

WILDERNESS WORDS

Editors

If there is anything that you would like to have included in the Newsletter: 218-388-9903 and dmc@chem.wayne.edu or pcoleman@chem.wayne.edu

This Sunday:

Leading: David C
Preaching: Lee
Presiding: Carolyn S.

Readings this week:

Transfiguration Sunday

First Reading:
 Exodus 34:29-35
Psalm:
 Psalm 99
Epistle:
 2 Corinthians 3:12-4:2
Gospel:
 Luke 9:28-36, (37-43a)

(Click on citation to go directly to the reading.)

Reflections:

by Karen Kobey

Be Still and Know that I am God. Be Still? Easy to say, but hard for some of us to do! I find myself having great difficulty finding a way to slow down and listen.



*Inviting Mystery, Embracing
 Compassion, Encountering Christ.*

It will come as no surprise for those that know me that I am not skilled in being still and contemplative. I am usually busy with projects, time with friends, dogs and hikes in our amazing county! But I have begun to realize that this skill is one I need to learn and develop at this stage of my life. It is important for health, balance, and spiritual growth. It isn't easy, and I know it will be a journey for me to become adept at meditation and reflection in quiet. My busy "monkey mind" is unpracticed in listening for God in still contemplation.

Yet I realize that I HAVE experienced something close to this in an unexpected way every week on Sunday night. For those of you who stay up past 9 PM, you may want to take advantage of this opportunity on WTIP, our local radio station. Each Sunday at 9 PM BJ Muus is the host of "Sounds of the Spirit." The program weaves together music from a variety of spiritual traditions. You may hear Celtic instrumental music one night, Native American flute on another, and choral works

on yet another. Each program begins with a half hour of brief

Christian reflection and music from the St. Olaf Choir. I often hear different ideas about the readings we heard at our own Sunday service. At times the same hymns may ever be sung by the St. Olaf Choir, and I can enjoy the harmonies and interpretations they express in the music. I always find it a wonderful, peaceful way to end my Sunday and wind down into listening mode. So most Sunday nights you can find me on the couch with a dog or two at my side, hands folded and eyes closed. I will be enjoying finding inspiration in quiet reflection and beautiful sacred music on WTIP. If you are still up at 9PM, consider joining me in your own home! *Karen*

Continuing best wishes to our very own Ella Hedstrom. She qualified for the Minnesota State Championship competition in Varsity Swimming in breast stroke and other events. Go Ella!

Save these Dates

Tuesday, Feb. 9th: Ruby's Pantry. See Notes.

Wednesday, Feb. 10th: Ash Wednesday Service @ Schmidt's house. See Notes.

Sunday, Feb. 14th: Forum after Church. Bob P. "Benedict of Nursia - a Realistic Spiritual Leader"

Sunday, March 6th: SOTW @ the Care Center.

Sunday, March 20th: Forum. Carol Mork on the Passion Narrative. See Notes.

Thursday, March 24th: Seder @ Howard & Bonnie Hedstroms' home. Hillary is facilitator.

Friday, March 25th: Good Friday Service @ the Dental Office.

Sunday, April 3rd: Forum after Church by Inger Andress (President of Kai-Zen Solutions LLC). Discussion of sexual predation by older men in Cook County.

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Notes:

1.) Ruby's Pantry has asked that we arrive at 3:00 PM to assist unloading and getting ready for distribution. Please wear your new SOTW buttons (available at Church).



2.) Ash Wednesday: Ash Wednesday at Schmidts' home. 1633 Croftville Rd. Gather 5:30 pm. Start at 6:00 pm. Light Supper. Reflection. Communion. Done by or before 8:00pm.

3.) Carolyn notes that the Episcopal Relief and Development Lent Reflections are available on line at:

<http://www.episcopalrelief.org/church-in-action/church-campaigns/lent> By email or order booklet.

4.) Sunday, March 20 - Palm Sunday - Discussion of Luke's Passion narrative after having heard them in the reading at worship that morning.



DavidRJohnson.Zenfolio.com

NOTE: During Mary Ellen's sabbatical leave Carolyn has graciously agreed to be contacted as needed.

Sense of Wonder: Expressing this Place Call to Artists: 2016



**Spirit of the Wilderness
Episcopal Church
invites artists to participate in
our 7th annual art show:**

**Johnson Heritage Post
March 4-28**

Opening talk—Chel Anderson March 4.

Context shapes us: where we find ourselves affects us in ways of which we may be unaware. Artists are drawn here; some who wouldn't have called themselves artists begin to create art when they're here. Here's a chance to ponder how you as an artist have been formed by the landscape, atmosphere, light, seasons, and community along the North Shore.

Use these questions to spark your artistic juices for our annual show:

How would your artistic expression be different if you lived somewhere else?

How is your spirituality (and your artistic expression) rooted in this particular place?



Artists need to submit work with title, price and artist statement by March 1st.

Questions: students contact Mary MacDonald; Bonnie Gay Hedstrom (387 2538) or Ellen Stubbs (663 7298).

New this year: not only will high school art students submit work, but younger students will also be encouraged by their art teachers and others to respond to the topic.