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

## CONFIRMATION TRIP TO NYC

This past week, I said yes to accompanying six confirmation students and two adults I did not know on a trip to New York City. I was ready to say no, especially given the past three plus years of saying no to most things because of pandemic-related concerns. I haven't been in the habit of saying yes. But I'm so glad I did. I tried my best to say yes to both little and big things throughout the trip. I said yes to requests for ice cream, pizza, Kleenexes, screen time (sorry parents), churros on the Brooklyn Bridge, time at the park, and much more. I said yes to our hosts at Trinity Lower East Side as we served in their food distribution program, including sitting on the floor organizing canned food mere feet from a mouse trap with a dead mouse in it because...New York? I also said yes to a request to see Stonewall, a sacred place for some of our confirmands, and yes to a last-minute venture in the rain to visit the famous NYC Public Library on 5th Avenue. I tried to say yes whenever I could and I have to say, it felt really good, especially after a long time of saying no.

But the most magical part of the adventure for me was seeing the kids also say yes. They said yes to the needed flexibility to pull off this kind of "urban camping" trip and yes to most of what the adults suggested. They said yes to our hosts at the church as well; these six teens said yes to organizing donated food, breaking down boxes, cutting onions until their eyes burned, sorting through molding vegetables to salvage what they could, and most importantly, they said yes to serving food to folks in the Lower East Side neighborhood where we stayed. I watched in awe as the teenage boys who, moments before took silly photos for Snapchat, personally greeted over 200 people, and served them food without the judgment or ridicule I feared they might express, leaving every single one with a "Have a good day" or "Take care" or even "Take it easy, man!" Those yeses blew me away.

The kids said yes to service and learning, and we adults said yes to fun. As we were leaving, one of the employees of the food program told me she was impressed with our kids and I was able to absolutely, wholeheartedly, agree. More than anything, this trip reminded me of the joy of saying yes and my hope is that the confirmands look back on the trip and feel the same.

~Carlye Proescholdt

Please enjoy photos from the trip on the extra page at the end of the newsletter.



## TWELFTH SUNDAY AFTER PENTECOST

### READINGS

Isaiah 56:1, 6-8; Psalm 67;  
Romans 11:1-2a, 29-32; Matthew 15: 21-28

## 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 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](mailto:sgk@umn.edu)).

## BLOOD DRIVE—HELP NEEDED

### 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

#### Holy 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 still 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](mailto:office@htlcmpls.org) or [612-729-8358](tel:612-729-8358)). You can also scan the QR code above with your smart phone.



"A couple of 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

### ~ 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

### 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.

### SATURDAY, AUGUST 19, 10 A.M.—12 P.M.

#### METAMORPHOSIS: ANGELA TWO STARS, EVENT 3

Metamorphosis is a participatory installation by artist, Angela Two Stars and in collaboration with Pangea World Theater, Holy Trinity Lutheran Church, and Longfellow Rising as part of Public Arts St. Paul's Wakpa Triennial Art Festival.

Come, join in community healing, and create your own butterfly designs to add to this art.

Metamorphosis grows from The Transition Stage (2021), a temporary community cocoon installation, which served as a vessel for community laments, hopes, dreams, and mottos of strength as the Longfellow neighborhood and the city of Minneapolis moved towards growth, redevelopment and healing after the 2020 murder of George Floyd and subsequent uprisings that caused destruction and devastation to the Longfellow neighborhood.

Metamorphosis is a two-sided mural. One side features the written contributions from The Transition Stage chrysalis installation, a reminder of the losses experienced after the uprisings of 2020, but also a reminder of the resilience and hope of the Longfellow neighborhood and how together, we can rebuild. The other side of the artwork is a butterfly scene — the representation of the transformation, rebuilding, and strength of the 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!



## SAVE THE DATE

### 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 bready things and Holy Communion. We’ll provide everything, just bring your family! Hosted by the Children and Family Team.



### SAVING US: A CLIMATE SCIENTIST’S CASE FOR HOPE AND HEALING IN A DIVIDED WORLD

The Care of Creation Committee completed a book read for *Saving Us: A Climate Scientist’s Case for Hope and Healing in a Divided World*. Author Katherine Hayhoe explained how to talk with people who dismiss climate change. First find an area of common interest and then proceed to discuss impacts of climate change without using the words climate or change together. She also provided scientific evidence on climate change, as well as, her evangelical Christian beliefs supporting caring for the Earth and people.



### UKRAINE: WAR AND RESISTANCE PHOTO EXHIBIT

Holy Trinity Lutheran Church will host the photojournalism exhibit “Ukraine: War and Resistance” from August 20 to September 10. A panel will highlight the courageous work of award-winning photojournalists and discuss the current situation on September 3 at 11:15 am, following Sunday service.

The Russian invasion of Ukraine provoked immediate outrage around the world, and the brutality of the war has continued. More than a year later, a certain fatigue greets the ongoing struggle and requests for support, even as Ukrainians themselves are exhausted. It is critical that those interested in international peace and social justice sustain their resolve to oppose the invasion and restore peace.



Minnesota Fulbright sponsored the production of these photographs. Seven outstanding photojournalists who work with publications here and abroad contributed to this exhibit, all of them former Fulbright scholars who participated in international exchanges over the past decade representing either Ukraine or the United States. 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. To register or for more information contact Sally at [sgk@umn.edu](mailto:sgk@umn.edu).

## 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 Shoultz, 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.

<b>WORSHIP PARTICIPANTS FOR SUNDAY, AUGUST 20, 2023</b>	
Preacher	Doug Mork
Presiding Minister	Doug Mork
Crucifer	Wayne Vetter
Assisting Minister	Nicki Hines
Communion	Gretchen Lund, Melanie Townsend, Jeff Olsen Biebighauser
Ushers	Julie and Tom Cahoy, Chris Engen, David Broberg
Altar Guild	Vicki Bergman
Coffee Servers	
Counters	Wayne Vetter, Deb Helmelt
Closer	Bob Hulteen
Video Operator	Bob Hulteen

Here are few photos of the chalk art master pieces the Vacation Bible School attendees created this week. VBS wraps up today, we'll share more in next week's Community Church.



#### PARISH EVENTS AUGUST 20-26, 2023

Sunday, August 20	10:00 AM 11:15 AM 2:00 PM	Worship Service of Holy Communion Adult Forum Swahili Service
Tuesday, August 22	11:00 AM	Worship Readings Discussion
Wednesday, August 23	10:00 AM-4:00 PM	Red Cross Blood Drive at Holy Trinity

#### SEPTEMBER 3 IS THE FINAL SUNDAY OF SUMMER WORSHIP SCHEDULE

This is the last weekend for our summer worship schedule. Beginning September 10, we are back to two services at 8:45 and 11:00 a.m. with education for all ages at 10:00 a.m.

#### 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](#).





## CONFIRMATION TRIP TO NYC PHOTOS



Full Day #1 in New York City, the group spent the morning and early afternoon helping with Trinity Lower East Side Lutheran Parish's food distribution!





## CONFIRMATION TRIP TO NYC PHOTOS CONTINUED

