



The Visitor for August 2019, Week 4



Happening at Calvary...

...over the summer.

Church exterior:

It is really starting to feel like the end of summer. Temperatures have cooled down, it is getting dark a bit earlier and back to school shopping is the hot topic! The work planned for the outside of our church has been completed. We had our last Lunch on the Lawn - this one held inside because of rain. There were fewer attendees, but they had a good time listening to Tim Dallberg.

Technology Upgrade:

We are very excited to report that the digging to bring the fiber optic cable for our internet upgrade started this week! They workers ran into one snag, dealing with the heated sidewalk on the northwest corner of the building. That has been repaired and once they have the wiring up to the church, Jaquar can take over and bring the cable inside. After that we should have faster internet, the completion of the video feed to staff devices and new phones. There will be new phone numbers for the staff - we'll share that when they are ready to use.

Here are a couple of pictures of the drilling process that brought the cable from near St. John's church over to our side of the street.



After starting at the Dan Abrams Healthy Living center, they made a stop along the way in St. John's church yard.



This is the 'Ditch Witch'. It bores a hole through the ground to get it ready for the conduit. They use a special meter to determine where the operator should 'drive' the machine where it needs to drill - quite fascinating!



2019-2020 Sunday School

It's that time of year again. We're all scrambling around trying to squeeze the last moments of summer into our ever-building schedules. One thing that happens to me every fall is I notice how quickly my son is growing up. Just where does the time go? During our time at Calvary, one way I spent time with Liam was to teach his Sunday school class. I did this almost every year and it was wonderful!! I'm reaching out asking you to consider joining the Sunday school team. It may seem like a huge commitment, but actually it's not. It's a few hours of your time a month. You and your team will design the teaching schedule for the year. I'm asking you to pray on this and listen to what God has in store for you. If you'd like to teach or assist Sunday school, you can reach me at [**sundayschool@calvary-rochester.org**](mailto:sundayschool@calvary-rochester.org).

Also, please sign your children up for Sunday school!

Registration forms should be in your email. If not, please let me know and I will correct this.

Peace and Happiness,
Jennifer Taber-O'Neill

Upcoming Events...



BLESSING OF BACKPACKS AND BRIEFCASES SUNDAY, SEPTEMBER 1

School is starting soon, the church program year is starting, and it's time to move our minds and hearts and attention to the work God has for us in the year ahead. On Sunday, September 1 at both the 8 am and 10 am services, we will bless children's backpacks and also bless the symbols of our work - bring your kids, their backpacks, and any symbol of your own work: stethoscopes, smart phone, laptop, knitting needles, gardening tools, books, keys - whatever in your mind best symbolizes the work God has given you to do in your vocation, and we will bless these items and bless your work along with blessing our children.

Beth Royalty, Rector

Calvary Choirs ready to begin the new church year!

CALVARY CHOIRS

The new program year is almost upon us, and with it the start of the choir season. Calvary offers four choirs for singers of all ages:

St. Nicholas Choir is for children, grades PreK - Grade 1.

This choir meets for 30 minutes, on Thursdays at 4 pm, in the lower level choir room. They sing the first Sunday of each month, always at the 9 am service.

St. Cecilia Choir is for children, grades 2 - 6. This choir meets for 45 - 60 minutes, on Thursdays at 4:30 pm, in the lower level choir room. They sing 3 out of 4 Sundays each month, always at the 9 am service.

Canterbury Choir is for youth, grades 7-12. This choir meets on Sundays at 8:15 am and sings 3 out of 4 Sundays per month, always at the 9 am service.

Motet Choir is for adults and youth. This choir meets on Wednesday evenings for 90 minutes, beginning at 7:15 pm. They sing each Sunday at the 11 am service.

We are especially in need of more singers in our youth choirs. Please contact Brian Williams for more information.



Sacred Circle New Fall Yoga and Meditation Series

Sacred Circle is excited to announce our new fall series of Yoga and Meditation: "The Yamas of Yoga" with certified yoga instructor Patricia Barrier.

**Please note that we now offer a discounted fee for enrollment in the entire 6-week series as well as an option to drop in to an individual class each week.*

The *yamas* are the ethical principles that guide the physical practice of yoga and encourage a "right way of living". Patricia Barrier, a local yoga teacher, will begin each class with instruction on a *yama* that will inform our gentle yoga practice and end with a short meditation helping us to apply that principle to our daily life. In this way, we move from the physical practice to a living yoga that guides our actions and helps us to grow spiritually. The class is suitable for beginners as well as those experienced in yoga who wish to deepen their practice. All aspects of the practice are adaptable to a chair or can be done with assistive devices. Yoga equipment is provided or bring your own mat.

The six-week series will occur on the following dates: **Tuesday September 3, 10, 17, 24 and October 1 and 8, 2019 from 5:30-6:30 pm in Crawford Hall.** The cost of the entire series is \$75 payable upon registration or you may drop in each week for **\$15/class.** Scholarships are available as requested by Calvary parishioners. Please register by calling Linda in the church office at (507)282-9429. Payment accepted by cash/check or PayPal. For more information please contact Stephanie Barsness



Teens Encounter Christ (TEC) Registration for Fall retreat is now open!!

October 18-20, 2019
St. Paul's Episcopal Church, Duluth

TEC is a weekend retreat led and planned by past participants and adult supervisors. It's open to all 9-12 grade youth. TEC will change your life by providing a mix of community, faith, and character-building experiences. You'll be connected with other youth from across the state and build life-long friendships that help you learn and grow. Below, find links to upcoming TEC events.

Still in middle school? Awesome!! You can attend the Pre-TEC retreat on November 22-23, 2019 at St. John's Episcopal Church, Minneapolis. Pre-TEC is intended to be a gateway into (not a copy of) the high school TEC weekend. These retreats lay a foundation for both teens and their families to have a positive Episcopal retreat experience in a community full of God's Agape love.

For more information, dates and registration for Pre-TEC and TEC events, click here!

if you have any questions, please contact Jennifer Taber-O'Neill
sundayschool@calvary-rochester.org

Save the date....



SAVE THE DATE FOR HOLY CROSS AND THE CALVARY PICNIC!

Holy Cross Day, our Calvary Feast Day, is Sunday, September 8. We will have services at 8 am and 10 am and end the morning with a wonderful picnic and games in the Oasis Garden. Save the Date and more information will be coming soon!



PRAYERS

[Submit a Prayer Request](#)



DONATE

[Tithe.ly](#)



WEBSITE

[Visit our website](#)