



The Voice

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OF ST. JOHN IN THE WILDERNESS EPISCOPAL CHURCH

2175 1ST STREET • WHITE BEAR LAKE, MINNESOTA 55110

Return Service Requested

Telephone 651/429-5351
 Web Page www.stjohnwilderness.org

SUNDAY MORNING
 7:30 am Holy Eucharist
 9:00 am Family-Friendly Eucharist
 10:30 am Choral Eucharist
 Nursery Care available 9:00 & 10:30 am

WEDNESDAY EVENING
 7:00 pm Holy Eucharist
 Nursery Care available

PARISH STAFF

The Rev. Mark Wm. Kelm	Rector
The Rev. Joanie Delamater	Associate Priest
The Rev. Marilyn Baldwin	Transitional Deacon
The Rev. Rick Todd	Deacon
Maureen Vruno	Parish Administrator
Alison Feigh	Youth & Children's Minister
Dr. David M. Gehrenbeck	Organist/Choirmaster
Bob Cessna	Sexton
Kelly Larson	Nursery Care
Nastacia Foster	Nursery Care

VESTRY

Therese Branby	Warden
Chris Hawley	Warden
Margaret Thor	Treasurer
Christine Karp	Clerk of Vestry
Tim Hammond	2007
Peggy Holper	2007
Christine Karp	2007
Janet Kelber	2007
June Bennett	2008
Michael Carpenter	2008
Tom Long	2008
John Fennig	2009
Brent Torgerson	2009

People of the Parish The Ministers



The "Voice" is published as a monthly newsletter of The Episcopal Church of St. John in the Wilderness



ST. JOHN IN THE WILDERNESS TO PARTICIPATE IN DIOCESAN STRATEGY TALKS

Members of the Bishop's Commission on Mission Strategy will be coming to St. John's to meet with our congregation for insights about where we see God's hand at work in our ministries here. This is part of a larger diocesan effort to seek out -- from the bottom up instead of top down -- the most constructive directions for the diocese going forward.

A 2005 diocesan Mission Strategy committee, originally focused on the Minneapolis-St. Paul metro area, found that the Episcopal Church in Minnesota has been in serious decline, at almost all levels, in the last 50 years. And while there have been several serious attempts to address this along the way, we cannot go forward with yet another plan without first addressing the root causes of that decline and the reasons why past efforts have failed.

Our meeting is scheduled on Monday, November 6, from 6:30-8:30 pm in the Church Parlor. Bishop's Commission members will present a summary version of the findings thus far, and ask us for our input on the sources of energy, vitality, and hope — signs of the Spirit in our midst — that might give hope to others. Let your voice be heard!

Therese Branby, Warden



THANKSGIVING EVE DINNER

Please come to the Thanksgiving Eve Dinner in the Parish Hall on Wednesday, November 22 at 5:30 pm.

Gayle Kasmani and her crew have generously agreed to share their cooking talents with parishioners by preparing the turkey, dressing and gravy! Please sign up on the sheets in the Parish Hall with the number attending from your household so plans can be made concerning how much food to prepare. Indicate as well what type of side dish or accompaniment you will contribute to the feast.

Youth Choir Practice, Confirmation, Adult Education, and Chancel Choir Practice, usually held on Wednesdays during the program year, will not be held this evening so we can all enjoy the dinner together.

The Thanksgiving Eucharist follows at the customary Wednesday evening time of 7:00 pm. Junior High Youth Group meets as usual at 7:00 pm as well.



*Thanksgiving
Dinner*

Wherever you are on your faith journey...St. John's welcomes you.

NOVEMBER ADULT FORMATION AT A GLANCE

Sunday Morning – 10 AM

11/5/2006 Discovering the Deacon, J. MacNally / R.Todd
11/12/2006 Episcopal Community Services, Frank Vardeman
11/19/2006 Prayer: The Rest of the Story, Janet MacNally
11/26/2006 A Coming Christ in Advent (New Series), David Monyak

Wednesday Evening – 6 PM

11/1/2006 Other Religions and Beliefs, Linda Monyak
11/8/2006 Growing In and Sharing Christ, Linda Monyak
11/15/2006 Living Christianly in the World, Linda Monyak
11/22/2006 Pot Luck Dinner - no adult forum
11/29/2006 Advent preparation: Lectio (New Series), Colleen Johnson

LESSONS & CAROLS TUNING UP

Wednesday, November 1st is about here, and thus the first Chancel Choir rehearsal for our annual festival of Lessons & Carols (Sunday, December 17 at 4 pm). The music has been chosen, the folders filled, the service outlines printed, and all that remains is to fill the Choir Room with the sounds of the season, week by week. Rehearsals will begin at 7:15 pm and last no longer than an hour and a quarter at most, except the dress rehearsal (the day before) from 10 am - noon. Extra voices in each section (S, A, T, B) are welcome, but regular attendance is stressed. The schedule: Wednesdays, November 1, 8, 15; Tuesday, November 21 (Thanksgiving week); Wednesdays, November 29 and December 6 & 13; and finally, Saturday, December 16 (10 am - noon). Do join us!



AFTERNOON RETREAT: KEEPING ADVENT HOLY

Advent, that time when we serenely light candles at church and at home once a week, leaving the rest of the week for decorating our Christmas trees, buying just the right gifts to put under them, baking cookies, attending parties...the list seems to go on and on. While it's difficult to change how the world approaches Christmas, we can keep Advent alive and holy, which actually gives us more time to enjoy the season that can be filled with anticipation and awe.

Join us as we prepare for Advent. We will discover ways of keeping our sanity in the midst of the frenzy around us. We will learn ways to live in the moment of Advent, while looking forward to the birth of Jesus.

Dress casually and prepare to experience the joy of the greatest gift of all: God's Love.

Saturday, December 2, 1 – 5 pm, Eucharist and Dinner will follow. Suggested donation is \$10.

Please register in the Parish Hall, and let us know if you need childcare. If you have any questions, please contact Rev. Marilyn Baldwin at 651/429-5351 ext. 16, or Colleen Johnson at 651/633-6687.

PASSAGES

BAPTISM

Carly Alberta Braaten 10/1/2006

MARRIAGE

Jennifer Tully &
Jeremy Gulbranson 10/14/2006

NEWCOMERS' LUNCHEON

Please join Welcoming and Evangelism along with Fr. Mark and some of the church staff for a luncheon immediately following the 10:30 am Eucharist on Sunday, November 12th. We will serve an assortment of Subway sandwiches, chips, beverages and homemade desserts. The luncheon will begin with a church tour by one of our historians. Please call Krista Sullivan at 651/484-2263 to if you plan to attend.

SPIRITUAL SPA

The Spiritual Spa is Saturday, November 11, 8:30 am - 5 pm. Come experience mindful eating and organic soups and breads. Connect your body, mind and spirit! Unearth your joy!

CARING MEALS

Thanks to all of you who have participated in our meal ministry. We prepare meals for those in need in our St. John's community. In the last six weeks we have provided some twenty meals. It is an occasional call to help when there is a need. Please sign up in the Parish Hall or call Jane Kyle, 651/429-5730, if you can help.



Bible Readings

Wednesday, November 1

All Saints' Day

Ecclesiasticus 44:1-10,13-14

Revelation 7:2-4,9-17

Matthew 5:1-12

Psalm 149

Sunday, November 5

All Saints' Sunday

Ecclesiasticus 2:7-11

Ephesians 1:15-23

Luke 6:20-36

Psalm 149

Sunday, November 12

Twenty Third Sunday after

Pentecost

1 Kings 17:8-16

Hebrews 9 24-28

Mark 12:38-44

Psalm 146

Sunday, November 19

Twenty Fourth Sunday after

Pentecost

Daniel 12:1-4a

Hebrews 10:31-39

Mark 13:14-23

Psalm 16:5-11

Wednesday, November 22

Thanksgiving Eve

Deuteronomy 8:1-3,6-10

James 1:17-18,21-27

Matthew 6:25-33

Psalm 65 or 65:9-14

Sunday, November 26

Last Sunday after Pentecost:

Christ the King

Daniel 7:9-14

Revelation 1:1-8

John 18:33-37

Psalm 93

*Underlined verses are read
during the family-friendly service.*

INVESTITURE OF 26TH PRESIDING BISHOP

TO BE WEBCAST LIVE NOVEMBER 4

The Episcopal Church's Office of Communication, in collaboration with the Washington National Cathedral, will webcast the investiture service of Presiding Bishop Elect Katherine Jefferts Schori. The service will be carried live beginning at 11 am (Eastern Time) and continuing through the liturgy's conclusion, expected around 1:15 pm.

The webcast will have a direct link on the Episcopal Church homepage, <http://www.episcopalchurch.org>, that will go live shortly before the liturgy begins.

The webcast will be available in Windows Media Player and Real Player formats in both high bandwidth and low bandwidth options as well as an audio only version. The service will be recorded from a satellite production truck onsite that will uplink to a satellite as well, to provide live coverage opportunities to all media. Interested parties with a tuneable satellite receiver will also be able to watch the service in this way.

Providing commentary will be the Rev. Jan Nunley, deputy for communication at the Episcopal Church Center, and the Rev. David Crabtree, a deacon and television news anchor at WRAL-TV in Raleigh/Durham, North Carolina.



VESTRY HILITES

The Vestry met on October 10, 2006.

Topics discussed included an update on the pledge drive, the pros and cons of paving the cemetery drive, defining the expectations of the building space analysis, and the first stage of the Annual Role Renegotiation process with the Rector.

The following motion was passed:

To approve a \$9,580.00 bid from T. A. Schifsky & Sons, Inc. for the bituminous paving of the cemetery drive, with funding coming from the cemetery savings account.

Note: Tom Long objects.

The Vestry meets next on November 14, 2006 at 7 pm in the Parlor.

St John in the Wilderness Episcopal Church-November 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Every Sunday 7:30 am Eucharist (no nursery care or music) 9 am Family-friendly Eucharist 10 am Christian Education 10:30 am Choral Eucharist		Every Tuesday 9 am Tuesday Morning Originals Watercolor Painting Group (Parish Hall) 6:30 pm Boy Scout Troop 494	1 All Saints' Day See Every Wednesday below Bazaar Week Fr. Mark out of office this week 7 pm All Saints' Eucharist 8 pm Healing Ministry (Parlor)	2 Bazaar Week Fr. Mark out of office this week Noon Small Voice bulletin insert deadline	3 Bazaar Week 10 am Bazaar (Parish Hall) until 2 pm 11 am Bazaar Luncheon (Parish Hall) until 1 pm	4 Bazaar Week 10 am Bazaar (Parish Hall) until 2 pm
5 All Saints' Sunday Bazaar after Eucharist 10:30 am Holy Baptism 11 am Children's Ministry Committee Meeting 6:30 pm House Group at church	6 9 am Safe Church until noon 4 pm Executive Committee Meeting until 5:30 pm 6:30 pm Diocesan Mission Meeting (All are welcome!) 8 pm Alcoholics Anonymous	7 Election Day See Every Tuesday above 2:30 pm Cerenity Communion 6:30 pm Body by God (Choir Room) 7 pm Altar Guild (Parlor) 7 pm Outreach	8 See Every Wednesday below 3:30 pm St. Andrew's Village Communion 7 pm Parent Meeting for Christmas Play	9 Noon Small Voice bulletin insert deadline	10 Spiritual Spa Set-up No afternoon building usage	11 8:30 am Spiritual Spa until 5 pm 11:00 am Confirmation at St. Mark's Cathedral
12 11:30 am Newcomers' Luncheon (Parish Hall)	13 8 pm Alcoholics Anonymous	14 See Every Tuesday above 6:30 pm Body by God (Choir Room) 7 pm Vestry (Parlor) until 8:30 pm	15 See Every Wednesday below December Voice deadline 11:30 am Retired Men's Group Lunch (Keys downtown WBL) 7 pm Play Rehearsal 7:30 pm Good Grief Group 7:30 pm Ministry Forum	16 Noon Small Voice bulletin insert deadline	17	18
19 Food Ingathering 6:30 pm House Group at church	20 8 pm Alcoholics Anonymous	21 See Every Tuesday above 7:15 pm Chancel Choir (this Tuesday only due to Thanksgiving Eve)	22 Thanksgiving Eve See Every Wednesday below Noon Small Voice bulletin insert deadline 5:30 pm Potluck Dinner No Choir Practices, Adult Ed. or Confirmation this evening 7 pm Thanksgiving Eucharist	23 Thanksgiving Day Office Closed	24 Office Closed	25 11:30 am Out to Lunch (Parish Hall)
26 ECS Adopt a Family Liturgy & Music Committee Meeting (Fire Place Room) after late Eucharist Noon Youth Ministry Committee Meeting	27 8 pm Alcoholics Anonymous	28 See Every Tuesday above 6:30 pm Welcoming & Evangelism Committee Meeting (Caribou Coffee, Hwy 96 & Centerville Rd) All are welcome!	29 See Every Wednesday right 7:30 pm Healing Presentation	30 9 am Episcopal Church Women Board Meeting (Parlor) Noon Small Voice bulletin insert deadline	Every Wednesday 1:00 pm Staff Meeting 5:30 pm Light Supper 6:00 pm Nursery Care 6:00 pm Youth Choir (not 22 nd) 6:00 pm Adult Ed. (not 22 nd) 7:00 pm Holy Eucharist 7:00 pm Jr. High Youth Group 7:15 pm Chancel Choir (not 22 nd)	Sunday, December 17, 4:00 pm Lessons & Carols

OUTREACH

Special Thanksgiving Ingathering

Is there a better way of showing our thanks for the blessings we have enjoyed throughout the year than by offering help to those who need groceries from a food shelf? Thus far in 2006 we have donated several hundred pounds of food to the White Bear Food Shelf. We have a tradition of making a special offering at Thanksgiving time, and plan to do so again. On Sunday, Nov. 19th, please bring your non-perishable food gifts to the altar for an appropriate blessing. If you wish to make a cash donation, place it in the offering basket. Make checks payable to St. John's with a note on the memo line, "for food shelf."

Adopt-A-Family for Christmas 2006

The leaves are dropping, there is a definite chill in the air, and before we know it the snow will again be flying in Minnesota. As we draw closer to the Christmas season, it is time to think of the families who won't be able to provide gifts or special holiday meals for their loved ones. Through Episcopal Community Services, our parish will once again have the opportunity to help those who might otherwise go without. Last year we ran out of gift tags, so this year we plan to increase the number of families we help to four. We will have well over 100 tags hanging on our trees in the Parish Hall in late November and early December! What a perfect way to share the true joy and love of Christmas by having a family outing to purchase gifts for those who could go without. Watch for more information in the Small Voice and for the Christmas trees in the Parish Hall which will be up November 26th through December 6th. All gifts must be wrapped and returned to the Parish Hall on or before December 10th. If you have any questions or would like to help with this endeavor, please call Sue Schmuck at 651/340-9789.

The dots are coming!

Most parishioners know that the shopping cart sitting in an entryway of the church is there for a very specific reason. Each month, our parish donates non-perishable foods and other household items to the White Bear Food Shelf. These gifts help people-in-need to adequately feed and care for their families. Although the items may be small to us, they mean the world to the recipients. Each month is assigned several letters of the alphabet to help parishioners know what they might donate to help the food shelf, but how often do you remember them as you travel down the aisles of your favorite grocery store? To encourage continued support of the food shelf, the Outreach Committee is designing reminder stickers to be placed on calendars or shopping lists to help remind us of this simple mission of which we can all be a part. Keep an eye out for the dots. They will be available in mid-November for all who wish to participate.

YOU HAD TO BE THERE

I recently journeyed to Frontenac State Park with my husband, basking in the still warm, sunny autumn weather. As we were walking, our feet rustling through fallen leaves, we came upon a few birds, perhaps storing enough food to continue on their journey south. Soon we were met with more and more birds in numbers reminiscent of an old Alfred Hitchcock movie. No doubt they were perturbed by our intrusion of their sanctuary, and they began to noisily scatter to other places of peaceful gathering.

There were hundreds of birds flying in every direction, screeching their disapproval of our presence. As I was fumbling with my camera to capture this array, my husband let out an "oh, my" and, in unison, all the birds flew over us in the same direction, silent except for the whoosh of their fluttering wings. It was amazing how they all knew just when and in what direction to fly. We were left looking up at the empty, silent sky, then at each other in total amazement, never before experiencing such a display of God's work in action. Experiences like this evoke an awe that is not easily recaptured and not easily explained to others.

Our journey with God is much the same. We can read books, listen to others' stories, hear God's Word spoken on Sunday mornings, and yet, unless we experience God in our own lives, the words ring hollow. It is only when our hearts resonate with other faith stories that we are reminded of our experiences with God and we, again, are amazed at the beauty and magnitude of God's work in the world.

In community we have the opportunity to share our stories, and we listen. We listen to how God weaves the stories of generations into our stories, our lives. It is then that we are connected to the One who is the author of life. It is then that we are transformed as God's people in the world. We rejoice in the knowledge that God was, is, and will be present in our most spectacular moments and in our deepest despair, in the ordinary and extraordinary. You never have to tell God. I guess you had to be there, because God is present blessing each moment.

Colleen Johnson, Spiritual Director

THE NEW LOOK OF OUT-TO-LUNCH

Our church's Out-To-Lunch Program is a very special soup kitchen. This program has been serving hearty home-cooked meals to less fortunate members of the northeast metro since the early 'nineties. Over the years, many members of our church family have coordinated the program or volunteered their time to cook, serve and clean up on the last Saturday of the month, and thousands have enjoyed our hospitality. Back then we served around 30 guests each month; today we serve 60-70 guests, and we are still expecting more growth. At least 51% of the guests have incomes below the national poverty level. Most are seniors.

Ecumenical Efforts

In 2006, in order to better integrate the Out-To-Lunch program into the community, we began soliciting food and monetary donations from local businesses. At the same time we invited other churches to get involved, and so far two have accepted: The Roman Catholic Church of St. Mary of the Lake and First Presbyterian Church, both of White Bear Lake. We're still working out how to work together and what our next year's schedule will look like, but the lunch will always be served at our church, and one or more of the program's coordinators (Gayle Kasmani, Richard Fiddle and Greg Cullen) will always participate. The on duty church handles everything including providing all the volunteers and table hosts and paying all the bills. When another church is on duty, we have the month off, and when our church is on-duty, we have volunteer opportunities.

Out-To-Lunch Schedule for the next few months

Lunch Date, Church Handling, Volunteer Opportunities for St. John's members (yes or no): October 28, 2006, First Presbyterian, no; November 25, 2006, St. Mary of the Lake, no; December 30, 2006, St. John in the Wilderness, First Presbyterian and St. Mary of the Lake, yes: 3-4 table hosts plus other help—(more info on this later); January 27, 2007, St. John in the Wilderness, yes.

Funding Efforts

Even though St. John's Outreach Committee continues to provide funds for the Out-To-Lunch Program, we believe that the community should help to support the program in order to ensure that the program can continue to operate even if it becomes too large for one church to fund. We have had good success getting support from local grocery stores and restaurants; however, the largest new funding support now comes from our two partner churches (discussed above) and from United Way Agency Second Harvest Heartland which exists to alleviate hunger in our communities. Second Harvest Heartland ("2nd Harvest") supplies food stuffs to food shelves, senior dining programs, soup kitchens, etc. They categorize our program as a soup kitchen and allot Out-To-Lunch food items based on our attendance records. We can order our main meat item, and fresh, frozen and canned foods to complete the meal two-weeks in advance of the lunch. Richard Fiddle manages our 2nd Harvest relationship including ordering and picking up the food. We estimate that the support of 2nd Harvest will eventually reduce the program costs by 50-75%. We expect that having other churches involved will reduce our costs 40-50% depending on how many luncheons each is willing to fund. Besides these major funding sources, free-will offerings from guests continue to grow, sometimes reaching \$80. These offerings are given to St. John's to help offset operating costs (e.g., electricity and heat). Driving down our church's out-of-pocket costs helps ensure that this much needed program can continue even if it were to double in size.

Volunteer Opportunities

One of the most important volunteer roles continues to be table hosting. We need table hosts willing to befriend our guests, share the meal with them and a little of yourself at the same time. Up to ten table hosts are needed anytime our church is in charge of the lunch. Aside from table hosts we always need help to set up, serve our guests, or clean up whenever our church is in charge. Out-To-Lunch is served on the last Saturday of every month. Call Gayle Kasmani at 651/407-0656 to get involved. Besides helping with Out-To-Lunch, consider volunteering at 2nd Harvest. If you decide to get involved at 2nd Harvest, be sure to tell them that you are helping to "pay them back" for their support of our Out-To-Lunch Program. To learn more visit their website at www.2harvest.org. May God bless your efforts.

St John's Lay Liturgical Ministry - November 2006

LAY READER	LECTOR	LEMS	ACOLYTES	HEALER	USHERS	GREETERS	ALTAR GUILD	VERGER
1 Wednesday All Saints' Day 7:00 pm Margaret Thor	7:00 pm Dianne DeGiorno	7:00 pm June Bennett	7:00 pm Ken Paddock				Janet Waller Cyndi Domin Jeanne LeFevre Pat Pickering	John Brunner
5 7:30 June Bennett 10:30 Chris Johnson	7:30 David Gadbois 9:00 John Fennig 10:30 Jim Delamater	Wed 8, 7 pm Ken Paddock 7:30 Mary Whitney 9:00 Barb VanSteen Janet Waller 10:30 Lee Wilson	9:00 E. Mahoney Moertels 10:30 K. Larson L. McCarthy	9:00 Sherri Afryl 10:30 Cathryn Bashore	7:30 Ken Whitney Gene Napiwoski 9:00 Cossalters Schneiders 10:30 Johnsons Watkinses	9:00 Kobinskis 10:30 Krista Sullivan	Pris Campbell Jane Kyle Bette Smeed Joann Smith	Jason Knauss
12 7:30 Joe Afryl 10:30 Ken Paddock	7:30 Sherri Afryl 9:00 Gretchen Brunner 10:30 Jill Todd	Wed 15, 7 pm Bob Peck 7:30 Jane Kyle 9:00 Pris Campbell Margaret Thor 10:30 Bob Peck	9:00 L. Wardhol Thors 10:30 J. LeFevre L. DuFresne S. Bartley	9:00 Dianne DeGiorno 10:30 Cathryn Bashore	7:30 Ken Whitney Gene Napiwoski 9:00 Branbys Canterburys 10:30 Jim Hartmeister Mike Geiflach	9:00 Therese Branby 10:30 Sally Holtz	Sherri Afryl Lynn Gadbois Alice McClaren Janet Waller	Margaret Thor
19 7:30 Bob Peck 10:30 Judy Kroesch	7:30 Marge Polanek 9:00 Peggy Holper 10:30 Kate Johnson	7:30 Mary Whitney 9:00 Bari Chilton Ed Chilton 10:30 Pris Campbell	9:00 Longs A. Whillock 10:30 K. Paddock Manters	9:00 Sherri Afryl 10:30 Colleen Johnson	7:30 Ken Whitney Gene Napiwoski 9:00 Brummers Deb Schmit 10:30 Mark Hosfield Jim Marter Alma Limbach	9:00 Longs 10:30 Max Stevenson	Deb Schmit Pat Gaglin Barbara Merrill Mary Whitney	John Brunner
22 Wednesday Thanksgiving Eve 7:00 pm June Bennett	7:00 pm Maureen Vruno	7:00 pm Janet Waller	7:00 pm Karp's Todds				Deb Schmit Pat Gaglin Barbara Merrill Mary Whitney	Jason Knauss
26 7:30 Bob Peck 10:30 Lee Wilson	7:30 David Gadbois 9:00 Larry Mahoney 10:30 Barbara Kraning	Wed 29, 7 pm Joe Afryl 7:30 Jane Kyle 9:00 Susie Mahoney Barb VanSteen 10:30 Greg Schmit	9:00 T. Young Karp's 10:30 Todds E. Moertel	9:00 Dianne DeGiorno 10:30 Colleen Johnson	7:30 Ken Whitney Gene Napiwoski 9:00 DeSmets Domins 10:30 Linda Carpenter Kate Miller	9:00 DeSmets 10:30 Anne Herron	Cyndi Domin Judy Kroesch Gere Leloumeau Mary Whitney	Bryan DeSmet

EATING MINDFULLY

Do you remember what you ate for breakfast this morning? Did you really taste the food? What kinds of textures did you consume? Was the food home made or organic or from a fast food drive through service? Many of us eat in a semiconscious state, not really focusing on what we are eating, how it tastes or how much we eat. We tend to eat automatically out of habit. Some of us multi-task while we eat: reading, watching television or working on the computer or homework.

One of the results from mindless eating is overeating. Have you ever watched a movie while eating popcorn and without thinking you have eaten the whole bag by yourself? I have. Often we are not paying attention to how our bodies feel, so we don't know when we are really full. We just eat until it is gone.

Try this the next time you eat a meal: turn off the television, limit the distractions. Make a mindful choice to just do one thing at the moment - eat.

When food is served to you, take a moment to consciously look at the meal and then bless it by saying a "grace" - a prayer of thanksgiving to God and those who made or prepared the food for you. The spiritual practice of praying before you eat and blessing the food and drink can transform your eating habits, heighten your awareness of the textures and flavors of food, slow down your breathing and increase the pleasure of the experience. Try to focus your attention on each bite or sip. Mindful eating, with an attitude of gratitude, brings you closer to balance of body, mind and spirit.

Go Organic

Another way to live in harmony with God's creation is to eat foods that are in their natural state. Organic agriculture protects the health of people and the earth, our island home, by reducing the overall exposure to toxic chemicals from synthetic pesticides that can end up in the ground, air, water and our food supply. There are scientific studies that associate health consequences such as asthma and some forms of cancer with toxic chemicals ingested through food and water. Choosing organic products, which do not use toxic and persistent pesticides, is an easy way to help protect your body.

Organic growers use biological and cultural practices as their first line of defense against pests. Methods include crop rotation, the selection of resistant varieties, nutrient and water management, the provision of habitat for the natural enemies of pests, and release of beneficial organisms to protect crops from damage. Retrieved from <http://www.ota.com/organic/environment/health.html>

10 Good Reasons to Go Organic

1. Organic products meet stringent standards.
2. Organic food tastes great!
3. Organic production reduces health risks.
4. Organic farms respect our water resources.
5. Organic farmers build healthy soil.
6. Organic farmers work in harmony with nature.
7. Organic producers are leaders in innovative research.
8. Organic producers strive to preserve diversity.
9. Organic farming helps keep rural communities healthy.
10. Organic abundance- foods and non-foods alike!

Retrieved, from http://www.ota.com/organic_and_you/10reasons.html

HOLIDAY BAZAAR

This year the Episcopal Church Women will host the 53rd annual Holiday Bazaar. Many have taken part through the years; we hope all of you will support this annual event. Each individual can help in many ways.

The Jewelry Department needs new or used jewelry. The Treasure Cove needs new or gently used knick-knacks, antiques, and household items. The Book Department needs new and used books of all kinds.

Cookies, pies, breads, candies, cakes, and cup cakes, are big sellers. Knives, cookie cutters, and unique spices add a great variety to the Bakery. (Please label all items.)

Craft items are the Bazaar centerpiece. We encourage everyone to show their craft talents with cards, decorations, blankets, and art. We appreciate anything you can make to donate.

This year we are very fortunate to have a beautiful watercolor painting of our church, "The Magic of St. John's," painted by parishioner Loretta Seitz. It is framed and 22" x 24". It will be on display in the Parish Hall on Sunday, October 29th after worship and during Bazaar sale days. "The Magic of St. John's" will be available by a silent auction ending at 11:45 am on Sunday, November 5th. If you are unable to donate items to sell at the Bazaar, we welcome monetary donations. Make checks payable to "St. John's Bazaar." We use them for advertising, workshops, and various other ways.

We need helpers for set up, clean up, and sales. To help in any way, please call Lynn, 651/426-2302, or Bev, 651/429-6769. All help is good help!

Bring donations during Bazaar week, on Sunday morning, October 29th, or Wednesday evening, November 1st (6 - 8 pm). Deliver labeled baked goods to the Parish Hall on Thursday, November 2nd (9 am - 2 pm) or Friday, November 3rd before 10 am.

Bazaar dates and times are Friday & Saturday, November 3rd & 4th, 10 am - 2 pm (Lunch 11 am - 1 pm Friday), and Sunday, November 5th, 8:30 am - noon (Silent Auction ending at 11:45 am). Please come join us!

The Episcopal Church Women



The Families in Christ hayride at Lendt's Pumpkin Patch in Wyoming, Minnesota on Saturday, October 7, 2006.

November Birthdays

- 1 Colleen Johnson
- 3 Megan Ware
- 5 Blake Betker
- 5 Priscilla Campbell
- 5 Lauren Warchol
- 5 Shannon Warchol
- 7 Helen LaBarre
- 8 Joseph Afryl
- 8 David Truchon
- 9 Charles Ackerman
- 9 Elizabeth Karp
- 9 Thomas Long
- 10 Cynthia Domin
- 10 Alecia Eimon
- 10 Elizabeth Ellerd
- 12 Nicole Roche
- 13 Joan Gardner
- 14 George Gorbatenko
- 15 James Delamater
- 15 Linda Monyak
- 16 Steven Babcock
- 16 Sarah Larson
- 16 Cheryl Peterson
- 18 James Gardner
- 18 Mark Kelm
- 20 Mary Larson
- 21 Judy Carpenter
- 22 Kern Walker
- 23 Dana Boyle
- 23 Louise Harding
- 25 Elnora Ogg
- 25 Sarah Whillock
- 26 David Monyak
- 26 Natalie Schmit
- 30 Lawrence Mahoney
- 30 Lynn Olafson
- 30 Ward Sanford



If you have a birthday this month but are not listed above, please e-mail or telephone the Parish Administrator at the church office. Records are not always complete.

Thank you.

The Blessing of the Animals during the 9 am family-friendly Eucharist

The Youth Voice

Youth & Children's Ministry Selling Wreaths

Thank you to the Episcopal Church Women, college moms, and parish individuals for their wonderful support of the October Northern Teens Encounter Christ weekend. We had 25 St. John's senior high youth and their school friends, college students, and adults from our parish take part in the retreat. Your support was overwhelming and we thank you. We especially thank Colleen Johnson, Janet Waller and Jill Todd who drove Candidates up to St. Cloud on Friday.

We will host Safe Church training on Monday, November 6th from 9 am -noon at St. John in the Wilderness. If you are interested in registering, please e-mail Maureen at wilderness2@visi.com, or leave a message at 651/429-5351 ext. 10. We request a \$10 fee to cover the cost of materials and a background check. If this cost is a problem, please contact Alison Feigh for a scholarship at 651/429-5351 ext. 12.

The St. Paul TEC weekend is planned for November 17th-19th. Please talk to Alison Feigh if you would like to get more information about attending as a Candidate or for the team.

The Annual Advent Senior High Lock-In is planned for Saturday, December 2nd. To attend, please sign up in the Parish Hall. The Adult Ed. committee encourages the youth to attend the Silent Retreat earlier in the day. We will have an evening service, followed by a dinner and lock in fun. As usual, we will make cookies to bring to people who work the night shift at hospitals, hotels, police stations, and other locations in White Bear Lake. Hopefully Alison won't get lost this year.

Our Advent Play rehearsals get underway on Wednesday, November 8th with a children, youth, and parents meeting from 7-8 pm. Children and youth of all ages are welcome to take part. We rehearse on Wednesday nights for one hour in place of Junior High youth group. A rehearsal schedule will be available at the parents meeting. We will perform our little production the evening of Wednesday, December 13th and the morning of Sunday, December 17th. Please talk to Alison Feigh if you have any questions. We encourage all youth and children to take part.

We invite all youth group members (Senior and Junior High) to attend the World AIDS Day service at St. Mark's Episcopal Cathedral on Thursday, November 30th. We will meet at church at 6:30 pm, have dinner, and then head to Minneapolis together for the 7:30 pm service. Please sign up in the Parish Hall if you would like to attend.

Thought for the Month:

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

Galatians 5:22



The Youth and Children's Ministry Committees of St. John in the Wilderness will sell wreaths in the Parish Hall November 19th, November 26th, & December 3rd.

The money raised will help offset costs of the Advent play. Swing by the Youth/Children's table if you wish to buy a wreath for your home or for the church.



Fall Rummage Update

There's not a lot to report, except that all went well on the Rummage Sale front. When all was said and done, the ECW netted about \$1,364. This was less than the spring sale, but that was an exception, profit-wise.

Thanks to all baggers, sorters, and cleaner-uppers. To Bev Boyle, Nancy Jagusch, and me, thanks for soup and desserts, and to Ed Chilton and Mary Wingfield for checking out electronics.

Most of all, thanks to those who contributed clean and usable items as requested. (Wear your bargains to church.)

Corinne Livesay