



2730 E. 31st Street Minneapolis, MN 55406 • 612-729-8358 • office@htlcmpls.org • www.htlcmpls.org

Ingrid C. A. Rasmussen and Doug Mork, Pastors; David Rojas Martinez, Deacon

SAVING LIVES THROUGH BLOOD DONATION

Donating blood is one of the easiest ways to make a difference, have an immediate impact and literally save a life. Donors, especially those who donate regularly, keep our nation's blood supply stable. Although many people donate blood after disasters, blood is needed every day of the year. There is no substitute for blood. Donors provide the only supply of life-saving blood for those in need.

About 328 million people currently live in the U.S. Each year, approximately 6.8 million people in the U.S. donate blood. Annually, this adds up to about 13.6 million units of whole blood collected for donation in the U.S. The Red Cross provides about 40% of our nation's blood and blood cell components to donors. Your blood donations are used for patients in need of surgery, cancer treatment, and transfusions for blood loss from traumatic injuries. Want to know more about the blood supply in the U.S.? Visit the [Facts About Blood Supply](#) page.

Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. In fact, every two seconds, someone in the U.S. needs blood. Here are just a few of their stories, including one from a congregation member.

"About 2 weeks ago, I got an urgent message from my doctor to go directly to the ER because my hemoglobin was dangerously low. While waiting for a room to open up, I received a pint of blood to boost my hemoglobin. Six hours later, I received another pint of blood to get closer to a normal level. The change was dramatic. I am very grateful to everyone who has ever donated blood. Thank you very much!"

~John Sulzbach, Holy Trinity Member

When Lisa Crowder's daughter Lindsey was 2 years old, she was diagnosed with acute lymphoblastic leukemia. Red Cross blood donors helped save her life. See more of Lindsey's story [here](#).

Brian lost 60% of his blood. He required 36 blood transfusions and 13 plasma treatments, which he received from Red Cross donors. See more of Brian's story [here](#).

Marquita was diagnosed with Sickle Cell Disease at birth. Every six weeks she receives red blood cell transfusions that help her feel pain free. [Click here](#) to hear her tell what these life-changing donations mean to her.

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ELEVENTH SUNDAY AFTER PENTECOST

READINGS

1 Kings 19:9-18; Psalm 85:8-13;
Romans 10:5-15; Matthew 14:22-33

ADULT FORUM

Holy Trinity Adult Forums feature in-person presentations beginning at 11:15 a.m. on Sunday. The presentations are also available via [Zoom](#) for those unable to attend in person. ID 858 5687 1594; Password 317879.

August 13 No Adult Forum—Music in the Garden!

August 20 Rural-Urban Divide or Interdependence?

- Rural Realities - Part 1

Jon Anderson, Rural Ministry Director, Luther Seminary

We are called to love all our neighbors. How does that look when it comes to rural neighbors? We will explore how "rural" is a messy concept. In the first forum, we will explore small-town and rural contexts. We will also explore town and ministries' varieties, diversities, challenges, and opportunities.

August 27 Rural-Urban Divide and Interdependence - Part 2

Jon Anderson, Rural Ministry Director, Luther Seminary

Framing shapes what we see and don't see in a piece of art or as we grapple with relationships. The political framing of our time describes a growing rural-urban divide. How is that framing unhelpful and inaccurate? What if urban and rural people and congregations have more in common than we imagine? As Christ followers, we are more interdependent than divided. Let's grow more curious about our rural and small-town neighbors we are called to love.

September 3 Ukraine: War and Resistance

Panel discussion and lunch

We will host the photojournalism exhibit "Ukraine: War and Resistance" from August 20 to September 10 in the Community Room. A panel will highlight the courageous work of award-winning photojournalists and discuss the current situation. Several Ukrainians will be there to lead discussion and there will be luncheon platters from Kramarczuk's Eastern European Deli. A free will offering and donations will go directly to Rebuild Ukraine, a non-profit that contributes directly to Ukrainian civilians and programs. For more information contact Sally (sgk@umn.edu).

PARISH INFORMATION

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If you donate blood, it will be given to someone who needs it through a transfusion. Transfusions help replace blood that is lost due to surgery or injury. Transfusions also help people with disorders that prevent them from making blood correctly. Blood transfusions are one of the most common procedures in U.S. hospitals. This lifesaving care starts with one person making a generous donation. The need for blood is constant. But only about 3% of age-eligible people donate blood yearly. You can help the American Red Cross make sure that supply meets demand.

Donating is a generous thing to do. It is simple, fast, and convenient. The donation process can take as little as 45 minutes of your time, but can make a lifelong difference for someone else. It helps people in need, and it helps people in our community. When you give, others live.



BLOOD DRIVE VOLUNTEERS NEEDED

We need 6-12 volunteers to help greet and check donors in for the blood drive. Please sign up in the Community Room if you'd like to help. You can be a donor and a volunteer!



Blood Drive ly Trinity Lutheran Church Minneapolis

Community Room
2730 East 31st St.
Minneapolis, MN 55406

**Wednesday, August 23, 2023
10:00 a.m. to 4:00 p.m.**



BLOOD DONORS NEEDED

We have 26 appointment spots left to fill, please consider donating and helping to save lives. [CLICK HERE](#) to sign up or contact the office (office@htlcmpls.org or [612-729-8358](tel:612-729-8358)).

~ Concerning People ~

We pray today for all those in need of God's tender care, especially those who face illness, sorrow, or hard times. We pray for **Mary Paavola**, recovering from a fall; **Dorothy Kelly**; **Cori Gershon**; **Mark Symchych**.

HAPPENING THIS WEEK

SUNDAY, AUGUST 13—MUSIC IN THE GARDEN

There will be no adult forum on August 13. All are invited to join musician Nathaniel Gillen (<https://nathanielgillen.bandcamp.com/album/young>) for music and food in the garden at 11:00 a.m. (immediately following the 10:00 a.m. worship service). All are welcome!



VACATION BIBLE SCHOOL AUGUST 14-17, 9:00 A.M. - 3:00 P.M.

Please consider volunteering one hour, one morning, one day, or four days of your time throughout the week. We will need help with preparing/serving lunches, child supervision, and helping with crafts.

Contact Cantor Phil (pradtke@htlcmple.org) or

Deacon David (drojasmartinez@htlcmpls.org) to volunteer.

THURSDAY, AUGUST 17—ENCORE! AT TURTLE BREAD

Encore! meets monthly at 8:00 a.m. at Turtle Bread (4205 E 34th St.). There is no agenda. Breakfast goesers simply get to know one another. No sign up necessary.

SATURDAY, AUGUST 19—AME MEN'S FELLOWSHIP BREAKFAST

Men of Holy Trinity are invited to the AME Fellowship Breakfast August 19, 8:00 a.m. Pr. Doug Mork will be inviting participants from his labor organizing to offer the morning program. This is a great opportunity to get to know some of our metro neighbors. Sign-up in the Community Room.

SAVE THE DATE

MEALS ON WHEELS DELIVERY AUGUST 21-25

Holy Trinity will deliver meals for South Minneapolis Meals on Wheels the week of August 21-25. Meals are picked up at Nokomis Square Cooperatives building at 11:15 a.m. and delivery takes 1-1½ hours. If you can help, contact Mary Engen (engenmary@yahoo.com). If you have not volunteered before, Mary will train you on the first delivery. Please consider this opportunity to serve our community.



SUNDAY, AUGUST 27—SUMMER POP-UP CHOIR

Our final Pop-Up Choir of the summer! Everyone is welcome, from those who can't commit to weekly rehearsals during the school year but have always wanted to sing to those who have sung in the choirs for years. (Family and friends who are visiting are also welcome!) Rehearse at 9:00 a.m. in the sanctuary for the 10:00 a.m. worship service. No preparation needed!

PARISH INFORMATION

SUNDAY, AUGUST 27, 5 P.M.—ALL CONGREGATION PICNIC

As summer wanes, all in the Holy Trinity family are welcome to gather for fun, food and frolic at Hidden Falls Park on Sunday, August 27, at 5:00 p.m. for a potluck picnic. Please bring a dish to share. Lemonade and ice water will be provided. We plan to eat at 5:30 p.m.. Provisions include compostable plates, cups, utensils and paper towels. There is a restroom, and electrical outlets are available. **PLEASE NOTE**—one of the entrances is closed, the park recommend putting “Hidden Falls Drive North Gate” into GPS to get you to the correct entrance.



Activities: lots of open space for kids' activities, and a covered pavilion for seating, eating and conversation. Hidden Falls Park is located in St. Paul, very close to the Ford Bridge and easy to find. Parking available.

WEDNESDAY, AUGUST 30—SUMMER FAMILY FUN NIGHT AND PIZZA

Let's take advantage of the lingering sunny days of summer and come together from 5:30 to 6:30 p.m. for a night of food, fun, and friendly connections. Today we will be reminded of breads and things and Holy Communion. We'll provide everything, just bring your family! Hosted by the Children and Family Team.



AROUND THE COMMUNITY

LET FREEDOM RING:

THE 60TH ANNIVERSARY OF THE MARCH ON WASHINGTON

Join VocalEssence Monday, August 28, 2023, for a commemorative procession and concert curated by G. Phillip Shultz, III, Associate Artistic Director of VocalEssence. They are looking for 75-100 volunteer singers to join a community choir from around the Twin Cities metro to mark the 60th anniversary of the March on Washington for Jobs and Freedom.

Featuring Jovonta Patton, Joe Davis & the Poetic Diaspora, Threads Dance Project, Tomasina Petrus, and rising local spoken word artist Eshay Brantley, the coalition of choirs will join these artists in their music and additional musical numbers as we remember the past, ground ourselves in the present, and look to the future.

If you are interested in joining the choir, please [click here](#) for rehearsal info and to fill out a form with your information.

THE DOCTRINE OF DISCOVERY TASK FORCE IS NOW... THE INDIGENOUS JUSTICE TASK FORCE

At its last meeting the members of the Task Force decided to change its name. The Doctrine of Discovery was the historic proclamations from the Vatican that created the basis for slavery out of Africa and the taking of the land and people of the lands that were “discovered” by Europeans. As the Task Force focuses more on the future with its education and advocacy activities it was decided to change the name. For information contact Mike Miller (Mmiller412@aol.com).

RETREATS AND GATHERINGS

LAKE WAPOGASSET LUTHERAN BIBLE CAMP WOMEN'S WILDERNESS ADVENTURE

Join us for the 50th Women's Wilderness Adventure at Wilderness Canoe Base on the Gunflint Trail near Grand Marais, MN, September 7-10.

Get away for a weekend with other wilderness women. This group of women explores, creates, and socializes together, and spends significant time enjoying the company of one another throughout the weekend. Whether you have been to Wilderness Canoe Base many times or never at all, this is a great opportunity to be invited into an incredible community of wilderness women!

Activity options include First and Last Word, community meals, guided and self-guided nature hikes, swimming, Voyageur canoe paddles, guided canoe trips into the Boundary Waters Canoe Area Wilderness, singing, crafts, and more.

There will be a post retreat option for a 1-2 day overnight canoe trip if there is enough interest. Please contact wcboffice@campwapo.org if you have questions. Sign up [here](#)

MINNEAPOLIS AREA SYNOD FALL WOMEN'S GATHERING



Women are coming together to learn, grow, connect and be part of something extraordinary, igniting love, and creating a ripple effect of positivity throughout our community.

Saturday, November 4, 2023, 9:00 AM - 5:00 PM
First Lutheran Church, Columbia Heights, MN

Inspire:

Bible Study • Worship • Connection • Music • Friendship

Ignite:

Explore Mental health & loneliness • Social justice & women's imprisonment

Refresh:

Coffee & Lunch • Childcare • Chair Massage • Yoga

Serve:

On-site impact projects - Global market

Gather your friends and come to this incredible opportunity to connect, inspire and create a better world—one act of love at a time!

Visit www.MplsWomenOfELCA.org to learn more and secure your spot for this transformative day!

WORSHIP PARTICIPANTS FOR SUNDAY, AUGUST 13, 2023

Preacher	David Rojas Martinez
Presiding Minister	Doug Mork
Crucifer	
Assisting Minister	Andrea Hansen
Communion	Roberta Shaw, David Kohlstedt, Kris Christians Wayne Vetter
Ushers	Kathy Holander, Rodney Johnson, Chris Amundson, Joy Nelson
Altar Guild	Roberta Shaw, Mary Engen
Coffee Servers	Joyce Peterson, Josef Fortier
Counters	Pam Blomgren
Closer	Rodney Johnson
Video Operator	Jan Mehlhoff

THE ELCA WANTS TO HEAR YOUR OPINION!

Throughout the next couple of months, the ELCA is asking for your help. We are looking for your thoughts and ideas on how we are called to be a church in today's world. Please visit our website on Future Church: God's Love Made Real –<https://lovemadereal.elca.org>– where you can watch a video from Presiding Bishop Elizabeth Eaton that explains more about this action and complete a survey to share your views of the church and the world today. In the coming weeks we will offer listening sessions where you can participate in online opportunities to provide your thoughts on God's call for the church.

PARISH EVENTS AUGUST 13-19, 2023

Sunday, August 13	10:00 AM 11:00 AM 2:00 PM	Worship Service of Holy Communion Music in the Garden Swahili Service
Monday, August 14	9:00 AM-3:00 PM	Vacation Bible School
Tuesday, August 15	9:00 AM-3:00 PM 11:00 AM 6:30 PM 7:00 PM	Vacation Bible School Worship Readings Discussion Executive Committee Church Council
Wednesday, August 16	9:00 AM-3:00 PM	Vacation Bible School
Thursday, August 17	8:00 AM 9:00 AM-3:00 PM	Encore! At Turtle Bread Vacation Bible School
Saturday, August 19	8:00 AM—9:30 AM	AME Men's Fellowship Breakfast

LIVESTREAM LINKS FOR WORSHIP SERVICES

A [live-stream](#) of the 10:00 a.m. Sunday service is available online at 9:55 a.m. You can access recordings of previous worship services [here](#).

