



TRANSFIGURATION OF OUR LORD

FEBRUARY 19, 2023

HOLY TRINITY LUTHERAN CHURCH
MINNEAPOLIS

WELCOME TO ALL

The people of Holy Trinity Lutheran Church wish to extend a special welcome to all visitors!

Please leave your name and phone number on the visitor card found in the pew.

*We are committed to the inclusion of all people, with no exception. Therefore, we practice **open communion**, welcoming all to the table to receive the sacrament of Holy Communion.*

Children are full participants in this congregation's worship, educational, and community life! The Mary Martha Room is a quiet space for infants needing to nurse or to nap. For active toddlers, the Community Room has a Children's Corner with books and a table at which to play. Our ushers are ready to assist you in finding the place that best fits your family's needs.

***Accessible and all-gender restrooms** are located in the nursery on the 2nd floor and in the basement.*

***Single-use, all gender restrooms** are located on the 1st floor.*

*For over forty years, this congregation has advocated for the **full welcome, inclusion, and equity** of lesbian, gay, bisexual, transgender, queer, intersex, and asexual (LGBTQIA+) Lutherans in all aspects of the church and the community. We invite all people into lives of authenticity, integrity, and wholeness.*

***Hearing assist devices and large-print bulletins** are available. Ask an usher if you are interested.*

*Our **services are livestreamed** on Vimeo and Facebook every week. The live shot includes the main floor of the sanctuary. Our members who watch from home love to see their friends at church! If for privacy reasons you prefer not to be on camera, the balcony is outside of the camera's range.*

*If you are seeking **pastoral care**, please speak to a pastor today.*

GATHER

+invites the congregation to stand

PRELUDE

Beautiful Savior

arr. Gregory Hamilton

+GATHERING HYMN

Love Divine, All Loves Excelling

Please stand and face the cross at the rear of the sanctuary.



1 Love di - vine, all loves ex - cel - ling, Joy of heav'n, to
2 Breathe, oh, breathe thy lov - ing Spir - it in - to ev - 'ry
3 Come, Al-might - y, to de - liv - er; let us all thy
4 Fin - ish then thy new cre - a - tion, pure and spot - less



earth come down! Fix in us thy hum - ble dwell - ing, all thy
trou - bled breast; let us all in thee in - her - it; let us
life re - ceive; sud - den - ly re - turn, and nev - er, nev - er -
let us be; let us see thy great sal - va - tion per - fect -



faith - ful mer - cies crown. Je - sus, thou art all com - pas - sion,
find thy prom - ised rest. Take a - way the love of sin - ning;
more thy tem - ples leave. Thee we would be al - ways bless - ing,
ly re - stored in thee! Changed from glo - ry in - to glo - ry,



pure, un - bound - ed love thou art; vis - it us with
Al - pha and O - me - ga be; end of faith, as
serve thee as thy hosts a - bove, pray, and praise thee
till in heav'n we take our place, till we cast our

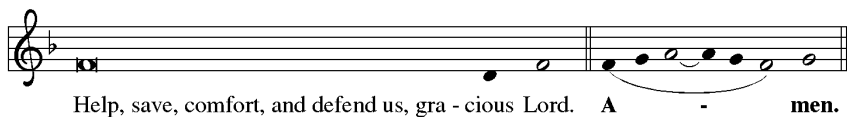
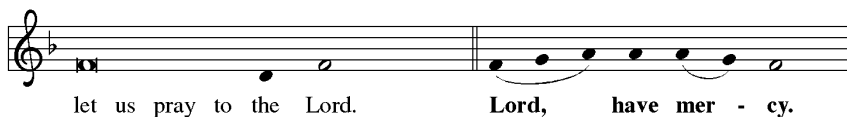
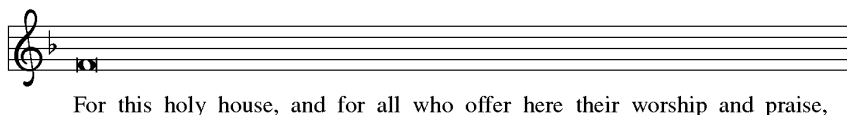
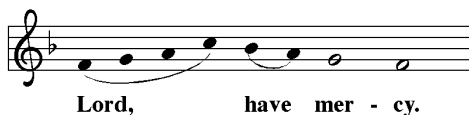
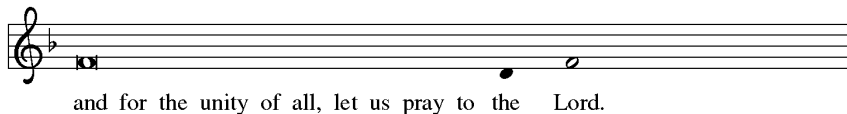
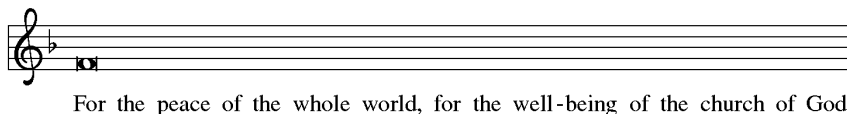
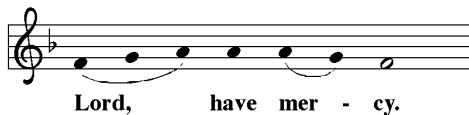
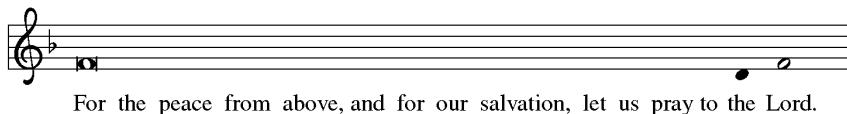


thy sal - va - tion, en - ter ev - 'ry trem - bling heart.
its be - gin - ning, set our hearts at lib - er - ty.
with - out ceas - ing, glo - ry in thy per - fect love.
crowns be - fore thee, lost in won - der, love, and praise!

+GREETING

The grace of Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.
And also with you.


+KYRIE



+HYMN OF PRAISE

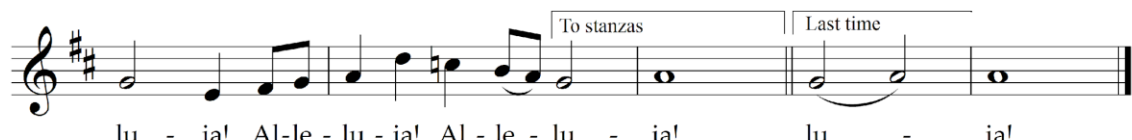
This Is the Feast

Refrain



This is the feast of vic - to - ry for our God. Al - le -

To stanzas *Last time*



lu - ia! Al - le - lu - ia! Al - le - lu - ia! lu - ia!



Wor - thy is Christ the Lamb who was slain, Whose
Pow - er, rich - es, wis - dom, and strength, and
Sing with all the peo - ple of God, and
Bless - ing, hon - or, glo - ry, and might be to
For the Lamb who was slain has be -



blood set us free to be peo - ple of God. *Refrain*
hon - or, bless - ing and glo - ry are his. *Refrain*
join in the hymn of all cre - a - tion: *To stanza 4*
God and the Lamb for - ev - er. A - men. *Refrain*
gun his reign. Al - le - lu - ia. *Refrain*

+PRAYER OF THE DAY

God whose glory is everywhere, you invite us to come into your presence and wait. Give us patience to be with you, and attentiveness to recognize your goodness in mountains and valleys, days and nights, and all that you have animated with your lively imagination. Give us courage in moments when we fear you and others. Give us discerning hearts that we might recognize when you call us to stay and when you call us to go. Wherever life might take us, may we be led always by your love. **Amen.**

WELCOME

WORD

FIRST READING

Exodus 24:12-18

Old Testament Pages 71-72

Word of God; word of life. **Thanks be to God.**

PSALM 2

Carolyn Jennings

Why are the nations in an uproar? Why do the people mutter empty threats?
Why do the kings of the earth rise up in revolt, and the princes plot together,
against the LORD and against the LORD's anointed?

"Let us break their yoke," they say, "Let us cast off their bonds from us."

God whose throne is in heaven is laughing; the LORD holds them in derision.

Then in wrath God speaks to them, and in rage fills them with terror.

"As for me, I have anointed my king upon Zion, my holy mountain."

Let me announce the decree of the LORD, who said to me,

Refrain



You are my son; this day have I be - got - ten you.

Ask of me, and I will give you the nations for your inheritance
and the ends of the earth for your possession.

You shall crush them with an iron rod and shatter them like a piece of pottery."

And now, you kings, be wise; be warned, you rulers of the earth.

Submit to the LORD with fear, and with trembling bow in worship;
lest the LORD be angry, and you perish in a sudden blaze of wrath.

Happy are all who take refuge in God!

Let me announce the decree of the LORD, who said to me, **Refrain**

SECOND READING

2 Peter 1:16-21

New Testament Page 26

Word of God; word of life. **Thanks be to God.**

+GOSPEL ACCLAMATION

Alleluia



+GOSPEL READING

Matthew 17:1-9

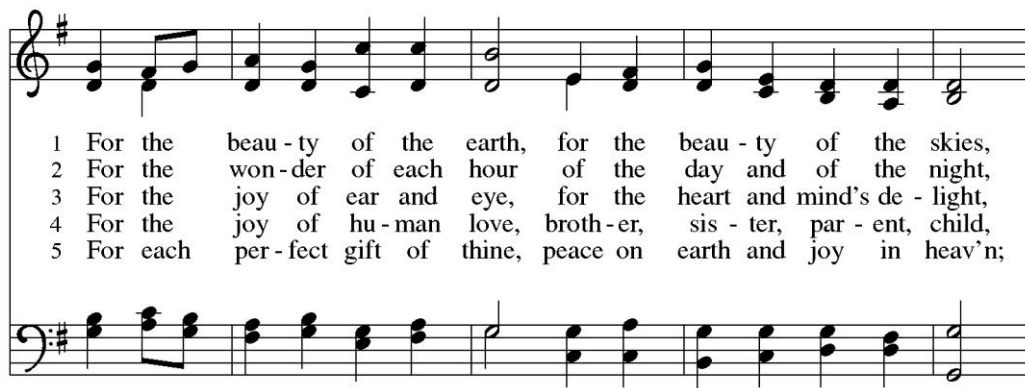
New Testament Pages 17-18

Word of God; word of life. **Thanks be to God.**

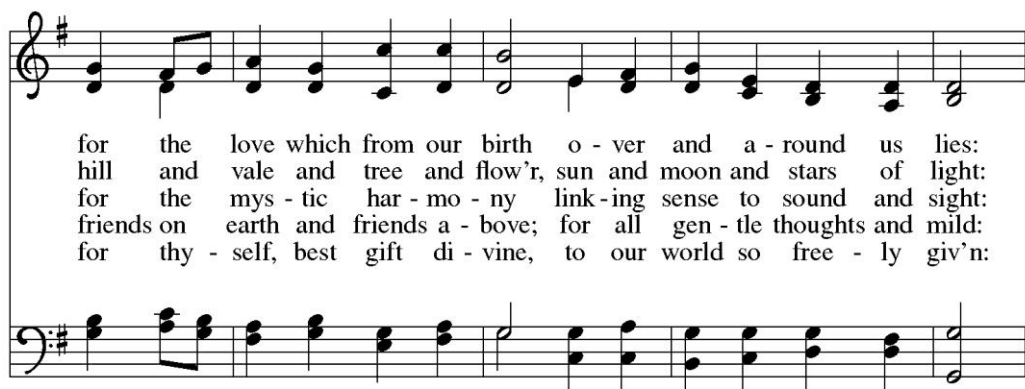
SERMON

+HYMN OF THE DAY

For the Beauty of the Earth



1 For the beau - ty of the earth, for the beau - ty of the skies,
2 For the won - der of each hour of the day and of the night,
3 For the joy of ear and eye, for the heart and mind's de - light,
4 For the joy of hu - man love, broth - er, sis - ter, par - ent, child,
5 For each per - fect gift of thine, peace on earth and joy in heav'n;



for the love which from our birth o - ver and a - round us lies:
hill and vale and tree and flow'r, sun and moon and stars of light:
for the mys - tic har - mo - ny link - ing sense to sound and sight:
friends on earth and friends a - bove; for all gen - tle thoughts and mild:
for thy - self, best gift di - vine, to our world so free - ly giv'n:

Refrain



Christ, our God, to thee we raise this our sac - ri - fice of praise.

+AFFIRMATION OF FAITH

The Apostles' Creed

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.*
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

+INTERCESSIONS

Roberta Shaw

With the whole people of God in Christ Jesus, let us pray for the church, those in need, and all of God's creation.

(silence)

Thank you, God, for giving us another day to live in your beautiful world. We thank you for the sun that woke us, for rested bodies and minds, for the air that supplies us with oxygen, for family and friends who sustain us, for the Holy Trinity community that enfolds us. May we live this day in the way that Jesus taught us to live. God of new days,

Hear our prayer.

Like Peter, James, and John, we sometimes have experiences that stun us. We respond with fear or confusion or a desire to make sense of it all right away or to fix it—or maybe all of the above. We blunder about, not knowing what to do. But Jesus lovingly calms our fears and walks with us down the mountain to return to the work at hand. Help us to trust in your guidance at those confusing times. God of patience,

Hear our prayer.

We grieve the results of the CDC study finding that far too many of our teen girls are experiencing mental health crises and are victims of sexual assault. Where have we gone wrong? Forgive us. Lead us to ways of loving and caring for our kids in such a way that they can feel secure and be secure. Lover of children,

Hear our prayer.

As we go to the communion rail or commune in our pew or in our homes, we remember that you, Jesus, are the host of this meal. You invite all to the table. At this table we are one in your eyes. May we remember the one-ness of this meal as we move through our lives this week. God of community,

Hear our prayer.

Our medical workers have become so weary as they plow through their days with not enough co-workers. Thank you for their dedication to caring for the sick among us. Our teachers, restaurant workers, retail clerks, and oh so many others are in the same boat. Help us to find ways to solve the complicated employment issues. Give rest to the over-worked. God of sustenance,

Hear our prayer.

Thank you for our Minnesota governmental decision-makers — Governor Walz, Lieutenant Governor Flanagan, the legislators. Help them to make wise and fair decisions for the good of all, in spite of their differences. God of collaboration,

Hear our prayer.

You know of those among us to be hurting in body, mind, or spirit. May your blessings rest on those suffering in the wake of the earthquake that rocked Turkey and Syria, especially our own Aysel Yumusak, whose siblings Ali and Fidan were killed, and whose children are recovering from physical and emotional injuries; the family of Mimi Titzler (Libby Olstad's sister) upon her death; Keith Olstad, recovering from surgery; Pam Kildahl, recovering from surgery; Reidun Harris, daughter of Gerry and Linda Berglin, who is hospitalized; Lee Kampinen; Dorothy Kelly; Cori Gershon; Marcea Mariani; DeWayne Townsend III; Marlene Peterson; Mary Heltsley; Mark Symchych; Mary Petersen's friends, Anna Marie and Dolores, and those we name now, either silently or aloud (*the congregation may name loved ones in need of God's care*). God of healing,

Hear our prayer.

You are invited to offer spoken petitions.

*At the conclusion of your petition, please close with "In your mercy,"
to which the congregation will respond, "**Hear our prayer.**"*

We give you thanks for the ministry of Pastor Angela Khabeb among the people of God in this place and recognize that her call to this congregation has come to an end. You watch over our going out and our coming in: bless this time of ending and beginning. You surround your people in every time and place: keep us close in your love. Help Pastor Angela and all of us to live with courage and gladness in the future you give to us. God of movement,

Hear our prayer.

Receive our prayers and hopes, God of mercy and justice, as we pray in the name of Jesus the Christ. **Amen.**

MEAL

+PEACE

The peace of Christ be with you always.

And also with you.

You are invited to exchange words and signs of fellowship and love with those around you.

OFFERING (8:45)

For the Beauty of the Earth

P. Radtke

(11:00)

Christ upon the Mountain Peak
Adult Choir

Paul Bouman

Christ upon the mountain peak stands alone in glory blazing.

Let us, if we dare to speak, with the saints and angels praise him - Alleluia!

Trembling at his feet we saw Moses and Elijah speaking.

All the prophets and the Law shout through them their joyful greeting - Alleluia!

Swift the cloud of glory came, God, proclaiming in its thunder Jesus at his Son by name!

Nations, cry aloud in wonder! Alleluia!

This is God's beloved Son. Law and prophets fade before him,
first and last and only One. Let creation now adore him! Alleluia!

+OFFERTORY HYMN

I Heard the Voice of Jesus Say

Communion servers are invited to come forward at this time.

1 I heard the voice of Je - sus say, "Come un - to me and rest;
2 I heard the voice of Je - sus say, "Be - hold, I free - ly give
lay down, O wea - ry one, lay down your head up - on my breast."
the liv - ing wa - ter, thirst - y one; stoop down and drink and live."
I came to Je - sus as I was, so wea - ry, worn, and sad;
I came to Je - sus, and I drank of that life - giv - ing stream;
I found in him a rest - ing - place, and he has made me glad.
my thirst was quenched, my soul re - vived, and now I live in him.

+OFFERING PRAYER

Holy God, gracious and merciful, you bring forth food from the earth and nourish your whole creation. Turn our hearts toward those who hunger in any way, that all may know your care; and prepare us now to feast on the bread of life, Jesus Christ, our Savior and Guide. **Amen.**

+GREAT THANKSGIVING

The Lord be with you. **And also with you.**

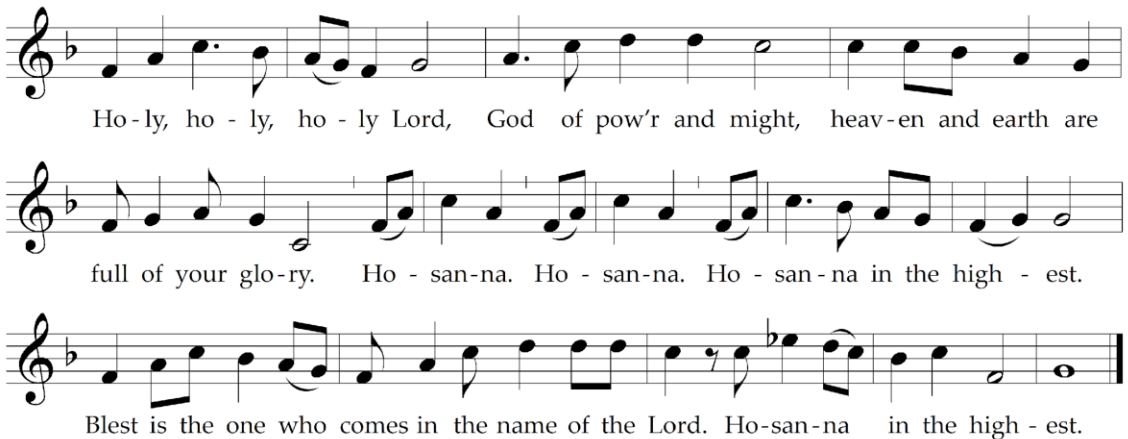
Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God. **It is right to give our thanks and praise.**

O eternal Wisdom, you laid the foundations of the earth, and breathed life into every creature, creating us in our variety to cherish your world and seek your face. We praise you and give you thanks for your abundant love toward this earth. You entered our struggle, that you might deliver all creation from its bondage to oppression and decay.

Therefore, with those whose voice is silenced, with those who call for freedom, those whose planting celebrations sing through hardship and labor and love; and crying with them for that new creation when the morning stars shall sing together and all the children of God shout for joy, we praise you, singing:

+SANCTUS



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might, heav-en and earth are
full of your glo-ry. Ho - san-na. Ho - san-na. Ho - san-na in the high - est.
Blest is the one who comes in the name of the Lord. Ho-san-na in the high - est.

+WORDS OF INSTITUTION

+LORD'S PRAYER

New Zealand Prayer Book

We pray together,

Eternal Spirit,
Earth-Maker, Pain-bearer, Life-giver,
source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:

The hallowing of your name echoes through the universe!
The way of your justice be followed by the peoples of the earth!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
sustain our hope and come on earth.

With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trial too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love,
now and forever. Amen.

+LAMB OF GOD



Lamb of God, you take a-way the sin of the world; have mer-cy on us.

Lamb of God, you take a-way the sin of the world; have mer-cy on us.

Lamb of God you take a-way the sin of the world; grant us peace.

Please be seated.

COMMUNION INVITATION

All are welcome at the table. For those worshipping at home and those who prefer to commune with individual packets in your pews, hear these words spoken for you: The body of Christ given for you. The blood of Christ shed for you.

These are the gifts of God for the people of God. **Thanks be to God.**

Grape juice and gluten-free wafers are available upon request to the server.

An usher will direct you down the center aisle, where you can pick up a communion cup. You are invited to stand or kneel in front of the table, beginning from the middle and moving toward the outside. After you have received the bread and the wine, please return to your seat by way of the side aisle, where an usher will receive your communion cup.

If you wish to receive communion from a server in your pew, please let an usher know.

DISTRIBUTION HYMN

As the Wind Song



1 As the wind song through the trees, as the stir - ring of the
2 As the rain - bow af - ter rain, as the hope that's born a -



breeze, so it is with the Spir - it of God,
gain, so it is with the Spir - it of God,



as the heart made strange-ly warm, as the voice with - in the
as the green in the . . . spring, as a kite on a . . .



storm, so it is with the Spir - it of God.
string, so it is with the Spir - it of God,



Nev - er seen, ev - er known where this wind has
mak - ing worlds that are new, mak - ing peace come



blown bring-ing life, bring-ing pow'r to the world,
true, bring-ing gifts, bring-ing love to the world,



as the danc - ing tongues of fire, as the soul's most deep de -
as the ris - ing of the yeast, as the wine at the . . .



sire, so it is with the Spir - it of God.
feast, so it is with the Spir - it of God.

+BLESSING

The body and blood of Jesus Christ strengthen you and keep you in God's grace.

Amen.

+POST-COMMUNION PRAYER

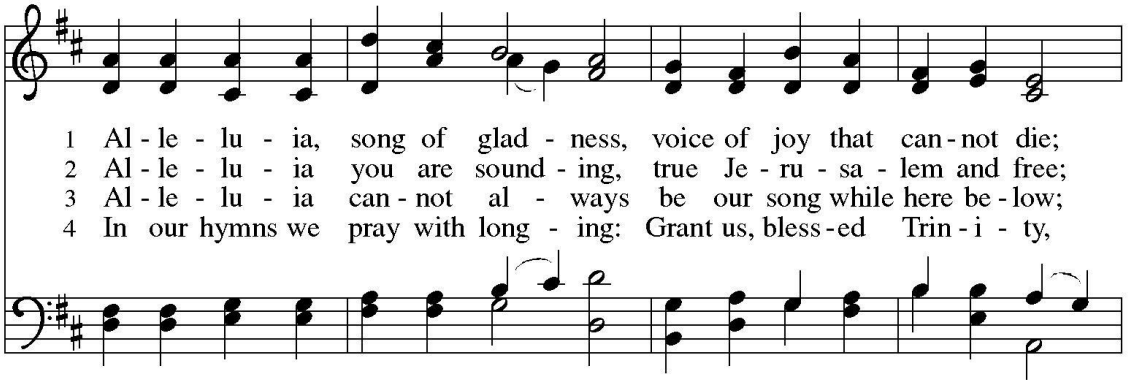
Holy One, we thank you for the healing that springs forth abundantly from this table. Renew our strength to do justice, love kindness, and journey humbly with you.

Amen.

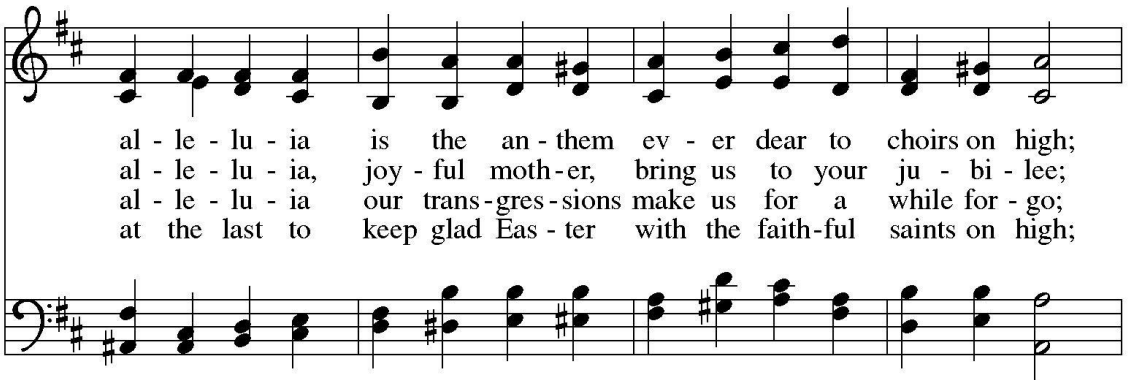
SENDING

+SENDING HYMN

Alleluia, Song of Gladness



1 Al - le - lu - ia, song of glad - ness, voice of joy that can - not die;
2 Al - le - lu - ia you are sound - ing, true Je - ru - sa - lem and free;
3 Al - le - lu - ia can - not al - ways be our song while here be - low;
4 In our hymns we pray with long - ing: Grant us, bless - ed Trin - i - ty,



al - le - lu - ia is the an - them ev - er dear to choirs on high;
al - le - lu - ia, joy - ful moth - er, bring us to your ju - bi - lee;
al - le - lu - ia our trans - gres - sions make us for a while for - go;
at the last to keep glad Eas - ter with the faith - ful saints on high;



in the house of God a - bid - ing thus they sing e - ter - nal - ly.
here by Bab - y - lon's sad wa - ters mourn - ing ex - iles still are we.
for the sol - emn time is com - ing when our tears for sin shall flow.
there to you for - ev - er sing - ing al - le - lu - ia joy - ful - ly.

+BENEDICTION

The God who faithfully tends the fields and whose waters give the growth ✠ bless,
strengthen, and uphold you, today and always.

Amen.

+DISMISSAL

Go in peace. Be transformed in Jesus.

Thanks be to God.

POSTLUDE

Hyfrydol

Ralph Vaughan Williams

*You are invited to the Community Room
(located at the rear of the worship area) for a time of conversation and refreshments.*

"Alleluia, Song of Gladness" Text: Latin hymn, 11th cent.; tr. John Mason Neale, 1818-1866, alt.

Music: PRAISE, MY SOUL, John Goss, 1800-1880

"Psalm 2" Psalm refrain reproduced from 'Psalm Settings for the Church Year: Revised Common Lectionary

"For the Beauty of the Earth" Text: Folliott S. Pierpoint, 1835-1917, alt. Music DIX, Conrad Kocher, 1786-1872

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"I Heard the Voice of Jesus Say" Text: Horatius Bonar, 1808-1889, Music: KINGSFOLD, English folk tune

"As the Wind Song" Text: Shirley Erena Murray, 1931-2020.

Music: WAIRUA TAPU, Lim Swee Hong, b. 1963. Text and music © 2005 Hope Publishing Company

"Love Divine, All Loves Excelling" Text: Charles Wesley, 1707-1788, Music: HYFRYDOL, Rowland H. Prichard, 1811-1887

Prayer written by Jason Myers as part of the Holy Trinity Lutheran Church (Minneapolis, MN) expansive prayer project.

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HOLY TRINITY LUTHERAN CHURCH

2730 East 31st Street, Minneapolis, MN 55406

612-729-8358 ☒ htlcmpls.org

LITURGY SETTING TODAY: *ELW SETTING THREE*

WORSHIP PARTICIPANTS

8:45 AM

11:00 AM

David Rojas Martinez	Preacher	David Rojas Martinez
Ingrid Rasmussen	Presiding Minister	Ingrid Rasmussen
	Crucifer	Jeff Olsen Biebighauser
Caren Hiatt	Cantor	Caren Hiatt
Karen Batdorf	Assisting Minister	Scott Cole
Rick Liedholm, Nicki Hines, Amy Froiland-Parada	Communion	Kari and Tom Kleven
Sally and David Kohlstedt, Chris Engen	Ushers	Helen and Bob Norheim, Joy Nelson, Chris Amundson
Anne Beschnett, Josh Becker	Altar Guild	Kathryn Howe, Doris Gbala
Ginny and Chuck Jordan	Coffee Servers	Helen and Bob Norheim
Pam Blomgren	Counters	
	Closer	John Sulzbach

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STAFF

Ingrid Rasmussen, *Lead Pastor*

Doug Mork, *Part-time Associate Pastor*

Kathy Ekwall, *Communications & Congregational
Coordinator*

Nolan Gusdal, *Building Maintenance*

David Rojas Martinez, *Community Engagement
and Education Coordinator*

Phil Radtke, *Cantor*

Kaia Ellis, *Financial Administrator*

STAFF, CONTINUED

Sue Roberts, *Publications Coordinator*

Erik Gerhardt, *Accompanist*

Dennis Nordholm, *Custodian*

Logan Olson, *Gloria Ringers Director*

LEADERSHIP

Allison Johnson Heist, *Council President*

Gretchen Lund, *Council Vice President*

Erin Henry, *Council Secretary*

Katie Schroeder, *Council Treasurer*

P A R I S H I N F O R M A T I O N

SACRED SPACE FOR CONVERSATION AT 10:00 A.M. AND NOON TODAY

Elected leaders and/or staff will be available today after worship at 10:00 a.m. and 12:00 p.m. in the Bartsch Room for any members who might want to talk more about the resignation of Pastor Angela. This will be the last day for these scheduled conversations.

ASH WEDNESDAY, FEBRUARY 22

As the days slowly lengthen, we begin the holy season of Lent. The ashes we receive on our foreheads remind us that we, along with all of creation, are dependent on God's grace. Services with the imposition of ashes will be held in the sanctuary at 12:00 p.m. and 7:00 p.m. Join us for a soup supper beginning at 5:30 p.m.

SOUP MAKERS NEEDED FOR WEDNESDAYS IN LENT

Looking for several households to help with soup suppers prior to Wednesday Evening Worship in Lent (February 22, March 1, 8, 15, 22, and 29). Each Wednesday, four households would bring soup enough for 30 people and help to serve it. Sign up in the Community Room. Thank you!

WORSHIP LEADERS TRAINING SUNDAY, FEBRUARY 26

If you would like to serve as a leader in worship, this training is for you. From 10:00-11:00 a.m. we'll offer training for ushers, crucifers, assisting ministers, communion servers, altar guild, and coffee servers. Veterans and novices are welcome! Sign up in the Community Room so we know to look for you.

LIFE TOGETHER: THE ART OF GATHERING

After decades of faithful service, funeral coordinator Sandy Hoverson has indicated her interest in passing the baton. Sandy has understood the art of gathering; it is simply who she is! As we seek to widen our network of those who can provide hospitality for funerals and other community meals, we would like to gather members of this community who love food, compassion, and community gatherings. If that's you, please come and brainstorm with us! Many hands make light and loving work. Sign up in the Community Room. Light lunch provided.

UPCOMING BOOK DISCUSSIONS

Monday, February 27—Discussion of Richard Rohr's *Falling Upward* with Sandra Hisakuni and Caren Hiatt. Copies will soon be available in the Community Room.

Discussion of Pastor Melissa Florer-Bixler's *Fire By Night*. Copies are available in the Community Room. THIS BOOK STUDY IS BEING POSTPONED UNTIL SUMMER.

INDOOR PROPERTY WORKDAY WEDNESDAY, MARCH 1

Our building is used a lot! Come and help us with some tidying, sorting, purging, dusting, and other indoor work. There will be something for everyone. Let's make it shine! We'll work from 9:00 a.m. to 12:00 p.m. and from 1:00 to 3:00 p.m. Lunch will be provided at noon! Sign up in the Community Room.

NEW MEMBER CLASS SUNDAY, MARCH 12, 12:00-2:00 P.M.

We invite interested persons to consider membership in this congregation. The orientation will be held from 12:00 to 2:00 p.m. in the library. Lunch will be served. There are no prerequisites; all are welcome. Please sign up in the Community Room if you intend to come.

CIVIL RIGHTS MOVEMENT TRIP APRIL 17-23

Slavery and the Civil Rights Movement are the focus of this upcoming trip available to members and friends of Holy Trinity. The trip will be centered in Montgomery, Selma, and Birmingham, Alabama, with an additional stop in Atlanta, Georgia, or Memphis, Tennessee. Cost is \$2,000 per person, which includes transportation, lodging, program fees, and some meals. There is room for a few more participants. Commitments and a deposit are needed by March 1, 2023. More information will be shared as details are finalized. Call Randy Nelson (612-729-2952) if you are interested or if you would like more information.

FAMILY-FRIENDLY BOUNDARY WATERS TRIP IN AUGUST

Attention campers, (and aspiring campers). It may be cold and snowy outside, but it's now time to start the planning for HTLC's annual BWCA canoe trip. This year, our camping adventure is scheduled for August 11-15. (Entry point TBD.) If you've always wanted to camp in the BWCA but didn't know where to begin, this trip is your opportunity to learn the ropes with experienced campers. To reserve your spot, sign up in the Community Room before May 15. The total cost is \$175. Scholarships are available. As always, this is a family-friendly trip. Call or email us with any questions or for more details. Please consider joining us this year. Contact Julie (612-618-3814) or Tom (612-616-0507 or jtcahoy@gmail.com).

P A R I S H S C H E D U L E

Monday, February 20	6:30-8:00 PM	Adult Choir Rehearsal
Tuesday, February 21	11:00 AM	Worship Readings Discussion
Wednesday, February 22	12:00 PM 5:30 PM 5:30-6:30 PM 5:30-6:30 PM 5:45-6:45 PM 7:00 PM	Ash Wednesday Service Soup Supper Children's Choir Rehearsal Supervised Play Time Gloria Ringers Rehearsal Ash Wednesday Service
Sunday, February 26	8:45 AM 10:00 AM 11:00 AM 2:00 PM	Worship Service of Holy Communion Adult Forum Worship Service of Holy Communion Swahili Service

ADULT FORUM

10:00 a.m. each Sunday in the Library

TODAY

"Forest Bathing As a Form of Therapy"

Ann Schrooten

Ann Schrooten, winter outdoor enthusiast in training to become certified as a Forest Therapy Guide. Forest therapy is described as the practice of spending quality time in a forest environment and "bathing" all of our senses in natural surroundings in an attempt to connect with nature. The popularity of Forest Bathing has spread from a full on "sensory stimulating" walk and has now become a critical tool used in the Japanese medical practice with the hopeful outcome of preventative health care.

February 26

"Minneapolis Climate & Equity Action Plan Update"

Council Member Jason Chavez

Hear an update and learn how you can get involved with supporting our City Council to pass, fully fund, and launch implementation of our city's updated climate and equity action plan from our 9th Ward City Council Member Jason Chavez . (The City Council will vote in April.) Together we can grow green jobs, home weatherization, heat pumps, biking, walking, E.V.s and tree planting to meet U.N. climate goals on time with our city.