

Risen! The Caller



INSIDE

- 2
Welcome Kathy Kolsrud
ECW Semi-Annual Dinner
Mom's Group
- 3
M.O.M.'s Group (cont.)
Mom's Prayer for Safety
- 4
Did You Know?
G.I.F.T. Committee
- 5
Parish Nurse
Outreach
Prayer Shawl Knitters Needed
Books N Brunch
- 6 & 7
Christian Education
Sudoku
- 8
April Memorials
Birthdays and Anniversaries
April Scripture Readings
Seasons of Life
- 9
Earth Day
Worship Winks
- 10 & 11
April and May Calendars
- 12
Announcements

The Movies in Our Faith Journey

From there you will seek the LORD your God, and you will find him if you search after him with all your heart and soul. Deuteronomy 4:29

Ever since I was a boy growing up in Nebraska, the movies have been a strong part of my attraction to God in my life. I remember putting together what I learned at my Sunday School classes of the Bible stories as a small boy in the most sensible format – action, adventure and drama! So, it was not a surprise to me when there were old and new (at their time) movies showing on television or to rent from our local Blockbuster store. Here are some of the movies that have depicted some Old and New Testament stories of Moses, Jesus and other characters of the Bible: the "Ten Commandments," with Charleston Heston, Yul Brynner; "The Robe," with Richard Burton, Jean Simmons & Victor Mature; "The Greatest Story Ever Told," with Max Von Sydow; "King of Kings," with Jeffery Hunter; (musicals) "Godspell" with Victor Garber and Katie Hanley; "Jesus Christ Super Star," with Ted Neeley; "The Last Temptation of Christ," with Willem DaFoe; Monty Python's (comedy) "Life Of Brian," with Kenneth Colley; and "The Passion of the Christ," with James Caviezel are a few of some of the top movies that have brought the Bible to life on the screen. Now, the story lines have been Hollywoodized, but the meaning of these films, musicals and comedy are to help draw the viewer into the world of mercy, forgiveness, love, joy and hope—that God has not forgotten any of us and through our Creator's love we are redeemed through Jesus' message of service on Maundy Thursday, self-sacrifice on Good Friday and death conquered on Easter Sunday!



As we approach Holy Week (April 5th-11th) and reflect and journey with our history of as Judeo-Christians during this sacred week, the Word of God in the Old and New Testaments guide us in knowing where we have come from. The beauty of Holy Week is a time for us to pause and give thanks to God for our ancestors via the Word of God and other forms of telling these stories of God's deep and abiding love for us. If you remember past years of watching the Bible come alive in some of these old movies just before Easter, I hope you continue to allow God to touch your heart this coming Holy Week and Easter Season! Here is our Holy Week Worship schedule:

April 5th Palm Sunday: 8:00 a.m. & 10:00 a.m.

April 6th 7th 8th Wednesday Taize Evening Prayer: 5:30 p.m.

April 9th Passover Dinner 5:15 p.m. & Maundy Thursday Service: 7:00 p.m.

April 10th Good Friday: Noon-Ecumenical Service & 7:00 p.m.-Passion Play with Holy Eucharist

April 11th Easter Vigil: 7:00 p.m.

April 12th Easter Sunday: 9:30 a.m.

May God bless you and your family's Holy Week and Easter Season with us here at Christ Church or wherever you travel.

With Peace in the Risen Lord,

Fr. Charles Ullrich

Christ Episcopal Church

321 West Avenue, Red Wing, MN,
651-388-0411

Rector: The Rev. Charles R. Uhlik
revcu@msn.com

Director of Christian Education:
Vicki Lambert:
christcheducation@hotmail.com

Child Care Coordinator: Shelby Miller

Treasurer: Ernie Valentine
christchfinance@msn.com

Parish Relations: Kathy Kolsrud
christch8@msn.com

Parish Operations Coordinator/Webmaster:
Pat Welke christchpw@msn.com

Bulletins/Herald Deb Collins

Custodians: Lottie Aslakson, Bud Gustafson
christchsexton@q.com

Parish Nurse: Mary Heckman

Church Email: christch8@msn.com

Website: christchurchredwing.com

Christ Church Vestry

Senior Warden: Catherine Johnson

Junior Warden: John Blue

Sandy Richter (09), Steve Reinitz (2009)

Joan Foot (10), Judy Mann (09)

Jeff Richter (10), Peter von Haaren (10)

Arlene Beckwith (2011)

Jon Danielson (2011)

Deb Collins (2011)

Welcome Kathy Kolsrud

To My Friends at Christ Church:

Thank you all for welcoming me as administrative assistant to your church. I am fortunate to be working in such beautiful and friendly surroundings. My husband, Roger, and I have three grown children, two grandchildren and have lived in Red Wing for ten years. Please stop by the office to introduce yourself some morning so that I can put a pleasant face with your name.

Also, I would like to take this time to thank the great volunteers that cover the afternoons for me and Char Friedrich for coordinating such a helpful team. I am looking forward to meeting you all.

Kathy Kolsrud



ECW Spring Dinner

By Judy Mann

The ECW's semi-annual supper will be held Thursday, May 21 starting at 6 p.m.

Speaker for the evening will be Tara Schwantz, RN, shown in the picture at the left. She is employed at St. John's Hospital in Maplewood as an obstetric nurse. She has made several mission trips to Africa, and will be showing a Power Point show of her trips. She helped out in the mission clinics around Tanzania, with a focus on women's health. Watch for more information as the date gets closer.

Tara Schwantz, with children in Africa



Happy
Easter

M.O.M.'S Group Begins Series On Safety

by Susie Uhlik, M.O.M.'s Group Facilitator

Protecting the Gift by Gavin DeBecker is the book mothers are discussing to assist each other how to better understand how to protect themselves and their children. This is a two-part series with the first part focusing on our God-given gift of intuition, how to reduce our worry, pre-incident indicators of violence,

(M. O. M. 's Group Continued on page 3)

teaching our children about strangers, what to do when they're lost, and how to if your child is ready to walk to school. We also learned what ACE stands for and having a plan when you go to crowded places like the mall or an amusement park.

Intuition means to guard and protect, and every mother has a gut feeling, which some call a sixth sense or a primitive brain, that alerts us to situations that might lead to violence or some sort of trouble. We use our intuition everyday to make decisions, and listening to that feeling deep within us can prevent trouble from happening in the first place.

We can combat worry through gratitude, taking action, having faith, praying, and seeking support and comfort. Focus on the safety of your children through being thankful for their health and well-being, take any action necessary to prevent incidents and prepare to protect yourself, such as enrolling in a self-defense course. The things we fear are rarely the things most likely to happen.

NEVER TALK TO STRANGERS isn't a rule at all, but a highly flexible and incomprehensible concept that only parents understand, if even they do. Children will talk to strangers anyway and we must teach them about "strangeness" not strangers. Children need to learn how to exercise their intuition and learn how to evaluate behavior. This rule only produces fear of people. The real fear is that we can't predict a person's behavior.

If a child wanders off in a store or a crowded place, DeBecker says that security guards are often more likely to commit crimes than any other type of person. Instead, children should find a woman or a woman with children and ask for help. Women are less likely to commit crimes against children and they will commit to the lost child until they are properly helped.

These are just a few of the valuable instructions on how to keep your child safe that we covered in March. **M.O.M.'s Group** will meet in April for the second part of our safety discussion. Part two will focus on how to choose babysitters and daycare providers, keeping alert to sexual predators, safety in schools, how to help your child choose safe friends, and much more.

Our next meeting is **Tuesday, April 21st**. **Mothers Offering Ministry** to other mothers meets on the third Tuesday of every month. Please extend an invitation to a mother who needs the friendship and support.

If you have any further questions or suggestions for M.O.M.'s Group, please contact Susie Uhlik at 388-4634.

A Mother's Prayer for Safety

Ever-Vigilant God,
I shall come to you and proclaim you to be
my family's refuge, our stronghold and guardian.
How can I possibly protect my children from all that
could harm them? How can I teach my children to be
fearful, yet trusting? Careful, yet curious.
Alert, yet adventurous. As a mother, I am overwhelmed
with our fear-based media,
crime statistics, and the latest technology danger.
Nothing feels safe, but you, God.
Nothing in our world feels secure, but your supernatu-
ral ability to guard and protect.
Your faithfulness to my family is a shield,
And you shall deliver us from our
worst nightmares and fearful dreams.
Mothers are perfectly and wonderfully made with
the gift of intuition and I thank you, God.
You created me with your voice deep inside me always
protective and always speaking to me of potential
danger to myself and my children.
Help me honor that voice inside me that
speaks of uneasy feelings
and lurking danger. When I abide by my intuition,
I am armed with mother-warrior instinct,
appropriate rudeness, and unbelievable strength.
I am not afraid of the one who seeks to do us harm.
No evil shall come near me or my children.
You protect us because we know our
God-Given strength. Help me, God, to teach and
prepare my children to honor
and respect their intuition and your presence with them.
Give me the right words, the right lessons, and the
appropriate teachers to keep them vigilant, aware,
and alert to all types of danger. Help me instill in them a
deep respect for their own inner voice.
Help us balance our fears with faith and our over-active
imagination with lived reality.
Let us abide in Love and believe in humanity's basic
goodness. Command your angels to guard us and bless
us forever. When we invoke your name for help, you
always answer us. You are a steady presence in time of
trouble, and always rescue us from our enemies.
Bound by your love and armed with knowledge we are
safe. We are secure and we are protected.
Evil cannot touch us and fear has no power in our lives.
For you are with us, God. Make our homes secure, our
neighborhoods safe, and our world free from harm.
Eradicate evil from wounded souls and those whose
hearts are hurting. Let us always seek forgiveness over
revenge and compassion over judgment.
May we be faithful to peace and hope.
Deliver us into safety, God. Liberate us from our fears.
Amen.

— Author, Susie Uhlik, Copyright 2009

Did You Know?

By Mary Kolderie

William Augustus Muhlenberg is honored by the church on April 8. He was born in Philadelphia in 1796 into a prominent German Lutheran family, but switched to the Episcopal Church, because the Episcopal Services were in English. He was ordained a priest. He became deeply involved in the Sunday School movement and was headmaster at a boys' school in Flushing, New York. He promoted the use of music, flowers, and color in church services and even wrote some of the hymns in our hymnal.



In 1846, he founded the Church of the Holy Communion in New York City, where he did things that we now take for granted—such as free pews for everyone, a parish school, a parish unemployment fund, and trips to the country for poor city children, and celebration of the Eucharist every Sunday.

Along with Sister Anne Ayres, who founded the Sisterhood of the Holly Communion, he founded St. Luke's Hospital in New York City in 1857. Muhlenberg's last great project was an experiment in Christian social living called St. Johnland on Long Island. This Christian city did not last, but several of its philanthropic institutions did survive. He died in 1877.



St. Mark the Evangelist's day is April 25. Mark was a follower of Jesus and may have been the son of a woman who owned the house in Jerusalem where Jesus ate the Last Supper. Mark may have been the man who fled naked when Jesus was arrested in

the Garden of Gethsemane. Paul refers to Mark as the cousin of Barnabas, who accompanied them on their first missionary journey. Mark and Paul had a falling out but later made up, and Mark was one of Paul's companions in Rome.

Early in the second century, Papias, Bishop of Hieropolis in Asia Minor, named Mark as the author of the Gospel which bears his name. Mark was a close companion of Peter and in Peter's first letter, he refers to Mark as his son.

Tradition maintains that Mark obtained the information for his Gospel from Peter.

The church in Alexandria, Egypt, claimed Mark as its first bishop and most illustrious martyr. He died around year 74.

G.I.F.T Committee

You may be wondering what is this "New" committee. It stands for Grow-ing In Faith Together. It is the former Stewardship/Welcome committee.



Our mission statement is **To Connect...To Engage...To Grow**. Committee members and areas they are working on are:

Deb Collins - Advertising and Marketing Christ Church.

Gwen Lynch—Time & Talent engagement , Wills & Bequest Giving and Pledge Drive.

Pat & Joe Welke , Judy Mann, Dawna McMillen and Jeff Richter—Monthly hot breakfast, Newcomers quarterly event and a Progressive dinner.

Suzanne Simonson- Lay Eucharist Ministry and new/ current membership connection and engagement.

Watch for events and details around the church and in the mail. These are our G.I.F.T.'s to give for 2009.

What are yours? Come join us, we have a very G.I.F.T.ed group of worker bees who have a lot of fun!



For the month of February, 2009, our Pledges & Contributions were:

	<u>Actual</u>	<u>Budget</u>
Month	\$15,339	\$13,333
YTD	\$41,310	\$26,667
Note YTD has Prepaid Pledges		

“Get My People GOING!!”— Exercise!!

By Mary Heckman, Parish Nurse

Congratulations to all of you who have signed up to take a journey with me to make your lifestyle healthier. If you have not signed, up it's never too late to change our habits into healthy ones! This month I'd like to focus on **Exercise**.



The people of Israel had a lot of exercise walking from Egypt to the Promised Land! Did you know that exercise not only helps you lose weight or maintain a healthy weight, it also helps with brain function, strengthens your immune system, significantly reduces your risk of developing a wide range of diseases, and reduces your risk for reoccurrence of certain cancers. Exercising helps your lymphatic system move toxins out of your body, and speeds up your metabolism for close to 24 hours. Of course, you already know that it helps you sleep better.

So, why is it hard to exercise? Those people who don't exercise either fell out of the habit or never got into it in the first place. So, start small! How about exercising simply five minutes today? Go for a walk or wave your arms around in your chair. You can do it!

And if you DO exercise, give yourself a huge pat on the back. You are taking a proactive step that can add years to your life, and quality to those years.

No matter how young or old you are, no matter what your physical condition, exercise that's right for you can help you feel better. I'd be happy to help you find an exercise routine that will work for you.

Blessings on your journey,

Your Parish Nurse, Mary Heckman

HELP

By June Gustafson

We need more knitters. We are now supplying Seminary Home with prayer shawls—patterns and yarn are available at the church.

Thanks, June



Outreach

By Mary Heckman, Outreach Chair

Outreach...to reach out to others. Is Christ Episcopal Church doing that?



Yes, we have given to many places; Our Troops, the Red Wing Food Shelf, the Woman's Shelter, Friendship House, Humane Society,

Crop Walk, our youth to name a few. Is this enough? Who else needs us to reach out to them? Are we living as Jesus taught us to give to others?

Outreach will continue to collect items for the Food Shelf the first Sunday of each month, and we will collect for our Troops 52 Sundays of the year. We are considering other needs in our community and in our world. If you have suggestions or would like to be a part of Outreach please let John Blue or Mary Heckman know.

"Be generous and share your food with the poor. You will be blessed for it." Prov 22:9

Books and Brunch

By Susie Uhlik, Books 'N Brunch Coordinator

The next Books 'N Brunch will meet on **May 30th**. We will discuss the book, *Imagine What America Could Be in the 21st Century*, edited by Marianne Williamson.



This book is comprised of over 40 leading visionaries, activists, and spiritual thinkers, each of whom has written an essay on various subjects imagining a compelling vision for a better America. Imagine revamped hospitals, a transformed political system, and a country where there is enough time for both work and play... Join us on **May 30th** for good discussion and good food. This group is open to the public; both men and women are welcome.

Childcare and a light brunch are provided. We meet from 10-11am on the last Saturday of the month.

Please contact Susie Uhlik if you have any further questions or book suggestions. 388-4634

Seen in real church bulletins: (not ours of course)

The Fasting & Prayer Conference includes meals.

The sermon this morning: 'Jesus Walks on the Water.'

The sermon tonight: 'Searching for Jesus.'

Christian Education

By Vicki Lambert, Christian Education Coordinator

SUNDAY SCHOOL NEWS

What a great time to be celebrating our faith in Jesus! In March, the children celebrated a Passover Meal



while learning about Jesus Last Supper with his disciples. Our March classes were focused on the last week of Jesus' life. Mary Heckman visited our class the last

week of the month to talk about our April/May all-parish initiative of "Get My People Going." Take the time to stop by the bulletin board outside the office to check out the initiative.



Children's church is at 10 a.m. and is celebrated in the chapel. Any child preschool through elementary age is welcome to join us.

Please note: There will be children's church on Easter Sunday, even though there will be no Sunday School.

We are moving ahead with the helping-get-children-to-church program. Drivers are in place and we will begin offering rides to young people (and parents, if they wish) next month.

YOUTH NEWS



Our youth program continues to be strong! We have plenty of room for more!

During the month of March, we enjoyed bringing friends to the movies. We also had a visit from Mary Heckman at our last youth group where she promoted the "Get My People Going" program.

Hurray for the parents! We have parents signed up to help with youth events until July. Our sincerest thanks goes out to each of you.

Easter Events Calendar:

4/1 Palm Sunday with youth worship in youth room



4/8 Youth group at church (prep for rest of Holy Week)

4/9 Passover Meal (youth help serve)

4/10 Good Friday Service with Passion Play of Gospel

4/11 Easter Vigil

4/12 EASTER



4/24-25 6 a.m. Fri – 2 p.m.

—
Community Wide 30Hr
Famine Event in
partnership with:



Mission Trip is coming!
July 12-19 to Milwaukee!

Confirmation

Confirmation is going to be in Faribault at the cathedral on **May 9 at 11 a.m.** We have five young adults who are planning on becoming full members of the church and will have successfully completed our newly revamped two year program. NEW candidates seeking confirmation should talk with Father Charles. The next confirmation class is on April 1 at 7 pm.

Adult Education

Adult Bible studies are always open for new attendees.

Each Sunday we will provide quality programming in keeping with the various themes. No need to sign up in advance, just come and be enriched.

1st Sunday: (Palm Sunday) FELLOWSHIP Visit with friends or help in Sunday school. Enjoy a hot breakfast and go to the blood pressure clinic.

2nd Sunday: EASTER - NO Adult Education One Service 9:30 a.m

3rd Sunday: SPIRITUALITY SUNDAY
Mary Kolderie will be teaching on Practical Spirituality.

4th Sunday: ENRICHMENT SUNDAY

Becoming a Spiritual Citizen
Different Types of Prayer/Healing Nation
One Prayer at a Time, One Individual at a Time
Presenter: Susie Uhlik

EDUCATION COMMITTEE

The education committee meets the last Tuesday of the month at 4pm and is open to new members. If you would see something new, different, or just be heard, consider joining this group. Our next meeting is April 28 at 4pm. This group meets year round.



If you have any great ideas for parish education, please contact Vicki at christcheducation@hotmail.com or call 388-0411 x15. I am always looking for ways to serve you better.

Ongoing Education Opportunities Schedule:

- Every Sunday: 9 a.m. Adult Education
- 9 a.m. Sunday School for 3 years to 6th grade
- 10 a.m. Children’s Church (preteens and teens welcome)
- 8 a.m. & 10 a.m. Worship
- Every Wednesday: 11 a.m. Women’s Bible Study
- Every Thursday: 3 p.m. Rector’s Bible Study
- ~~~~~
- 1st Sunday 10 a.m. Youth Worship in Youth Room
- 1st Wednesday 7 p.m. Confirmation
- 2nd & 4th Wednesday 7 p.m. Youth Group
- Last Tuesday 4 p.m. Education Committee



Graduates

Anyone graduating this spring, please contact the office. We will have graduation recognition on May 17 at the 10 a.m. service.



	1			2	9			
					5		6	1
	2	8						
1		6						
		5	9		7	6		
						9		4
						8	3	
2	6		3					
			2	4			7	

Solution on page 8

April Memorials

- 04/05 **Church** In memory of Lucille Eke and her parents, by the Lucille Eke Fund
Chapel In memory of parents and husband, Leroy, by Marie Haverlandt
- 04/12 **Church** Easter Lilies by those who gave lilies (see list)
 Lilies on processional cross by Jamie & Laura Teele
Chapel Easter Lilies by Foof Memorial Fund
- 04/19 **Church** In thanksgiving for family by Jeannette & Mike Wilson;
 Six roses on altar in memory of Willis Gustafson from June and the Girls
Chapel In memory of loved ones by Marion Teele
- 04/26 **Church** In loving memory of Dr. Frederick & Nellie Andersen, Frederick Andersen, Jr., Katherine Olson by Helen Andersen Supple & Daughters, Johanna, Judy, Georgeanna, Abby
Chapel

I thank my God upon every remembrance of you.
 Philippians 1:3

Birthdays

- 4/01 Celia Tise
 4/03 Charles Brown
 4/04 Ernest Valentine
 Gwen Lynch
 4/05 Clare Uhlik
 Travis Barnes
 4/06 Shawna Hemenway
 4/13 Pat Martin
 Polly Betterley
 4/14 Norma Neufeldt
 David Thomas
 4/16 Elaine Hoisington
 4/17 Dorothy Chapman
 Janet Warren
 Peter von Haaren
 Doug Pfirman

- 4/19 Shirley Carlson
 Ryan Flueger
 Karen Hemenway
 Betty Stolpa
 4/21 Matthew Brenner
 4/26 Jessica Martin
 4/27 Jenny Carlson
 4/28 Joel Friedrich



Anniversaries

- 4/13 John & Maureen Blue
 4/20 Jeannette & Mike Wilson

Seasons of Life

Death

Jeanne Marie Pearson

Born to this life on June 22, 1922.

Entered God's Kingdom March 15, 2009

Give rest, O Christ, to your servants with your saints, where sorrow and pain are no more

April Scripture Readings

- 04/05 **Palm Sunday:** Mark 11:1-11 (1st Gospel); Psalm 118:1-2, 19-29; Isaiah 50:4-9a; Psalm 31:9-16; Philippians 2:5-11; Mark 14:1-15:1-39 (2nd Gospel);
- 04/09 **Maundy Thursday:** Exodus 12:11-14; ; Psalm 116:1, 10-17; 1 Corinthians 11:23-26; John 13:1-17, 31b-35
- 04/10 **Good Friday:** Passion Play -John 18: 1-19:42
- 04/11 **Easter Vigil:** Genesis 1:1-2:4a [The Story of Creation] ; Genesis 7:1-5, 11-18, 8:6-18, 9:8-13 [The Flood] ; Genesis 22:1-18 [Abraham's sacrifice of Isaac] ; Exodus 14:10-31; 15:20-21 [Israel's deliverance at the Red Sea] ; Isaiah 55:1-11 [Salvation offered freely to all] ; Baruch 3:9-15, 3:32-4:4 or Proverbs 8:1-8, 19-21; 9:4b-6 [Learn wisdom and live]; Ezekiel 36:24-28 [A new heart and a new spirit] ; Ezekiel 37:1-14 [The valley of dry bones] ; Zephaniah 3:12-20 [The gathering of God's people]; Romans 6:3-11; Psalm 114; Mark 16:1-8
- 04/12 **Easter Sunday:** Acts 10:34-43, Psalm 118: 1-2, 14-24, 1Corinthians 15:1-11, and John 20: 1-18.
- 04/19 **2nd Sunday of Easter :** Acts 4:32-35; Psalm 133 1 John 1:1-2:2; John 20:19-31
- 04/26 **3rd Sunday of Easter:** Acts 3:12-19; Psalm 4; 1 John 3:1-7; Luke 24:36b-48
- (Readings can be found on the Internet at this website:
<http://www.io.com/~kellywp/index.html>)

5	1	3	6	2	9	4	8	7
9	7	4	8	3	5	2	6	1
6	2	8	1	7	4	3	9	5
1	9	6	4	8	2	7	5	3
3	4	5	9	1	7	6	2	8
7	8	2	5	6	3	9	1	4
4	5	1	7	9	6	8	3	2
2	6	7	3	5	8	1	4	9
8	3	9	2	4	1	5	7	6

Earth Day—April 22

By Deb Collins

Some Things to Think About for Earth Day

Trees benefit us all socially, communally, environmentally, and economically. In the spirit of Earth Day, it is appropriate to list the following 18 tips that we can all do to help save our trees.



1. Use dishtowels instead of paper towels for drying dishes and kitchen spills.
2. Use cloth napkins for all of your meals.
3. Save previously used wrapping paper and use it again. Or, use swatches of fabric, newspaper, reusable gift bags or a cloth sack for gifts.
4. Keep cloth bags in your car, with your bicycle or by your front door for all your shopping needs instead of taking paper bags or plastic bags (made of non-renewable sources). **WE STILL HAVE "DIRT BAGS" FOR SALE!!!**
5. Buy items with little or no packaging or in bulk that you can stock in your own containers.
6. Keep a commuter mug in your car, in your backpack, or at your office instead of taking a new, disposable, paper or plastic cup. **(And remember, when you order a latte, it takes 50 gallons of our precious water to make just one cup).**
7. Avoid items made from rain forest woods, such as rosewood, mahogany, teak, or ebony.
8. Make a commitment to purchase only wood products certified by the Forest Stewardship Council (FSC); ask for them at The Home Depot or other local wood product vendors.
9. Pack a reusable lunch box or cloth bag; use reusable storage containers for food that needs no packaging (e.g., fresh fruit).
10. Send a virtual postcard to the US Forest Service at www.ourforests.org to support an effective policy to protect our national forests.
11. Reduce the number of catalogs you receive in the mail by registering through www.catalogchoice.org.
12. Use email instead of paper memos; reduce the number of messages that you print out. If you have email, please inform the church office that

you would like to receive your church notices and monthly bulletins electronically and save valuable resources and postage.

13. Set the default switch on your photocopier to double-sided or attach a friendly reminder on the machine.
14. Avoid using disposable plates and utensils.
15. Reuse paper that is clean on one side for in-house drafts, notes and photocopies.
16. Recycle office paper, newspapers, cardboard, magazines, colored paper and scrap wood.
17. Buy copier paper, paper towels, tissues, and toilet paper with at least 50% "post-consumer recycled content." The higher the post-consumer content, the better.
18. PLANT A TREE!

Worship Winks

by Fr. Charles Uhlik

Gestures that are used during worship.




Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, Philippians 2: 9-10

O come, let us worship and bow down, let us kneel before the LORD, our Maker! Psalm 95:6

Oftentimes during worship, I will bow towards the Altar Table during the course of our worship. I do this for several reasons. This solemn gesture is used in reverencing an altar or altar table. This *solemn bow* from the waist, with hands held together near my chest is a symbol of my deep love for the place where we remember the Lord's Supper. A *simpler bow* is done with the head, and inclining it at ones shoulders. A person may do this at the name of "Jesus," or to a fellow minister during worship, and on other occasions when working in the church or chapel outside of worship, as a sign of respect, humility for our place of worship with God. Other simple gestures of respect you may see in church by a priest or lay minister are *genuflection, kneeling, standing, sitting, keeping eye contact* on the ministers or *kissing* the Book of Gospels, Lectionary or Bible—all are forms of showing respect during worship and prayer toward God and each other.






APRIL 2009 CALENDAR OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Every Sunday 8 am Holy Eucharist-Rite 1 Chapel 9 am Sunday School 9 am Adult Education 10 am Children's Worship 8:45-11:30 am Child Care 10 am Holy Eucharist-Rite 2 Church	Every Monday Rector's Day Off 4 pm Dana Dance		Every Wednesday 10 am Holy Eucharist, Chapel 11 am CEC Staff Mtg 11 am Women's Bible Study 6 pm CA 6 pm Hand Bells	Every Thursday 3 pm Rector's Bible Study conf. room Noon AA Mtg 7:30 pm GA	Every Friday Rector's Sabbath Day 7 pm AA	
			1 Fredrick Denison Maurice, Priest See Every Wednesday Above 7 pm Choir 7 pm Confirmation	2 James Lloyd Breck, Priest See Every Thursday Above	3 Richard, Bishop See Every Friday Above	4 Martin Luther King 9 am Spring cleanup 11 am Liturgy Mtg
5 <i>Second Sunday in Lent</i> See Every Sunday Above Sunday of the Passion-Palm Sunday 10 am Youth Worship Hot Breakfast	6 <i>Monday in Holy Week</i> See Every Monday Above 12 N Jr. Guild 5:30 Evening Prayer-Taize	7 <i>Tuesday in Holy Week</i> 6:30 GIFT mtg 6:15 Hospitality 5:30 Evening Prayer-Taize	8 <i>Wednesday in Holy Week</i> See Every Wednesday Above 10 am Clergy Reaffirmation-Christal Liturgy 5:30 Evening Prayer-Taize 6:30 Acolyte Mtg 7 pm Choir 7 pm Youth Group	9 <i>Maundy Thursday</i> See Every Thursday Above 5:15 Passover Dinner 7 pm Maundy Thursday Worship	10 <i>Good Friday</i> See Every Friday Above N Ecumenical Good Friday Service 7 pm Good Friday worship	11 <i>Holy Saturday: Easter Vigil</i> 6:30 pm Easter Vigil Service-Evening prayer
12 Easter Day 9:30 a.m. Holy Eucharist, Church	13 See Every Monday Above 5:30 p.m. Property Committee	14 6 pm Outreach	15 See Every Wednesday Above N-Pastoral Meting	16 See Every Thursday Above Noon Finance Mtg 4:30 HR Mtg	17 Caller Items Due See Every Friday Above	18 10 am ECW Board
Fr. Charles on Vacation April 13-20						
19 <i>Second Sunday of Easter</i> See Every Sunday Above 8 & 10 am Morning Prayer Continental Breakfast	20 See Every Monday Above 7 pm Horticulture Mtg	21 <i>Anselm, Archbishop</i> 3 pm Churches In Park Mtg 6:30 M.O.M.'s Group 7 pm Vestry	22 See Every Wednesday Above 7 pm Youth Group	23 See Every Thursday Above	24 See Every Friday Above 6 pm Dinner Club TEC April 24-26 <div style="background-color: #cccccc; padding: 2px; text-align: center;">30-Hour Famine</div>	25 <i>St. Mark, Evangelist</i> 10 am Books N Brunch
26 <i>Third Sunday of Easter</i> See Every Sunday Above Continental Breakfast 11:30 Confirmation Parent Mtg	27 See Every Monday Above	28 4 pm Education 4:45 Altar Guild	29 <i>Catherine of Sienna</i> 7 pm Choir	30		

Watch for updates in your Sunday Bulletin/Herald.

MAY 2009 CALENDAR OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Every Sunday 8 am Holy Eucharist-Rite 1 Chapel 9 am Sunday School 9 am Adult Education 10 am Children's Worship 8:45-11:30 am Child Care 10 am Holy Eucharist-Rite 2 Church	Every Monday Rector's Day Off 4 pm Dana Dance		Every Wednesday 10 am Holy Eucharist, Chapel 11 am CEC Staff Mtg 11 am Women's Bible Study 6 pm CA 6 pm Hand Bells	Every Thursday 3 pm Rector's Bible Study conf. room Noon AA Mtg 7:30 pm GA	Every Friday Rector's Sabbath Day 7 pm AA		
						1 St Philip & St. James, Apostles See Every Friday	2 Athanasius, Bishop 9 am Diocesan Convocation
3 Fourth Sunday of Easter See Every Sunday Above 9 am Eucharistic Visitors Training 10 am Youth Worship Hot Breakfast	4 Monica, Mother of Augustine See Every Monday Above 12 N Jr. Guild	5 6:30 GIFT Mtg	6 See Every Wednesday Above 7 Confirmation	7 See Every Thursday Above National Day of Prayer	8 Dame Julian of Norwich See Every Friday Above	9 Gregory of Nazianzus, Bishop 11 a.m. Confirmation, Cathedral in Fari-bault	
<div style="border: 1px solid black; padding: 5px; display: inline-block;">Clergy Conference</div>							
10 Fifth Sunday of Easter See Every Sunday Above 10 am Newly Confirmed presented	11 See Every Monday Above 5:30 p.m. Property Committee	12 6 pm Outreach	13 See Every Wednesday Above 7 pm Youth Group	14 See Every Thursday Above Noon Finance Mtg 4:30 HR Mtg	15 Caller Items Due See Every Friday Above	16 10 am ECW Board 10 am Liturgy Mtg	
17 Sixth Sunday of Easter See Every Sunday Above Continental Breakfast 10 am Graduation recognition	18 See Every Monday Above 7 pm Horticulture Mtg	19 Dunstan, Archbishop 3 pm Churches in the Park Mtg 6:30 M.O.M.'s Group 7 pm Vestry	20 Alcuin, Deacon and Abbot of Tours See Every Wednesday Above N Pastoral Mtg	21 Ascension Day See Every Thursday Above 6 pm ECW Semi-annual dinner	22 See Every Friday Above	23	
24 Seventh Sunday of Easter See Every Sunday Above Continental Breakfast	25 Bede the Venerable - Office Closed 	26 Augustine, Archbishop 4 pm Education 4:45 Altar Guild	27 7 pm Youth Group	28 See Every Thursday Above	29 See Every Friday Above 6 pm Adult Dinner	30 10 am Books N Brunch Reg V Mtg	
31 Pentecost Sunday See Every Sunday Above Continental Breakfast							

Watch for updates in your Sunday Herald.

Christ Episcopal Church
321 West Avenue
Red Wing, MN 55066
christchurchredwing.com

Non Profit Organization
U. S. Postal Permit 235
Red Wing, MN 55066



Celebrating **150** Years
1858-2008

Holy Week Schedules 2009

Palm/Passion Sunday April 5th - 8 & 10 a.m.

Holy Week: Monday, Tuesday & Wednesday
Taizé Evening Prayer 5:30 p.m.

Maundy Thursday April 9th & Remembrance Dinner 5:15 p.m. & Feast of the Lord's Supper with Holy Eucharist at 7 p.m.

Good Friday with Holy Communion April 10th - 7 p.m.

The Great Vigil: Holy Saturday Evening Prayer April 11th - 7 p.m.

Easter Sunday April 12th - 9:30 a.m.

Books & Brunch



Childcare is provided

Imagine What America Could Be in the 21st Century
May 30

10-11 a.m.
At the church



Hope Coalition

The Hope Coalition is collecting used cell phones. The contact person is Staci, 651-388-9360 Extension 19.

Chemical Health Initiative of Goodhue County
Chemical Health Week
Faith Communities as Caring Communities
April 19-25
Details in the next Caller

Services—Sunday: 8 a.m. & 10 a.m., Wednesday: 10 a.m.