



WE ACKNOWLEDGE THAT WE GATHER ON THE DAKOTA HOMELAND

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Ingrid C. A. Rasmussen, Angela T. Khabeb, and Doug Mork, Pastors

LIVING YOUR BEST LIFE

By Kayla Zopfi, LVC volunteer from Wellstone House

Year-of-service programs are ecosystems of mutual exchange, community engagement, and mentorship. Especially in the nonprofit sector, decades-long histories inform and affect programs that facilitate the connection between individuals who want to engage in their community and organizations who are doing work that makes a difference.

Being an undergrad student studying religion, political science, and interfaith studies meant that I spent four years deeply immersed in the metaphysical space that exists when you ask, "Why?" or, "What if?" As an almost-college-graduate, I knew I wanted to put the theory I was learning into practice, but also cared about structural opportunities for mentorship and connection. A year of service seemed to provide exactly this.

This year, I get to live with four other volunteers in a beautiful, cozy house in the Powderhorn Park neighborhood in Minneapolis. Together we cook, clean, laugh, watch movies, vote, and solve all of the world's problems. The intentional community aspect of a year of service is often what you make of it, and we have made it fit perfectly for our needs and personalities.

We also have two spiritual mentors, Andrew and Andrea, and two community mentors, Lydia and Leah. We meet monthly with each pair of mentors to ensure we have the support we need, and to explore Lutheran Volunteer Corps's core values: living simply and sustainably, intentional community, exploring spirituality, journey to inclusive community, and social justice.

While there are so many aspects of this year of service that have been life-changing already, it's the work that I get to do every day that is the best part. As the Administrative and Communications associate, I get to spend half of my time on the admin team, keeping up with office operations and assisting with parts of the synod's equity work. The other half of my time, on the Communications team, is spent on our website and social media platforms and doing some writing.

As with any synopsis, there are details left out of this description. What it doesn't tell you is that I got to help transcribe interviews with leaders of our BIPOC and low-income congregations to be used for our ongoing equity lens study. It doesn't tell you that I get to pitch and write stories that highlight some of the brilliant work happening every day in our congregations. It doesn't tell

SECOND SUNDAY OF ADVENT

READINGS

Malachi 3:1-4; Luke 1:68-79;
Philippians 1:3-11; Luke 3:1-6



ADULT FORUM

Holy Trinity Adult Forums now feature in-person presentations in the Bartsch Room beginning at 10:00 a.m. The presentations will also be available via Zoom for those unable to attend in person.

ID and password remain the same:
ID 858 5687 1594; Password 317879.

December 5 "Readings for Today"

Pastor Andrea Mwalilino

Minnesota Swahili Christian Congregation Pastor Andrea Mwalilino will lead a discussion of the biblical readings for December 5, the Second Sunday of Advent.

December 12 "Readings for December 12"

Members of the Lectionary Texts Discussion Group

Members of the lectionary texts discussion group will lead a discussion of the biblical readings for December 12, the Third Sunday of Advent.

you that I get to learn how to prepare people for press conferences, or present at city council meetings, or compile reports to make a master document for a gathering of the synod's leaders on racial equity and justice.

Maybe these things seem simple, but I've just spent four years learning that all of these things, and more, need to happen in order to create change. Through this program, I get to do them, not just read or hear about other people doing them, all while I have people around to specifically help me learn and explore and fail and try again—just as I hoped when I submitted my LVC application.

Participation is down for almost every year-of-service program. Are there critiques to be made of the year-of-service model? Absolutely. Does that diminish the important opportunities these programs bring to all who invest into them? Certainly not. Generations of leaders have service programs footnoted in their pathways to peace-waging and change-making.

As a current volunteer, of course, I would be remiss if I didn't end with a reminder that Lutheran Volunteer Corps 2022-23 applications are open for both placements and volunteers! For more information, head to lutheranvolunteercorps.org/.

—Excerpted from <https://mpls-synod.org/2021/11/living-your-best-life/>

PARISH INFORMATION

CHRISTMAS POINSETTIAS

If you would like to sponsor a poinsettia for the altar area at Christmas, please contact the church office (612-729-8358 or office@htlcmpls.org). Cost is on a sliding scale from \$3-\$25. Donate according to your ability. The Christmas Eve bulletins will list the names of sponsors and the loved ones they are remembering or honoring.

YEAR-END GIVING OPPORTUNITIES

Every year Holy Trinity anticipates and relies on a year-end increase in offerings that helps support the work of the church. This holiday season, please consider making an additional contribution to Holy Trinity or to our special appeals, Wilderness Canoe Base, Seminary Support Fund, and/or ELCA World Hunger. To donate online, click [here](#).

Please remember: contributions must be received or post-marked by December 31, 2021, to be counted as a 2021 donation. Thank you!

OLIVE OIL IS ON ITS WAY!

Mount of Olives is shipping olive oil today. These 250mL bottles are just right for stocking stuffers, gifting, or using to make holiday meals. Bottles are \$15 each. Purchases support the work of the Lutheran World Federation vocational training program and reduce student fees. Brought to you by the Palestine/Israel Working Group. Contact Bob Brose: bob_b@qbjnet.com.

FOOD PROGRAM VOLUNTEERS NEEDED

Our neighbors at Trinity Apartments need some volunteers to help distribute food. With food prices rising, these programs are more important than ever. Here's how to help:

- ⇒ NAPS Food Program: Need 2 people to help each month with food distribution on the 2nd Wednesday of the month from 11:30 a.m. -1:00 p.m.
- ⇒ Food shelf: Need 2 volunteers to help with food distribution on the 2nd and 4th Thursday of the month from 1:45-3:00 p.m.

If you'd like to help, please email Beth Peltzer at Bethbooie1@msn.com.

COVID INFORMATION FROM HOLY TRINITY'S COVID RESPONSE TEAM

Here is the most recent COVID data for Hennepin County. The news is not encouraging. For most of November, the rate of cases has risen to the highest level seen in almost a year. This is also true for the 55406 zip code. Right now, Minnesota has one of the highest case rates in the nation, and every county in Minnesota remains at high risk for spread of the virus. On a much more positive note, almost 1/3 (32%) of Hennepin County kids aged 5-11 have now received their first dose of COVID vaccine! Is your child one of them?

| Date | Column A Vaccination rate* | Column B New cases/100,000 population | Column C Test positivity rate (weekly rolling average) |
|-----------------------|-------------------------------|---|--|
| Threshold/goal | >50-69% | <5-10/100,000 | <5-10% |
| As of 7/29/21 | 62% | 8.0 | 2.3% |
| As of 9/15/21 | 64% | 32.3 | 5.1% |
| As of 10/28/21 | 67% | 29.1 | 5.4% |
| As of 11/29/21 | 68% | 56.8 | 8.7% |

* percentage of Hennepin County residents (all ages) who have been fully vaccinated

LIVESTREAM 11:00 A.M. SUNDAY SERVICE ONLINE

Because of our deepened commitments to accessibility justice, a live-stream of the 11:00 a.m. service is available online every Sunday. This is a great option for people who are not ready for in-person gatherings or who are unable to travel to the church building. Click the following link at 10:55 a.m. every Sunday to livestream the service from your PC: <https://vimeo.com/event/1341305>.

GIFTS FOR LONGFELLOW SCHOOL STUDENTS

If you drew a name for the Longfellow High School gift event, make sure to bring your wrapped gift to church or to Zoe Martinez's front porch on or before **December 8**.



Wednesday 7:00 p.m. Advent Evening Prayer

<https://vimeo.com/647398784>

GET YOUR COVID-19 VACCINE AND BOOSTER!

Here are ways to find a COVID-19 vaccine at no charge to you. Start with the clinic where you receive care. If your clinic is unable to vaccinate you, other options include: pharmacies, local public health departments, or retail locations. You can search for COVID-19 vaccine providers [here](#). The CDC now recommends that everyone age 18 and older who was vaccinated for COVID at least 6 months ago should get a booster dose to strengthen their protection. And remember that even after you've been vaccinated, you should take steps to prevent the spread of COVID-19 by wearing a mask and staying 6 feet away from others in public spaces.

View last Sunday's livestreamed worship service [here](#).

PARISH EVENTS DECEMBER 5-11

| | | |
|------------------|--------------|--|
| Sunday | | PICK UP SOUP AFTER EITHER SERVICE |
| | 8:45 AM | Worship Service of Holy Communion |
| | 10:00 AM | Adult Choir Rehearsal |
| | 10:00 AM | Youth Education |
| | 10:00 AM | Adult Forum |
| | 10:00 AM | Gloria Ringers Rehearsal |
| | 11:00 AM | Worship Service of Holy Communion |
| | 2:00 PM | Swahili Service |
| Tuesday | 11:00 AM | Worship Readings Discussion |
| | 6:45 PM | Big Meeting Night |
| Wednesday | 6:30 PM | Cantate! Rehearsal |
| | 6:30-8:00 PM | Labyrinth in the Community Room |
| | 7:00 PM | Advent Evening Prayer |
| | 7:45 PM | Adult Choir Rehearsal |

WORSHIP PARTICIPANTS FOR DECEMBER 5, 2021

| | | |
|---|---------------------------|--|
| <u>8:45 AM</u> | | <u>11:00 AM</u> |
| Ingrid Rasmussen | Preacher | Ingrid Rasmussen |
| Angela Khabeb | Presiding Minister | Angela Khabeb |
| Needed | Crucifer | Wayne Vetter |
| Nicki Hines | Assisting Minister | Liz Conway |
| Julie & Tom Cahoy, David Broberg, Sally & David Kohlstedt | Ushers | DeWayne Townsend IV, Josh Combs, Kathy Howe, Kayden Nordby, Jeff Olsen Biebighauser, Kathy Ohler, Bob & Helen Norheim |
| David Kohlstedt, Joyce Peterson | Counters | Deb Helmelt, Scott Cole |
| | Closer | Roberta Shaw |