



# The St. Stephen's Senior Newsletter

NOVEMBER, DECEMBER 2017 AND JANUARY 2018

St. Stephen's Episcopal Church — Edina, Minnesota

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

A new season, a new reason to be thankful — for friends, old and new, for the community of St. Stephen's to which we belong and for the blessings we enjoy. We welcomed new members in October and also visited senior members living at Friendship Village.

If this is not your favorite time of year or it brings little joy, note that there is a new service planned called **"A Blue Christmas"**, a service of *Hope and Remembrance*.

Speaking of a new season, Advent begins the church year December 3 so we thought we could all use a refresher on the church calendar and the symbolic colors associated with each season.

Blessings of the season to you and yours!

Connie Brekken, Editor  
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Jane Parry  
Co-Editor

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You are cordially invited to the  
**Senior Fellowship  
Christmas and Advent  
Luncheon**

Friday, December 1, 2017  
Edina Country Club





## 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.....	Lisa Wiens Heinsohn
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



### THE NEW

On Sunday evening, October 29, 2017, Bishop Brian Prior came to St. Stephen's to baptize, confirm, reaffirm or receive twenty-one adults.

He was here in May to confirm a group of young people, but as you can see from the picture, if both the adults and youth had met on the same day, there would have been little room for the rest of us.

### THE NOT QUITE NEW

Friendship Village of Bloomington is a popular senior residence for a number of St. Stephen's members. Our rectors bring Holy Communion the third Tuesday of every month to anyone who cares to participate — residents, guests and friends. In October Lisa led a service for 15 people.

Diane Marshall (pictured below in blue vest) is dubbed "the deacon" by some as she types up and sends out monthly reminders to all St. Stephen's residents and other regular attendees, puts a notice on Channel 6, the in-house electronic board that lists activities scheduled for the day, and sometimes assists with Holy Communion.

**Anyone and everyone is welcome to join them!** They enjoy seeing friends from St. Stephen's and would love to see you. The service begins at 10:30 a.m. and lasts about 30 minutes.

Ask for directions at the desk when you arrive, or ask them to call for someone to come down to meet you.





# **SENIOR FELLOWSHIP ANNUAL ADVENT-CHRISTMAS LUNCHEON**

**Friday, December 1, 2017**

**12:00 to 12:30 Cash Bar**

**12:30 p.m. Lunch**

**Edina Country Club**

**(Valet Parking Provided)**

Join us as we celebrate the season with a wonderful lunch  
and Christmas songs by St. Stephen's own:

**Clark Duhrkopf and Bryon Wilson**



**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 *Wednesday, November 29*. (Your check is your reservation.)

The menu will be Chicken Olivia with peppercream salad, breads, rice, vegetable, and a special Christmas cake for dessert.

***Seating for this luncheon is limited, so please make your reservation soon.***



## UPCOMING PROGRAMS & EVENTS

Friday, December 1  
Sunday, December 3

Senior Fellowship Luncheon - Edina Country Club  
Community Unity Sunday

*(Note: the church office will be closed the week between Christmas and New Years Day)*

Sunday, January 7  
Saturday, January 14  
Sunday, February 4

Community Unity Sunday  
Women in Fellowship  
Community Unity Sunday

### ADVENT AWAKENING: A MINI-RETREAT WITH BISHOP PRIOR

Saturday, December 2, 2017

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.

Watch for more details and registration information soon.



### ADVENT WREATH MAKING Sunday, December 3, 2017 (between morning services)

Bring your family to this inter-generational event and make an Advent wreath to take home. Cost is \$15 for a wreath, candles and decorations. But bring a wreath that you purchased last year and new candles and decorations will only cost \$5. The Hot Cocoa bar is back by popular demand.



### WOMEN IN FELLOWSHIP Saturday, January 13, 2018— 8:30 to 10:00 a.m.

Women of all ages are invited to join us in fellowship as we greet old friends, make new ones and generally refresh our spirits and bodies (with continental breakfast).

Continental breakfast begins at 8:30 a.m. in the Commons Room and the program begins at 9:00 a.m. Everyone is invited to bring something to share — it always turns out to be a delicious buffet spread.



### ANNUAL MEETING Sunday, January 28, 2018

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.

The casual afternoon 5-0 service will be held as usual in the chapel at 5:00 p.m.

### ST. STEPHEN'S BOOK CLUB

Our book club meets every month on the second Tuesday at 1:30 PM in the library. Every book lover is invited to come and discuss the current selection. Please join us!

December 12  
January 9  
February 13

"Good Grief" by Lolly Winston  
"The Boy Who Harnessed the Wind" by William Kamkwamba and Bryan Mealer  
To be announced



# ADVENT AND CHRISTMAS SERVICES

## TAIZÉ SERVICES

Taizé Evening Prayer will be held in Advent at 7:00 p.m. on three Fridays. Services will take place in the Sanctuary (up by the altar).



**Friday, December 8**  
**Friday, December 15**  
**Friday, December 22**

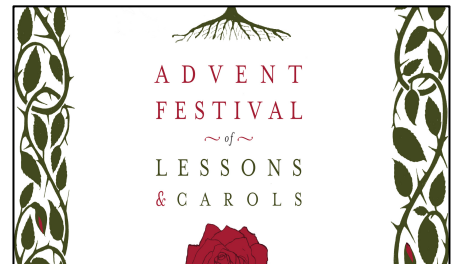
A Taizé worship service involves sung and chanted prayers, meditation, a period of silence, and liturgical readings. There is no preaching.

The name comes from a town in France where an ecumenical monastic community is located. It was founded in the 1940s by a Swiss named Roger Louis Schütz-Marsauche and is composed of more than one hundred brothers, from Catholic and Protestant traditions, from about thirty countries across the world.

## ADVENT FESTIVAL OF LESSONS & CAROLS

**Sunday, December 17, 2017**

- 3:00 p.m. Service with readings of the Lessons.  
Music with the Congregation Parish Choir, Soloists, and the Creekside Ringers
- 4:00 p.m. Wassail reception to follow in the Gathering Space.



## BLUE CHRISTMAS SERVICE Thursday, December 21 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 Jazz Combo.

## CHRISTMAS SERVICES

**Christmas Eve, Sunday, December 24**

- 9 a.m. Regular Sunday morning Holy Eucharist (not "Christmas Eve" liturgy) (No 11:15 service)
- 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, Monday, December 25**

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



**Sunday, December 31 (New Years Eve)**

- One morning service at 10 a.m. in the Sanctuary
- 5:00 p.m. – Casual 5-0 service in the Chapel

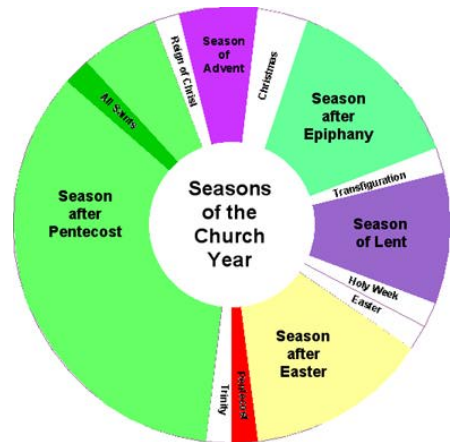


## CALENDAR OF THE CHURCH YEAR

WITH ADVENT BEGINNING ON DECEMBER 3, WE THOUGHT IT TIMELY TO HAVE A REFRESHER ON THE CHURCH CALENDAR.

MANY OF US WHO GREW UP IN THE EPISCOPAL TRADITION LEARNED THE CALENDAR AND THE LITURGICAL COLORS AS YOUNG PEOPLE, BUT AS THE YEARS SLIP BY SOME OF THE DETAILS SLIP BY.

LITURGICAL COLORS ARE USED IN VESTMENTS, PULPIT HANGINGS AND BOOK MARKS TO INDICATE THE SEASONS AND SYMBOLIZE THE THEMES.



### ADVENT

The first season of the church year, begins with the fourth Sunday before Christmas and continues through the day before Christmas. The name is derived from a Latin word for "coming." The season is a time of preparation and expectation for the coming celebration of our Lord's nativity, and for the final coming of Christ "in power and glory."

*Color:* Purple/Blue is associated both with royalty of Christ and with hope and expectation.



### CHRISTMAS

Christmas season lasts twelve days, from Christmas Day until Jan. 5, the day before the Epiphany. (Does the "Twelve Days of Christmas" sung on the radio sound familiar?) In many parishes, the main liturgical celebrations of Christmas take place on Christmas Eve.

*Color:* White symbolizes purity, joy and hope



### EPIPHANY

The third season of the church year, Epiphany, means, "making God manifest". It marks the manifestation of Jesus to the Gentiles. It reminds us that while Jesus was a Jew and spoke largely to Jewish crowds during his life on Earth, he also spoke to non-Jews. It was made very clear to the Apostles after the crucifixion that they were to spread the Word to all, Jewish or otherwise. Epiphany begins on January 6, the day we commemorate the coming of the Magi and lasts until Ash Wednesday. On Epiphany Day Christians celebrate the various manifestations, or "epiphanies," of Jesus' divinity. This day is sometimes called "The Feast of Lights."

*Color:* White on Epiphany Day

*Color:* Green represents the things of God's earth and the growth of the spirit of God within us.



### LENT

Lent (from an Old English word meaning "spring," the time of lengthening days) reflects the 40 days Jesus was tested in the wilderness. It begins on Ash Wednesday and lasts for 40 days (not counting Sundays, which are always feast days) through Holy Saturday, the day before Easter.

*Color:* Purple symbolizing penitence and morality.

*Color:* Black, the color of extreme, deep sorrow, is generally used only on Good Friday

*Color:* Red is used on Palm Sunday beginning Holy Week, symbolizing the red of martyrs, the color of blood.





## EASTER SEASON

The feast of Easter is a season of fifty days, from Easter Eve through the Day of Pentecost. We celebrate the resurrection of Christ and the liturgies during this season are uplifting and joyful.

Easter always falls between Mar. 22 and Apr. 25 inclusive. (If you want to look ahead and find when Easter occurs, in the west, Easter occurs on the "first Sunday after the full moon on or after the vernal equinox".)

*Color:* White and Gold symbolizing joy, purity and truth



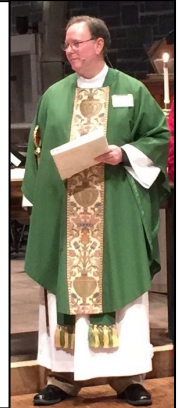
## PENTECOST

Pentecost is the seventh Sunday after Easter.

*Color:* Pentecost Day — White. Pentecost has also been known as Whitsun or Whitsunday, a corruption of "White Sunday." This term reflects the custom by which those who were baptized at the Vigil of Pentecost would wear their white baptismal garments to church on the Day of Pentecost.

*The Season after Pentecost* begins on the seventh Sunday after Easter and continues through most of the summer and autumn. It may include as many as twenty-eight Sundays. This period is also understood by some as "ordinary time," a period of the church year not dedicated to a particular season or observance.

*Color:* The Season after Pentecost — Green symbolizing our spiritual growth in Christ



## PHOTO DIRECTORY UPDATE

It is time to update the church Photo Directory and we need everyone's help.

If you:

- Are new to St. Stephen's or
- Are not new but your contact information never made it into the directory,
- Have a new phone number,
- Have a new address,
- 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.

## IN REMEMBRANCE...

### OF CURRENT MEMBERS

**Thomas Paul Costello**, age 70. Died September 5, 2017. Memorial service at St. Stephen's September 16, 2017.

**Francis Carroll "Fritz" Herring**, age 89, died September 21, 2017. Memorial service at St. Stephen's September 30, 2017.

**Joan Maynard**, age 80. Died October 13, 2017. Memorial service at St. Stephen's October 24, 2017. Twin sister of Hugh Wooldridge.

### AND OF THOSE WE KNEW AND LOVED

**Beverly Edwards**, age 85. Died August 16, 2017. Former member of St. Stephen's. Memorial service August 19, 2017, at Eden Prairie United Methodist Church.

**Richard Nordquist**, age 90. Died September 17, 2017. Former member and vestry member of St. Stephen's. Memorial service September 25, 2017, at Mt. Olivet Lutheran Church.

**Gaynor Muriel Massnick Gibson**, age 86. Former member of St. Stephen's. Memorial service at St. Alban's Episcopal Church September 18, 2017.

**Pamela Rosaker**, age 73. Died September 20, 1917. Memorial Service at St. Stephen's October 9, 2017.



## ***“MINNESOTA ORCHESTRA PERFORMS AT ST. STEPHENS!”***

(Well, not exactly, that is a slight exaggeration.)

That is the headline we wish we could print, but in reality we did hear three members of the Minnesota Orchestra perform wonderful music this year. Thanks to our organist, Bryon Wilson, who teaches their children, he arranged for us to hear Tony Ross and Beth Rapier, cellists, and Tim Zavadil, clarinetist, during services in our sanctuary.

If you are not familiar with these exceptional musicians, we are pleased to introduce them.

Husband and wife, Tony Ross and Beth Rapier, met studying music at Indiana University. Beth joined the Minnesota Orchestra in 1986 and Tony in 1988. As a youngster Tony wanted to be a basketball player. It may have been the NBA's loss, but it was the classical music world's gain that he chose the cello instead.

Beth came from a family of distinguished musicians. As a youngster, she never thought of another career. She just thought, “This is what *everybody* does.”

In addition to a busy music schedule they produce the annual “*Harmony for Habitats*” benefit concert at St. John’s Episcopal Church in Minneapolis. They are the proud parents of Eli, a trumpeter, and Erin, a dancer and singer.

Below are biographies prepared by the Minnesota Orchestra.



### **ANTHONY ROSS**

**Principal cello**

***John and Elizabeth Bates Cowles Chair***

Principal Cello Tony Ross joined the Minnesota Orchestra in 1988 and assumed the principal cello post in 1991. He has been a soloist many times with the Orchestra. Before joining the Minnesota Orchestra, Ross was principal cello of the Rochester Philharmonic. Away from Orchestra Hall, he is active as a chamber musician, festival performer and educator. He is a member of Accordo, a chamber group made up of principal string players from the Minnesota Orchestra and Saint Paul Chamber Orchestra. He also performs with the Chamber Music Society of Minnesota. He has appeared in the Mostly Mozart, Music in the Vineyards, Cactus Pear (San Antonio), Bach Dancing and Dynamite Society (Madison) and Orcas Island festivals, and has performed on stages from Pensacola, Florida, to Rhodes, Greece. He has taught at the Eastman School of Music, the Aspen Festival and the Grand Teton orchestra seminar. Ross’ recordings include Bernstein’s Three Meditations with the Minnesota Orchestra under Eiji Oue, the George Lloyd Cello Concerto with the Albany Symphony under David Alan Miller, and works of Rachmaninoff and Elliott Carter for Boston Records.

A graduate of Indiana University, Ross earned a master’s degree at the State University of New York, Stony Brook. In 1982 he was awarded the bronze medal at the prestigious Tchaikovsky Competition, and he received McKnight Fellowships in 2001 and 2005.

### **BETH RAPIER**

**Assistant Principal Cello**

***Marion E. Cross Chair***

Rapier joined the Minnesota Orchestra in 1986 and was appointed to her current position in 1991. She has been a featured soloist with the Orchestra and has been a guest soloist with the Colorado Philharmonic, Louisville Orchestra and numerous regional ensembles. During the 2013-14 season she joined the cello section of the Dallas Symphony for concerts on its European tour as well as in Dallas.

An accomplished chamber musician, Rapier has won awards at several competitions in the U.S. and Canada and has performed quartets throughout Europe, Asia and the U.S. She is a regular guest at chamber music festivals, including Cactus Pear, Music in the Vineyards, Bach Dancing and Dynamite Society, and Orcas Island. She was a founding member of the Rosalyra Quartet, which won a 2000 McKnight Foundation Artist Fellowship and performed for nearly 20 years at venues from the Twin Cities to Boston, New York City and France.

Born into a family of distinguished musicians, Rapier began her professional career at age 16 as an apprentice with the Louisville Orchestra.

In 2005 Rapier was again named winner of a McKnight Foundation Artist Fellowship for her performance of cello duos with her husband, Anthony Ross.



## TIMOTHY ZAVADIL

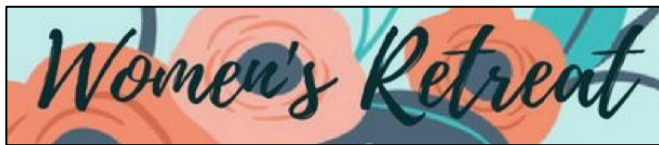
### Clarinet and Bass Clarinet

Timothy Zavadil joined the Minnesota Orchestra in 2007 as clarinetist and bass clarinetist, and he has since played those instruments as well as E-flat clarinet, contrabass clarinet, basset horn, and saxophones. Previously a member of the Louisville Orchestra, Toledo Symphony and Civic Orchestra of Chicago, he has also performed with the New York Philharmonic and the Chicago, Cleveland, Pittsburgh, National, Toronto and St. Louis symphony orchestras.

Zavadil has been active with a variety of summer festivals, currently serving as bass clarinetist of the Peninsula Music Festival Orchestra in Door County, Wisconsin. Previous summer engagements have included the Spoleto (Italy) Festival Orchestra, Grant Park Symphony Orchestra, National Repertory Orchestra, and the American-Russian Youth Orchestra, as well as the 1994 Solti Orchestral Project at Carnegie Hall.

A native of St. Louis, Missouri, Zavadil holds master and bachelor of music degrees from, respectively, Northwestern University and DePaul University, and counts J. Lawrie Bloom, Russell Dagon, John Bruce Yeh and Larry Combs among his primary teachers.

He has taught at the University of Louisville, and currently maintains an active private teaching studio in the Twin Cities. In 2015, Zavadil helped form the Minnesota Orchestra's rock band (MOB) as a guitarist, happily rocking the instrument that he started playing at age six.



On a cool evening in late September, 24 women of St. Stephen's traveled to Koinonia Retreat Center in South Haven, MN, located on Lake Sylvia about an hour northwest of the Twin Cities to attend a women's retreat. For a short time they paused in their usual schedules to step away from the stresses of daily life.

Lisa Wiens Heinsohn, assistant rector, and deacon, Diane Elliot, led the retreat with the theme "SABBATH – Reconnecting with God through quiet, rest and delight". For 24 hours the women enjoyed laughter, prayer, s'mores, bonfire, music, wine, Eucharist and connecting with each other and God.

The structure of the event was planned by a team made up of Janny Gothro, Mary Margaret Lehman, Carol Saunders and Molly Reichard. Lisa and Diane filled in the content. The agenda included both structured time and free time, although Lisa stressed that *everything* on the schedule was optional, nothing was "required".

She led evening prayer and conducted programs on:

*The Trajectory of Sabbath — Stop, Leave, Receive, Rejoice*  
*Social Sabbath — Telling our Stories,*  
*Journaling and Art — Remembering and Guarding Sabbath*

The free time was determined by each individual. Some chose to walk, run, sleep in or spend time alone in prayer. Others walked the meditation labyrinth with Diane or did Holy Yoga with Janny.

Here are some of the comments from those attending:

- "We had wonderful moments of discussion and listening but there were also moments of silence and space alone to think, write and/or reflect."
- "I liked the time to evaluate the things that consume my time and ponder if they are of value to me or others or if they are burdens."
- "I appreciated the balance of worship, study and free time as well as the sense of community."
- "The Women's Retreat was wonderful! I loved gathering around the campfire and getting to know some of the other ladies of St. Stephen's"



Lisa is in the process of planning for the next retreat tentatively scheduled for the fall of 2018.

# INSIDE OUTREACH

Each quarter we highlight one of St. Stephen's Outreach programs. The subject in this issue is:

## VEAP — Volunteers Enlisted to Assist People



VEAP was created 45 years ago by churches in Edina, Richfield, Bloomington and south Minneapolis to serve their community members in need. From a small simple food shelf VEAP has grown as the need continues to grow. The numbers in the annual report for 2016 show the huge impact it has made.

- 3,427,695 pounds of healthy food distributed with 1.8 million pounds of fresh produce, as a part of that total.
- 110,496 visits to VEAP's Food Pantry.
- 6,107 weekend bags of healthy food distributed to students at 13 local schools.
- 2,927 youth received breakfast and lunch groceries during summer vacation.
- 8,707 rides provided to seniors
- 4,116 rides home from the food pantry after their monthly shopping trip
- \$167,000 in financial assistance, 520 new client assessments and 5,100 referrals to partner organizations provided by social workers
- 3,100 volunteers served clients through the time they donated to programs.

Today VEAP's programs include access to healthy foods, social services, transportation and resources for children and youth.

**Food** Food resources include a food pantry, food programs for children and youth, Nutrition Education and Teaching (NEAT) classes and food deliveries for seniors.

**Social Services** VEAP offers caring, professional support to help stabilize financial situations and create an individualized plan to access resources.

**Transportation** The transportation program helps low and fixed income older adults and adults with certified disabilities maintain health, quality of life and independent living by providing rides that help them meet their basic needs. They also provide rides home after clients have shopped for food in the pantry.



VEAP recently announced a new mission: *"Together, we create pathways to stronger, more hopeful, communities through access to healthy food, housing stability and supportive services."* New initiatives in the Food Program are coming in January. VEAP will launch *We Move Food*, a mobile food pantry; expansion of rides home from the food pantry and working to increase the frequency of food pantry visits to those most in need.

St. Stephen's has been a supporter since the beginning. Today help comes in many forms – food, funds and volunteers.

**Give Food** — Bring food on any Sunday to church — a can of tuna, a bag of dried beans to stretch the protein in a main course, a jar of peanut butter or nutritious soups. All donations are delivered to VEAP promptly.

**Give Funds** — Donate cash in any amount. For every \$1 donated, VEAP is able to purchase \$10 worth of food.

**Volunteer** — Sign up to volunteer on a regular (or irregular) basis. There are multiple shift opportunities that fit every schedule. Or organize a group - family, friends or people from work. VEAP has a group volunteer mission experience called **Donate & Do**. Go to [www.veap.org](http://www.veap.org) to register.



## OCTOBER SENIOR FELLOWSHIP LUNCHEON



In honor of Bishop Prior as our speaker, the napkins were folded in the shape of a mitre, the bishop's headwear.



*"Age appears to be best in four things: old wood best to burn, old wine to drink, old friends to trust, and old authors to read."*

*Francis Bacon*



*"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie."*

*Jim Davis*



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

**From the Senior Ministry Committee...**

HAPPY THANKSGIVING!

MERRY CHRISTMAS!

HAPPY NEW YEAR!