's monthly volunteers, UHW provides housing for 557 people.

Our work days are the second Saturday of every month, and you don't have to be a skilled crane operator or carpenter to participate. Usually our job is to help 'turn over' apartments – interior painting and cleaning so a new family can move in. So if you can paint, clean or do light repairs, we have a job for you. Our work days are from 8:30 a.m. to 3 p.m. - the day starts with coffee, juice, and treats. We are treated to a terrific lunch and each other's company for the day.

If you can come one Saturday a year or every month, we will put you to work. Please contact [John Corlett](#) to sign up.



Next Workday:

**Saturday,
October 12th**

Music Highlight: Erik Stanerson



Q: In what ways do you share your musical gifts at St. Johns?

A: Chime Choir

Q: What music do you listen to?

A: Anything on the radio (The Current, MPR).

Q: Do you have a favorite musical artist, song or composition?

A: Ode to Joy

Q: Is there any particular music or musician that has influenced you?

A: Classical

Q: What musical endeavors do you pursue outside of St. John's?

A: Clarinet and learning piano.

Q: If you could meet any musical person, past or present, who would it be?

A: Beethoven or Bach.

Q: What is something people might be surprised to know about you?

A: Went to Spanish Immersion from K – 3rd grade.



Mark Your Calendars!

PEARSON THOMAS ♦ RAVEL ♦ PONCE ♦ ANDREWS SISTERS

WOW & FLUTTER

A RECITAL
FEATURING

HANNAH GREEN
CORISSA BUSSIAN
ALIESE HOESEL
JARED MILLER
DEANNA DAVIS
ERIN IVETE
ANNE TOBEY
TARA PRIOLO
ASHLEY SILVERS

NOVEMBER 9 7PM
ST. JOHN'S EPISCOPAL CHURCH
FREE ADMISSION

 ST. JOHN'S EPISCOPAL CHURCH

4201 Sheridan Avenue South
Minneapolis, Minnesota 55410
612.922.0396
www.stjohns-eppls.org

Children, Youth & Family News



Sunday School

Our Sunday School year is off to a great start! We had 55 children and youth in Sunday School on the first Sunday, and more teachers than any year since 2016. We can still use more help, especially if you'd like to be a Sunday School Grandparent – just contact [Shane](#)!

Sunday School meets on **October 6th, 13th, and 20th** this month – so, yes, we DO have Sunday School the Sunday of MEA weekend (as well as Adult Forum).

Youth Group (6th-7th Grade)

The St. John's Youth Group has two fantastic opportunities this month!

First, on Sunday, **October 13th**, we'll be headed to LuceLine Orchards! We'll go apple picking, use the corn maze, and generally enjoy the fall season (the apple catapult is a huge hit!). We'll pick up from St. John's at 2:30pm and plan to return by 6:00pm. Please RSVP to [Shane](#) by *October 8th* so we can arrange transportation!

Second, we'll have a movie night on Sunday, **October 27th from 5:00-8:00pm**. Shane will provide pizza, salad, popcorn and cocoa for during the movie! We'll be watching "The Book of Life" and talking about The Day of the Dead, All Saints and All Souls, and how we start to find out who we are meant to be.



Pilgrimage (8th-9th Grade)

The St. John's Pilgrims will meet for their first Potluck to start mapping our community values on **Sunday, October 6th from 6:00-8:00pm**. We'll talk about what inspires us, what comforts us, what makes us angry, and what we fear – and how the Spirit can help us face those things in the world.

Then, we'll meet for our first fundraiser event! We'll be at the church on **Saturday, October 26th from 1:00-5:00pm** to prep for Consecration Brunch. Then we'll gather again on **Sunday, October 27th at 8:00am** to get everything ready for one of St. John's biggest celebrations! We'll plan to be done by noon – because we only have one service this year, and one brunch to put on for the community!

MN TEC

TEC (Teens Encounter Christ) is a high school retreat for Episcopal students from all over Minnesota. It is almost entirely designed, led, and executed by teens to show other teenagers the overwhelming agape love of Christ in tangible ways. For all of our youth who have gone, it's become a rich source of community and support throughout the whole year.

MN TEC runs from Friday, October 18th to Sunday, October 20th and will be hosted at St. Paul's Episcopal Church in Duluth. Contact [Shane](#) for more information or to register!

Confirmation (10th-11th Grade)

Our Confirmation class has two main events in October. The first is Pilgrimage Sunday! The 2019 Pilgrims will present all about their trip to the Camino de Santiago on **October 6th** during the Adult Formation hour in the Parish Hall. Be on the lookout for different Sundays when individual Pilgrims will share about their experience as part of the service!

Secondly, we will have Confirmation Class on **Sunday, October 13th from 10:00-11:30am** in the large room under the Library. We'll build on our Episcopal Education from our September retreat!

All Confirmands are also invited to MN TEC over MEA weekend (see above).



The Way of Love at Home: Pray

Bishop Michael Curry describes prayer as “dwelling intentionally with God.” I know for me it’s a relief to have it phrased that way – it doesn’t say “talking to God.” I can pray in silence, with my body, in all sorts of creative ways!

One of our favorite things in Children’s Chapel you can easily modify for your home is using prayer beads. I don’t mean like a rosary! We have two containers of beads every Lent: one with bright, jewel tones, and another of smoky, purple ones. The bright beads become our thanksgivings and our joys that we share with each other before putting them into a bowl together – where God “hears” our prayers clack against each other. The purple beads are our sorrows and confessions and requests.

This prayer practice can become a simple “examen” for your family, a way to share joys and sorrows from the day in the presence of God’s Spirit. You can do this during or before a meal, before bedtime, or even as a way to center everyone after getting home from school or work. Try it out, and see what peace and love might come into your home by having an intentional time of prayer with God and with each other.

Shane Sanders Marcus

Minister for Children, Youth, & Families



Mark your Calendars!

New! Children’s Saints Procession

This year on the Feast of All Saints, **Sunday, November 3rd**, St. John’s is having its first-ever Children’s Saints Procession. All children (and the young at heart of every age!) are invited to come to church dressed as their favorite saint and to process with the clergy and ministers in both the 9:00am and the 11:00am services. Children already dressed in saint costumes should meet at 8:45 in the parish hall for the 9am service, or at 10:45 in the parish hall for the 11:00am service. After their procession, children will either go to children’s chapel or rejoin their parents in the pews. Children will also be invited to stand at the altar during communion.



Are you interested in being part of St. John's Vestry?

The Vestry is the governing board of St. John’s. The Vestry oversees the “business” side of church life, but it is also a spiritual body that, together with the Rector, supports the congregation to discern where God’s Spirit is leading us and how we can follow and support that leading. The Vestry consists of two Wardens along with nine other lay members, and is presided over by the Rector. Three new Vestry members will be elected for three-year terms at the annual meeting to be held in January of 2020.

If you have interest in being considered for Vestry nomination and are a pledging member, if you want to recommend someone for consideration, or if you would just like to learn more, please contact Lisa Wiens Heinsohn, Rector, or Allen Gooch, Junior Warden.

2019 Vestry

Senior Warden
Kathy Schweikart
(2020)

Junior Warden
Allen Gooch
(2021)

2020
Jay Hornbacher
Nigel Mendez
Laura Walvoord

2021
Beka Gonzalez-Olson
Jane Gilgun
Kaitlin McDonald

2022
Mark Halley
Shanti Mittra
Stacy Walters

Treasurer
Michael Morrow
(2021)

Clerk
Jane Haakenstad



Calendar of Events Oct 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:30am Staff Mtg 11:00am Tai Chi Chih 12:15pm Brown Bag Eucharist 5:45pm Chair Yoga 7:30pm Polaris/Alanon	2 12:00pm Spirit Grp 5:15pm Choir Dinner 6:00pm Children Choirs 7:00pm Chime Choir	3 1:00pm Alive & Aware	4	5 9:00am Safe Church 4:00pm Blessing of the Animals
6 8:00, 9:00, 11:00am Holy Eucharist 10:10am Educ. Hour 4:00pm Book Event 6:00pm Pilgrim Grp 7:00pm Cont. Prayer	7	8 10:30am Staff Mtg 11:00am Tai Chi Chih 12:15pm Brown Bag Eucharist 5:45pm Chair Yoga 7:30pm Polaris/Alanon	9 11:00am Yoga 12:00pm Spirit Grp 5:15pm Choir Dinner 6:00pm Children Choirs 7:00pm Chime Choir 7:00pm Festival Choir 7:00pm Liturgy Mtg	10 1:00pm Alive & Aware 7:00pm COH Mtg	11 3:00pm Our Saviour's Meal	12 8:30am Afford. Housing workday 12:30pm Conv. From the Heart
13 8:00, 9:00, 11:00am Holy Eucharist 10:00am Inquirer's Class 10:10am Educ. Hour 10:00am Confirm. Grp 11:00am Cent. Fund 6:00pm Youth Grp 7:00pm Cont. Prayer	14	15 10:30am Staff Mtg 11:00am Tai Chi Chih 12:15pm Brown Bag Eucharist 5:30pm Nomin. Mtg 5:45pm Chair Yoga 7:00pm Vestry Mtg 7:30pm Polaris/Alanon	16 11:00am Yoga 12:00pm Spirit Grp 7:00pm Festival Choir	17 1:00pm Alive & Aware	18 <i>Newsletter Deadline</i> TEC in Duluth	19 TEC in Duluth
20 TEC in Duluth 8:00, 9:00, 11:00am Holy Eucharist 10:10am Educ. Hour 7:00pm Book Grp 7:00pm Cont. Prayer	21 12:00pm Lunch Bunch	22 10:30am Staff Mtg 11:00am Tai Chi Chih 12:15pm Brown Bag Eucharist 5:45pm Chair Yoga 7:30pm Polaris/Alanon	23 11:00am Yoga 12:00pm Spirit Grp 5:15pm Choir Dinner 6:00pm Children Choirs 7:00pm Chime Choir 7:00pm Festival Choir	24 1:00pm Alive & Aware	25 7:00pm Open Mic	26 8:30am Fall Workday 1:00pm Pilgrims Prep Brunch
27 <i>Consecration Sunday</i> <u>8:00 & 10:00am</u> Holy Eucharist 11:00am Consecration Brunch 5:00pm Youth Grp 7:00pm Cont. Prayer	28 7:00pm LHHS	29 10:30am Staff Mtg 11:00am Tai Chi Chih 12:15pm Brown Bag Eucharist 5:45pm Chair Yoga 6:30pm Finance Mtg 7:30pm Polaris/Alanon	30 11:00am Yoga 12:00pm Spirit Grp 5:15pm Choir Dinner 6:00pm Children Choirs 7:00pm Chime Choir 7:00pm Festival Choir	31 1:00pm Alive & Aware		