



The St. Stephen's Senior Newsletter

NOVEMBER, DECEMBER 2018 & JANUARY 2019

St. Stephen's Episcopal Church — Edina, Minnesota

*Dear beloved senior members of St.
Stephen's!*

As the year 2018 winds down and we reflect on what we accomplished (and all that was "left undone"), some will make New Year's resolutions and some of us will just accept that we can't do it all but must try, try again.

Try to finish our to-do lists, try to rake up the leaves before the snow flies, try to remember to call a friend who is struggling, and try to accept those who think, look and act differently than we do.

At St. Stephen's personnel and programs may change, the treasury ebbs and flows and occasionally Fourth of July parades get drenched. But what shouldn't change is the unofficial mission statement of our church that our rector, Fr. Tom, expressed as "*All are welcome here. Seriously. All.*" That is important now more than ever before where "Peace on Earth, Good Will to Men" seems sometimes to be in short supply. That is a New Year's Resolution we can all agree on.

We wish you a bountiful Thanksgiving, a blessed and glorious Christmas and a peaceful new year full of friends (old and new) and completed to-do lists!

Connie Brekken, Editor
952-893-0512

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Co-Editor

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WE HAVE A NEW ASSISTANT RECTOR!

The **Rev. Amelia Arthur** has accepted a call to serve at St. Stephen's Church. She will start Sunday, November 25. Watch for a complete interview with her in the next issue.





CALL THE CHURCH OFFICE WHEN...

St. Stephen's main number: 952-920-0595

You need pastoral care	Fr. Tom Cook
You wish to plan a funeral or memorial service.....	Fr. Tom Cook
You want to add a name to the <i>Prayer Chain</i> or the <i>Prayers of the People</i>	Deen Hubin
You or a loved one has been hospitalized	Fr. Tom Cook
You wish to be baptized.....	Fr. Tom Cook
You are interested in becoming a member	Fr. Tom Cook
You need Holy Communion in your home	Fr. Tom Cook
You wish to give flowers on the Sunday altar	Deen Hubin
You have questions about your pledge.....	Nancy Wood
You have a new address, phone number or email	Deen Hubin

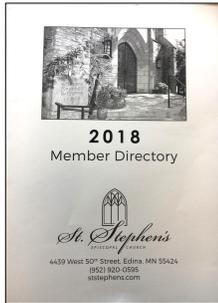


PHOTO DIRECTORY UPDATE

It is time for the annual update to the church Photo Directory.

That means YOU, if you:

- Are new to St. Stephen's or
- Are not new but your contact information has changed,
- Did not give us a picture of yourself or
- Gave us a picture you want to replace with a new one,

Call Deen Hubin at 952-920-0595.
He will tell you what he needs.

NOTE:

The church office will be closed from Christmas Eve to New Year's Day.

IN REMEMBRANCE...



OF CURRENT MEMBERS

Charles Hanson, age 93. Died August 23, 2018. Memorial service at St. Stephen's September 22.

David Lilja, age 80. Died September 12, 2018. Memorial service at St. Stephen's September 21.

AND OF THOSE WE KNEW AND LOVED

Robert Matson, age 74. Died September 15, 2018. Husband of Francie Matson, brother of Jim Matson. Memorial service at Centennial Lakes Pavilion September 24.



PLAN AHEAD!

Mark your calendar for *Tuesday, February 19*. Our guest speaker at the February Senior Fellowship Luncheon will be **Marcia Zimmerman**, senior rabbi at Temple Israel in Minneapolis.

SENIOR FELLOWSHIP ANNUAL ADVENT— CHRISTMAS LUNCHEON

Friday, December 7, 2018

12:00 to 12:30 Cash Bar

12:30 p.m. Lunch

Edina Country Club

(Valet Parking Provided)

Join us for our annual Christmas luncheon with musical entertainment by St. Stephen's own:

**Clark Duhrkopf and
Bryon Wilson**

(and perhaps a few surprises).



Make your reservation now! Cost is \$25.00 per person

To make a reservation mail your check (payable to St. Stephen's Church) in the enclosed envelope or drop it in the collection plate on Sunday. Please write "Senior Fellowship Luncheon" on the memo line. Last day to make a reservation is *Monday, December 3*. (Your check is your reservation.)

The menu will be peppercorn salad, Portobello chicken, white and wild rice pilaf blend, bread baskets, asparagus, and white and chocolate holiday frosted cupcakes for dessert.

Reservations are limited, so please make your reservations early!



UPCOMING PROGRAMS & SERVICES

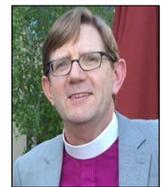
A VETERANS' DAY CONCERT — Sunday, November 11 at 2:00 p.m.

The St. Stephen's Music Ministry offers another wonderful program in honor of Veterans' Day. The patriotic tribute will include "A Salute to Our Armed Forces", "The Christmas Truce of 1914" and a patriotic sing-a-long. The event is free and open to all, so invite your friends and neighbors.



A MINI-RETREAT WITH BISHOP PRIOR — Saturday, December 1

Bishop Brian Prior returns to lead a one-day mini-retreat. He invites you to pause for a time to share worship, reflection, and prayer in the season of Advent. It is a time to gather thoughts, energize your spirit and focus on faith in this holy season. Bishop Prior will guide prayers and reflections.



COMMUNITY UNITY SUNDAY — Sunday, December 2

Join us after the 9:00 am service for refreshments and to meet someone you may not have met before.



ADVENT WREATH MAKING — Sunday, December 2

Bring your family between morning services to this intergenerational event and make an Advent wreath to take home. Cost is \$10 for a wreath, candles and decorations. But bring a wreath that you purchased last year and new candles and decorations will only cost \$5.

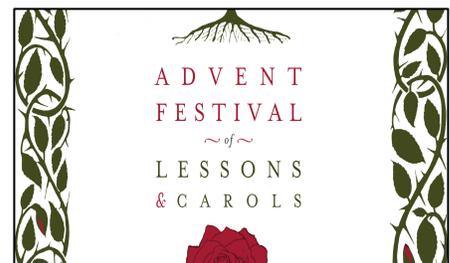
ADVENT FESTIVAL OF LESSONS & CAROLS

Sunday, December 9 at 9 a.m.

Service with readings of the Lessons. Music with the Parish Choir, Children's Choirs and the Creekside Ringers.

Sunday, December 16 at 11:15 a.m.

Service with readings of the Lessons. Music with the Revelation Gospel Choir and the Jazz Combo.



BLUE CHRISTMAS SERVICE Thursday, December 20 at 7 p.m.

This is a service of *Hope and Remembrance* designed for people who might find this Christmas a challenge from prior Christmases because of the death of a loved one, a broken marriage, a loss of a job, addiction, or a spouse or child serving in the military. It is a beautiful and moving service where candlelight, music and the Eucharist play a significant role. The service features music by our Revelation Jazz Combo.

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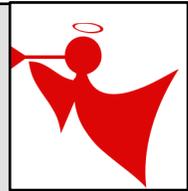
CHRISTMAS SERVICES

Christmas Eve, Monday, December 24

- 2 p.m. Family service with Christmas pageant and children decorating the Christmas tree
- 5 p.m. Traditional service with organ and brass
- 8 p.m. Traditional Holy Eucharist with parish choir and organ
- 11 p.m. Traditional candlelit service with Holy Eucharist and parish choir

Christmas Day, Tuesday, December 25

- 10 a.m. One morning service – an informal service with Holy Eucharist and music in the sanctuary.



ST. STEPHEN'S ANNUAL MEETING — Sunday, January 27

There will be *one* morning service at 10:00 a.m. followed by the annual meeting. Lunch will be served across the street at the Edina Country Club.



COMMUNITY UNITY SUNDAY — Sunday, January 6

Join us after the 9:00 am service for refreshments and to meet someone you may not have met before.



WOMEN IN FELLOWSHIP — Saturday, January 19 from 8:30 to 10:00 a.m.

Join women of all generations to exchange ideas and grow together spiritually. Our speaker will be **Gailen Krug**. Continental breakfast begins at 8:30 a.m. in the Commons Room and the program begins at 9:00. Join us in fellowship as we greet old friends, make new ones and generally refresh our spirits and bodies (with continental breakfast).



ST. STEPHEN'S BOOK CLUB

Our book club meets every month on the second Tuesday at 1:30 PM in the library. All book lovers are welcome to come and discuss the current selection. Please join us!

- December 11 "A Christmas Memory" by Truman Capote
- January 8 "The Rent Collector" by Camron Wright
- February 12 "Angle of Repose" by Wallace Stegner



THE MARTYRS

It is not uncommon for both visitors and members of St. Stephen's Parish to read or hear about something called "The Martyrs" and wonder what or who that is and how it fits into the life of our church. We thank Jim Bernstein for answering those questions and more.

Now almost ten years old, The Martyrs is simply a group of men of St. Stephens who meet faithfully nearly every Wednesday evening for an hour or so at the Edina County Club to discuss with each other topics as diverse as the lives of the men who participate.

The Martyrs is the brainchild of former Rector Neil Willard who wanted to create an opportunity for the men of St. Stephen's to gather regularly to both socialize and share with each other their ideas and opinions about faith and the issues of the day. Over the past ten years we have considered an extraordinary range of topics from the life of our church and its mission to almost every social, political, economic, and spiritual issue one can imagine. We have had show-and-tell sessions, sessions about faith in action, sessions about what it means to be Christian men and Episcopalian, sessions about activities we enjoy, sessions about what we have done and left undone with our lives, sessions about what we would do over again, sessions about where or how we grew up, where we traveled or would like to visit, and even a few sessions where there was no topic at all.

A typical session will have 14-17 men gathered at the table (David Sudduth usually arrives early to set up the room) although in the summer that number drops a bit to 10-12. The first eight meetings were held at local restaurants but there was simply too much noise or not enough space to accommodate us. When the Edina Country Club offered a quiet room with food and beverage options plus a convenient location, the Martyrs located there permanently.



What makes Martyrs a bit different from other church groups is that each week a different fellow is responsible for choosing the topic for that week and may do as much or as little preparation as he chooses but must come up with a topic and lead the discussion. Now that is not to say that each discussion is rigidly focused and strictly on point! It is not unusual to start in one place and sixty minutes or so later wind up someplace different than where we thought we might go. But, that is perfectly acceptable since we are not there to reach any kind of consensus or resolve any issue – we are there to listen to each other, sometimes question assumptions or assertions, oftentimes to explore ideas or points of view that we may not have considered but always, always to do so as men of faith and goodwill.

After meeting for some months, The Martyrs adopted what is now known as the Dempsey Doctrine (named after Jack Dempsey who proposed it) that requires we start each meeting with a prayer and song. The choice of prayer and music is solely the responsibility of that evening's leader. It may include a hymn or popular music from many different genres. The prayer can be one composed for the topic that night or from any source the leader chooses.

While Martyrs started as a discussion group for men, we have taken on additional projects. Rector Tom Cook's first Christmas with us found him not certain who was responsible for decorating the church. He sent an e-mail asking if "a few" Martyrs would be willing to help out on a Saturday morning: more than 30 guys showed up! Since then we have taken on the Pancake Supper, the Fish Fry, and assorted other projects as needed.

There is no formal membership – any man can come as often or as little as he is able. One does not have to be a member of St. Stephen's. We do keep an e-mail list (many thanks to Jim Bizal) to circulate the topic, suggest some questions that we may want to consider about that topic, and some articles or sources that might help inform us about that topic. We meet at 7 p.m. in the Card Room at the Edina Country Club. Meals and drinks may be purchased; the parking and the popcorn are free, and the fellowship is fantastic!

THE TWELVE DAYS OF CHRISTMAS

The familiar seasonal song, “The Twelve Days of Christmas” has been around for a long time. But did you know how long? According to the book, *“A Book of Feasts and Seasons”*, the song was used as a form of catechism from the 1500s to the 1820s with children being taught their doctrine as outlined below.

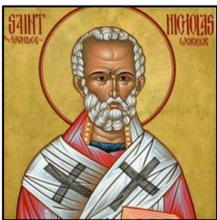
1 st Day	“My True Love” — God “Partridge” — Jesus “Pear Tree” — Apple tree in the Garden of Eden
2 nd Day	2 “Turtle Doves” — Old and New Testament
3 rd Day	3 “French Hens” — Faith, Hope and Charity
4 th Day	4 “Calling Birds” — Four Gospels
5 th Day	5 “Gold Rings” — First five books of the Old Testament
6 th Day	6 “Geese a-laying” — Six days of Creation
7 th Day	7 “Swans a-swimming” — Seven gifts of the Holy Spirit
8 th Day	8 “Maids a-milking” — Eight Beatitudes (Matthew 5:3-12)
9 th Day	9 “Ladies Dancing” — Nine Fruits of the Holy Spirit (Galations 5:22-23)
10 th Day	10 “Lords a-leaping” — Ten Commandments
11 th Day	11 “Pipers Piping” — Eleven Faithful Disciples
12 th Day	12 “Drummers Drumming” — Twelve Points of Belief in the Apostles’ Creed



THE SUNDAY SCHOOL ROOMS HAVE NEW NAMES!

Our new Youth and Children's Ministers have been busy creating new programs for our youngest members and encouraging new ways of thinking. One change they have implemented is assigning names of saints to the rooms used by the children and youth. Here is a description of each room.

The nursery is now known as **St. Julian's Nursery**. Her work *Revelations of Divine Love* is known to be the very first book in the English language to be written by a woman. In her book, St. Julian of Norwich describes God as a mother, holding up her children to her breast for nursing and comfort. In her thirties, Julian experienced two days of a mystic encounter with God and spent the rest of her life (living into her 70s) contemplating her experience. During that time, she clung closely to God. We name the nursery in her honor, recognizing that the journey to seek God's face takes a lifetime but can begin when we are young. The nursery is for children three years old and younger.



The two rooms used for Children's Ministry were named for **St. Nicholas and St. Francis**. These two saints were chosen because they tend to be the two saints that we celebrate the most within the life of the church – especially in Children's Ministry. In October, we celebrate St. Francis with an animal blessing and in December, we celebrate St. Nicholas by leaving out shoes to be filled with treats. St. Nicholas is also the patron saint of children! The St. Nicholas room is located across from the nursery and is used on Sunday mornings between services for the younger participants in God

Squad, three years old to grade two. St. Francis is located in the education wing and is used on Sunday mornings between services for the older participants in God Squad in grades three to five, as well as on Wednesday nights for Quest, Kindergarten to grade five.

The **St. Joan of Arc Room** is the former Christian Education Resource Room. Twice a week, this room hosts the Youth Group's "unstructured" programming. In the spirit of Saint Joan, the room allows our youth freedom to express themselves through drawing, molding, reading, or listening to music. It invites our young people to a space of prayer and contemplation at times as well. Furthermore, it is a great space for fellowship and playing games together. The room has been dubbed the St. Joan of Arc Room because when you enter it, you can't be afraid to shake things up a bit! The room is for all youth in grades six to twelve.



Our two Confirmation Program rooms have been renamed the **St. Felicity and St. Perpetua Rooms**. During the Confirmation journey, our young people explore why Christianity matters in modernity. But in order to understand why it matters now, they must know why it mattered before. The martyrdom of Saints Felicity and Perpetua speaks to why it matters. In facing their imminent and violent demise, Saints Perpetua and Felicity held fast to their faith, professing the love of Christ even within their jail cells. The rooms are named after these women because their story can tell us much about why faith matters even when the world tells us otherwise. Eighth graders can be found in the St. Perpetua Room and ninth graders in the St. Felicity Room.



The Youth Group room has been renamed the **St. Ignatius Youth Room**. Saint Ignatius is known for his collection of spiritual guidance, exercises, suggestions and prayers called *The Spiritual Exercises* and is one of the most influential books on spirituality ever written. Moreover, his work encourages Christians to move from contemplation to actions or "contemplative action." Our youth program is similar. We engage in spiritual practices but also think about how our faith has an impact in the wider world. We ask tough questions and seek the Holy Spirit to lead us to how we can make a difference. Both Prism for grades six and seven and Spectrum for grades ten to twelve use this room.



VETERANS' DAY, NOVEMBER 11

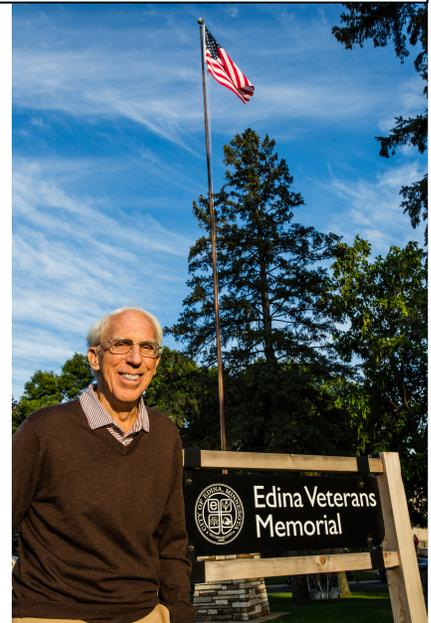
In honor of Veterans' Day we thought this story was timely.

Next time you walk past Utley Park, across the street from the church, look up at the large flag flying from the Edina Veterans Memorial flagpole.

When Mike Burnett's father, George, died in 1989, a large American flag was presented to the family to drape the coffin because George was a veteran who had served in the Army medical corps. Mike and Susan had the flag for many years, but it was so large that they could rarely hang it anywhere.

One day Mike noticed that the flag flying in Veterans' Park was small and out of proportion to the large flagpole, so Mike contacted Mayor James Hovland and offered to donate his father's flag to replace the existing, smaller flag. Ultimately approval was granted and now the Burnett flag has a permanent home in Veterans Park.

Thanks, Mike!



IF YOU'VE BEEN GONE, HERE'S WHAT YOU MISSED...



The annual pig roast.



Wishing **Cammy Cartung** best wishes on her retirement as bell choir director after 26+ years.



Hearing the Grace Notes Choir sing.



Baptisms in the creek.



Congratulating **Sonja and Dan Flory** on 60 years of marriage.



Blessing of the animals.

INSIDE OUTREACH

DO YOU KNOW SOMEONE WHO NEEDS A HELPING HAND? VEAP SERVICES & COMMUNITY RESOURCES FOR SENIORS CAN HELP.



I recently met with members of the Senior Ministry Committee to brainstorm ideas for Outreach service opportunities to benefit senior parishioners in 2019. A good deal of our discussion centered on the fact that while St. Stephen's has many older parishioners, not all attend church regularly for any number of reasons, and that got me thinking. What can we do to be of service right now?

When someone doesn't "show up" at my office, we call their home to find out if they're sick, hurt, or need some other kind of help. (I work with a bunch of 20-somethings and they DO need to be checked up on occasionally!) But what about our older friends, neighbors, and fellow parishioners? How can we make sure that someone is checking on them, too?

If you know of someone who could use help with meals, transportation, home maintenance, Volunteers Enlisted to Assist People (VEAP), has services designed to benefit seniors in our neighborhood or has a list of resources and groups that may be able to help. VEAP was recently awarded a new three-year rolling grant by the Outreach Committee and will receive funding to support its programs through 2021. One of the primary reasons that Outreach chose to fund the VEAP grant application was because of their commitment to help all people in need, of all ages.

Many of VEAP's senior-oriented services are associated with food, transportation, or a combination thereof, like **Rides Home from VEAP's Food Pantry**. This program provides rides home from the Pantry for people with transportation barriers, and who make their way to the VEAP facility via public transit, family or friends. More than 50% of these rides are for seniors, making it possible for those who can get to VEAP to get a comfortable, safe ride home with groceries in hand. The VEAP website lists many non-VEAP community resources and services designed especially for seniors who need extra help. If you're aware of someone who needs assistance with food, transportation, home repairs, or other issues, review the list below and pass any pertinent information on to your friend. So many times, we take for granted that someone else is checking on the person who might be hungry or isolated. The Community Resources for Seniors list below (courtesy of the VEAP website) makes it just a little easier to offer help and information when the need arises.

HOME (Household and Outside Maintenance for Elderly) 952.746.4046

Low cost, sliding-scale and free household and outside maintenance services in Bloomington, Richfield, Edina, Eden Prairie and St. Louis Park for adults 60+ in Hennepin County. Services include homemaking, mowing, snow removal, minor repairs and yard cleanup.

Meals on Wheels

Hot meals delivered to home M-F 11AM-1PM; Sample meal includes one entrée, vegetable, fruit, roll, and milk; low-sodium diabetic, Kosher, Asian, Somali meal options; cost ranges from \$4-\$6 per meal, but financial assistance may be available
Bloomington: 952.835.1665
Richfield, Southwest Minneapolis: 612.990.5398
Edina: 952.292.2579



Senior Community Services 952.541.1019

Programs include: **HOME** (952.746.4046), **Senior Outreach** (612-770-7005) – In-home counseling and case management to help seniors remain independent in Suburban Hennepin County. Caregiver services include coaching, support groups and consultation.

Senior Linkage Line 1.800.333.2433

Information & Assistance specialists to connect callers to services in the area including housing options, health insurance counseling, housework, transportation, prescription drug help, etc.

Senior Partners Care 952.767.0665

This statewide program helps low to moderate income Medicare beneficiaries limit their out of pocket medical expenses by filling the gap that Medicare leaves behind.

Store to Door 651.642.1892

info@storetodoor.org

Grocery delivery (and Rx pick-up/delivery through Cub Foods pharmacy) for seniors 60+, minimum order of \$25; delivery fees vary but clients may be eligible for subsidized fees; groceries can be unpacked and put away for clients in home.

Leslie Gibson

SEPTEMBER SENIOR FELLOWSHIP LUNCHEON



Our speaker, Richard Thieme, and his wife Shirley.



*"Work as if you were to live a hundred years.
Pray as if you were to die tomorrow."*

Benjamin Franklin



*"Some cause happiness wherever they go; others
whenever they go."*

Oscar Wilde



St. Stephen's Episcopal Church
4439 West 50th Street
Edina, MN 55424

The Senior Ministry Committee wishes you all...

HAPPY THANKSGIVING!

MERRY CHRISTMAS!

HAPPY NEW YEAR!