



THE CALLER

Christ Episcopal Church, Red Wing, MN

January 2024

A Special Message From . . .

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Jr. Warden: Kris Blaney
Zoe Malinchoc-DeVoe (2024)
Hugh Wronski (2024)
Elaine Hoisington (2025)
Erik Prink (2025)
Ron Weitnauer (2026)
Brendan Kelly (2026)
Teri Van Allen (2026)

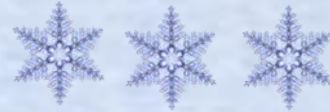
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Dear Friends in Christ,



The church calendar is a funny thing sometimes. I'm writing this newsletter article just a couple of days before Christmas, yet by the time we prepare, print, and mail The Caller the twelve days of Christmas will nearly be over by the time you read this. We'll have almost moved into the season of Epiphany – a season that many (including me!) can struggle to understand. It's not Advent – the season of waiting. It's not Lent – the season of self-examination and transformation. What is Epiphany, and why does it matter?

“Epiphany” comes from a Greek word that means some sort of illuminating discovery, realization, or disclosure. Many, if not all of us, will have had an epiphany at least once in our lives. Often it's that moment of clarity that strikes when we're facing a challenging or confusing situation. For me, it was the moment during that first week of law school when I realized – clearly and suddenly – that I wasn't supposed to be there. More often than not, epiphanies are like getting the picture to the jigsaw puzzle we've been working on. Epiphanies give us the perspective we need to put all the pieces together.

The Gospel stories during the season of Epiphany describe various events in Jesus' life that manifest his divinity. On the Feast of the Epiphany, we celebrate the coming of the Magi to Bethlehem. But on other Sundays we hear the stories of the Baptism of our Lord, the wedding at Cana, the calling of the disciples, and various other miracles and teachings. On the last Sunday of Epiphany – the Sunday before Ash Wednesday and the beginning of Lent – we always hear the story of Jesus' Transfiguration, where Jesus' identity as the Son of God is dramatically revealed.



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Continued from . . .

Pastor Aaron Twait



And so as we move through this season of Epiphany, I wonder where we might be meeting Christ in our daily lives? Over the next few months, we'll have opportunities to deepen our lives of prayer. Opportunities to stop our busy-ness and listen for the still, small voice that is God. Opportunities to open ourselves to those moments of clarity that come when we experience Jesus as the one who was present at the Creation – the Eternal Word through whom all things were made.

Christmas has offered us the hope that comes from knowing that God has come to be with us as one of us in Jesus Christ. The question Epiphany asks is – when we experience that presence for ourselves, how will we put the pieces together so that the presence of Christ is manifest in us?

Wishing you all a blessed Epiphany,

- Pastor Aaron





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Resolutions!



By Kris Blaney

Resolutions:

It is a tradition when ringing in the new year. We put together a mental list of the things we are going to do in the new year. But how many of you follow through with that list? Researchers suggest that only 9% of Americans that make resolutions complete them. In fact, research goes on to show that 23% of people quit their resolution by the end of the first week, and 43% quit by the end of January. Let us look at a different approach.

As we enter 2024, let us look at changing that thought process to **“Intentions”**, rather than **“Resolutions”**. Resolutions tend to be clearly defined and specific but also judge behaviors as either good or bad. So, things like changing a current habit suggests you have a bad habit or need to change how you are doing things. And really, we do not have unhealthy habits, right?

Intentions are a softer approach, they are a more compassionate way of addressing the voice inside your head that says, “maybe we should do this.” It tells us it is time for something to shift but in a more self-empowering way. The best thing about intentions is they can become a daily practice or explore when the heart compels you. And there is no right or wrong time to practice intentions.

To help you start practicing intentions, I pulled the below from an article, **“Resolutions vs. Intentions: A Soft Surrender into Our Highest Self.”** Here are some ideas to help you:

To begin, find a quiet space where you will be undisturbed (universe permitting) for ten to fifteen minutes. You might like to set up your space with a candle, a journal or soft music. Whatever settles the soul is welcome here.



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Resolutions continued



By Kris Blaney

- Take your time to reflect upon what is moving through various realms of your life – your relationships (romantic, familial, and other), your work and sense of purpose, your creativity, your leisure time, your quiet time, and all other nooks of life. Consider where you feel as though too much, or too little energy is flowing at present.
- Take a bird's eye view of where things feel unbalanced, enquiring deeper about what virtues, qualities or commitments might be missing. Is patience required? Is seriousness outweighing playfulness? Is compassion missing – for self or for others? You might use your journal to jot down your thoughts or any single word that comes to mind.
- After five to ten minutes of contemplation, place everything aside, close your eyes, and put what you have discovered into a single sentence of intent. Examples of intentions include:
 - I intend to let myself move freely and confidently, embracing the wisdom, beauty, and radiance of my truth.
 - I intend to open my heart wider, to both myself and to my partner.
 - I intend to prioritize space – to be and to breathe.

Your intentions might be framed in a single word, such as 'compassion,' or they may be more detailed as in the examples above. Spend about five minutes reflecting or meditating upon your intention, feeling into these words as though their truth already rings through every cell of your being. What does it feel like to embody this energy? Can you let these intentions be true in this very moment?

Let us enter 2024 with the intention of being a good neighbor, and loving others.

(Source - <https://insighttimer.com/blog/resolution-intention-setting/>)

Blessings,

Kris Blaney



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Community Engagement Team



Food Drive

The Community Engagement Team will be doing a food drive from January to March.

They are especially needing the following items:

- Money
- Peas
- Peppers
- Potatoes
- Squash
- Tomatoes
- Apples
- Beans
- Carrots
- Oranges
- Onions
- Pears
- cereal, canned fruit, stew, chili, diced tomatoes, sloppy joe sauce and pasta.



All items can be dropped off in the bins at the back of the church and parish hall. If you are donating money, please drop off at the church office with a memor: “food shelf”.

Thank you so very much for your participation and contribution.

It will be appreciated by many!



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Blue Christmas



On December 21st, a very special service was held for those who feel a little differently about the holidays. It brought peace and comfort for many. Thank you Deacon Vicki for all your love and caring! We're so glad you're here.

Cookie Decorating ...



Plenty of icing, decorations and smiles!





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Community Engagement Notes

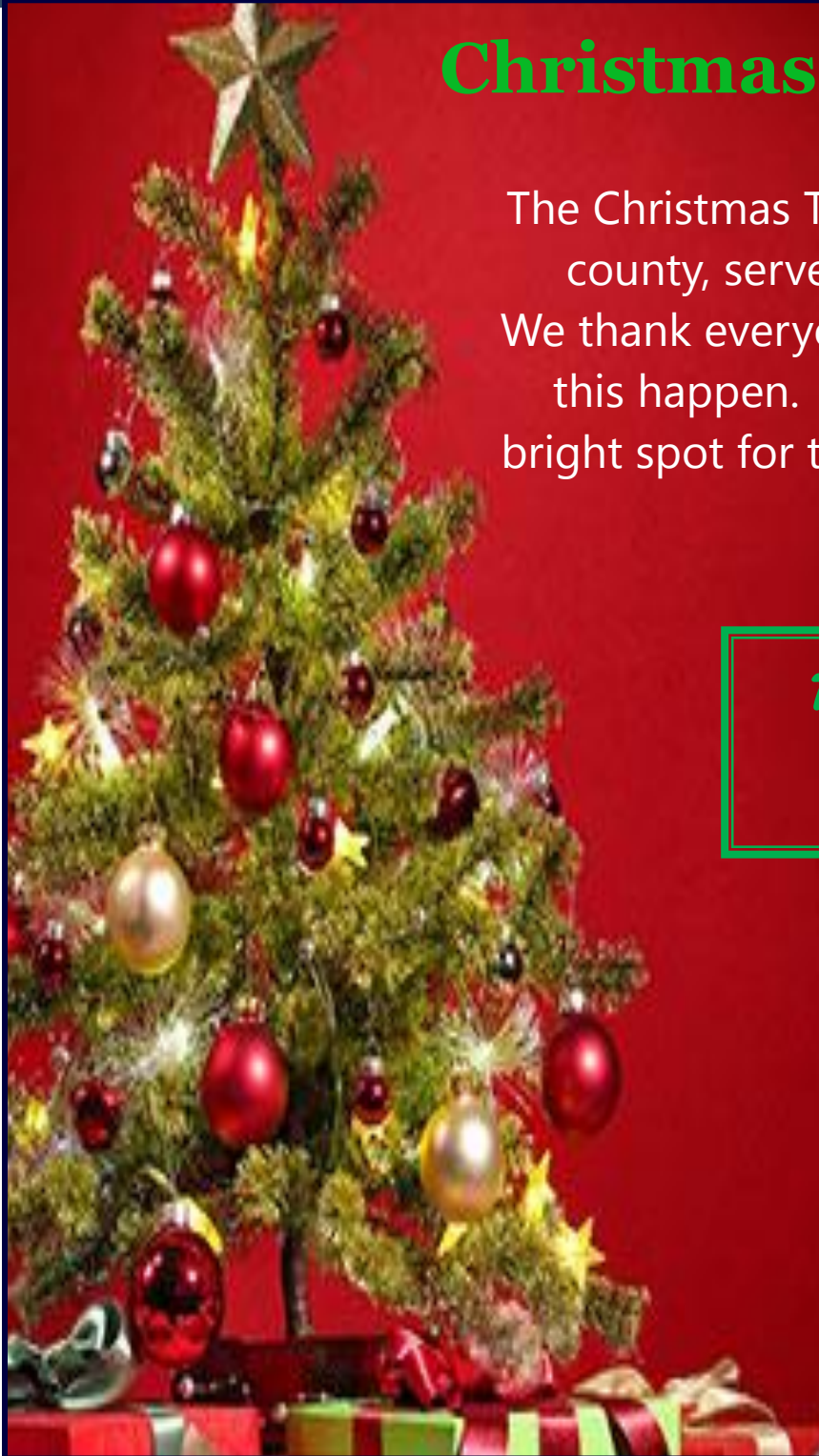


Pat Martin

Christmas Tree Project

The Christmas Tree Project for Goodhue county, served 3 families this year. We thank everyone who helped to make this happen. We know it brought a bright spot for the families on Christmas morning.

*Thank you for your
generosity!*





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Friday Fun Night!



Chili and Trivia!



Chili Dinner &

Trivia Contest

Enjoy a chili supper and after, we'll split into teams for a trivia contest. Not wishing to participate in the contest? No worries! Just have some laughs and enjoy the fellowship.

Come one, come all!
Jan 19th
5-7pm

More Friday Fun!!!



Bunco



ECW

presents

Bunco Night

and

Soup Supper



All ages are welcome!
Don't know how to play? No problem...
Super easy to learn!

Saturday, Feb 3
5 - 8pm



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Christ Church History



Watch in our next Caller for an article about our first Rector, Rev. Edward R. Welles.

Food for thought . . .

Coat Shed

It's hard to believe, but they are already running low on coats, hats & gloves.

If you have any available please bring them by the church.



Thanks!

Library

We have a lovely library in our church! Anyone have any suggestions on how to encourage people to use it more?

What about having a potluck/ quiet time where we use our library or bring something to read?



Just a thought...



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January 2024 Scheduled Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:00pm Jr. Guild Meeting	2 1:00pm Sewing Group 	3 10:00 am Eucharist 5:00pm Hospitality Meeting 5:00 pm Women's AA 6:30 pm Choir Rehearsal	4 6:30pm MOPS	5	6 10:30am Community Engagement Team 7:00 pm NA in Youth Room
7 9:00 am First Sunday Celebration!  8:00 am Eucharist 10:00 am Eucharist	8	9 5:30pm Property Committee	10 10:00 am Eucharist 5:00 pm Women's AA 6:30 pm Choir Rehearsal	11	12 7:00pm Crossroads NA	13 10:30am Community Engagement Team 7:00pm Crossroads NA
14 8:00 am Eucharist 10:00 am Eucharist 7:00 pm Recovery Worship @ Colvill Park 	15 11 to 12:30pm MLK Interfaith Presentation & Lunch	16 5:00 pm Vestry Meeting	17 10:00 am Eucharist 5:00 pm Women's AA 6:30 pm Choir Rehearsal	18 6:30pm MOPS	19 <u>Fun Night!</u> <u>Chili Supper & Trivia!</u> 7:00pm Crossroads NA	20 9:30 am ECW Meeting 7:00pm Crossroads NA
21 8:00 am Eucharist 10:00 am Eucharist 12:00pm Featherstone Booster Meeting	22 4:30pm Altar Guild	23	24 10:00 am Eucharist 5:00 pm Women's AA 6:30 pm Choir Rehearsal	25	26 7:00pm Crossroads NA	27 7:00pm Crossroads NA
28 Annual Meeting 11:00am (approx.) 	29	30	31 10:00 am Eucharist 5:00 pm Women's AA 6:30 pm Choir Rehearsal			



2/3 ~ Fun Friday! Bunco & Soup Supper!
2/16 ~ There will be something special for Valentine's Day. Watch for it!

Flyers are at church!



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January Birthdays and Anniversaries



Birthdays

4 Freyja Knutson
 11 Becca Knudsen
 13 Babs Knudson
 18 Matthew Knudson
 21 Lori Remus
 25 Joyce Koerner
 27 Barrent Blaney
 29 Shawn Blaney
 30 Randy Johnson



Altar Memorial Flowers for January



January 7

Chapel In memory of parents, wife and her parents
David Van Houten

Church In memory of Parents; Joe and Jane Welke & Willie and Margaret Wilson
Mike & Jeannette Wilson

January 14

Chapel In memory of Parents and Grandparents
Mary Brunner

Church In loving memory of Lloyd "Noisy" Johnson
Joe Johnson

January 21

Chapel In memory of Alva and Ginevra Ervin & Deane and Ellen Valentine
Ernie, MaryAnn & Rich Valentine

Church In memory of Nick and loved ones
Nada Peters, James Touche' - Peters & Mary Foley

January 28

Chapel Lorna Park Foot
Foot Foundation

Church CHURCH OPEN

