



WE ACKNOWLEDGE THAT WE GATHER ON THE DAKOTA HOMELAND

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Ingrid C. A. Rasmussen and Doug Mork, Pastors; David Larson-Martínez, Deacon

SABBATICAL GRATITUDE

Rule for a Minor Hermitage

Greet the day with thanks

for safety through the night.

Rekindle and nurture the heart's fire.

Care for life on this bit of land.

Work; pray; rest.

Avoid judgement.

Do no harm.

Think about what matters.

Eschew the trivial.

Attend to the body.

Welcome guest and stranger.

Take what comes with gratitude.

Give what is needed with gladness.

Greet nights with courage.

Review the days for small joys

overlooked in the living of it.

Then, trust the darkness.

-Bonnie Thurston

It's so good to back in this place with all of you. Some of you know that I've been on sabbatical since July. It was an amazing opportunity, one that is generously provided for all clergy and staff at Holy Trinity. I want to offer my deepest thanks for the time away. Thank you to my colleagues, who capably stepped in to lead in new and different ways. Thank you to Council members and congregants, who found ways to help carry the water for the life of this congregation while I was away.

As I think about my sabbatical time, here are a few of the meaningful activities:

- I slowed my roll and had a little more patience with my kids and with myself.
- I traveled with my parents to Bergan, Norway for the funeral of a dear cousin, who died in a car accident at the age of 51.
- I celebrated a family wedding in Grand Marais, which was held on the most perfect summer day of 2023.



SIXTEENTH SUNDAY AFTER PENTECOST

READINGS

*Genesis 50:15-21; Psalm 114;
Romans 14:1-12; Matthew 18:21-35*

ADULT FORUM

Holy Trinity Adult Forums feature in-person presentations beginning at 10:00 a.m. on Sunday. The presentations are also available via [Zoom](#) for those unable to attend in person. ID 858 5687 1594; Password 317879.

September 17 A Panel of Chaplains

Reverends Babette Chatman (Augsburg University Chaplain) and Kate Reuer Welton (Lutheran Campus Ministries--U of M) will participate in a panel presentation and Q&A with Adult Forum attendees. Learn about our amazing Campus Ministries, their joys, challenges, and how we can encourage them!

September 24 Longfellow School

Meet the new principal, Christine Sanguinet. She will tell us all the news about the school, ways we can be involved and how we can support the this long-time partner.

~ 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 especially for the family of **Leo Geter**, upon the death of his husband **Tim Mason; Cliff Brown, Margaret Peterson, Mary Paavola, Dorothy Kelly, and Cori Gershon.**

SATURDAY, SEPTEMBER 16 EVENT REMINDERS

THIS SATURDAY, SEPTEMBER 16 EVENT REMINDERS

- **11 a.m.—3 p.m.** Join your neighbors and folks from Redesign, Inc and 4RM+ULA Architects for free food, art, music, and a chance to share your ideas about the future of the now empty former US Bank lot! Check out <http://re4rm.net> for more information! 2800 East Lake Street (enter on 29th Ave)
- **5:30 p.m.—8 p.m.** **Bright Starts of Bethlehem's BE THE HOPE Virtual Fundraising Gala and Watch Party** We invite you to take a virtual journey to Palestine during an exciting fundraising event celebrating the hope and creative resistance Dar al-Kalima University students have demonstrated throughout this year. HTLC Community Room.

PARISH INFORMATION

- I tended to chronic leg pain that has been my constant companion since a car accident in 2019.
- I started to run again (a little and slowly).
- I slept well.

Perhaps even more than any of these things, sabbatical was important because it reminded me of our deepest identity—beloved children of God. Dear friends, as we enter a new program year, it's from beloved that we begin.

In compassion,
Ingrid Rasmussen, pastor



FEELING GRATEFUL

In early December last year, I received an email from Pastor Ingrid explaining the new benefit of a sabbatical for all staff other than pastors. I couldn't believe it! How many churches give a sabbatical to a custodian?

I am so extremely grateful for the Sabbatical that Holy Trinity gifted me this year! I still cannot believe it. Sometimes, I feel like I have awakened from a most joyful and happy dream! I love to peek back at my gallery of pictures and videos that I captured, many that I shared with my children as I ventured about in old and new places.

I wanted to be sure not to squander any of this precious time away from "the grind". I wanted to be ever so mindful and focused and intentional – to make this a "watershed" moment in my life. I believe that this IS one of those moments, because I carry forward now, new ways of being that I hold dear – ideas, and thoughts, and habits, and rituals, etc. I see a bit more clearly what truly matters and what doesn't matter so much. I came to realize that it is difficult, at least for me, to stick to new habits and routines, and also to place strong and consistent boundaries to protect this way of healing and building resiliency into my life. I cannot give of myself if I do not take good care of myself.

On, sabbatical I learned to really get to know and love myself. I ate better, and exercised more, and worked on deep breathing and read a little book on meditation! The "HIGI" machine next to the pharmacy at my Mom's grocery store continually gave me improved blood pressure and BMI readings! I stretched out sore joints and muscles. I did some journaling and reading. And thanks to some loving HT co-workers I took myself tenting and hiking in the mountains of North Carolina! (a house to stay in a few nights and a tent!)

I spent a good amount of my time with Mom in Florida, who is so much alone and grieving with Dad's death last year in May. It was nice spending time with her. But there were many challenges, helping her pare down, and spending time on the phone with siblings trying to make big decisions and such with plans to move her north, closer to family and friends.

I have some beautiful memories from this wonderful gift of time. This sabbatical has taught me so many things – the importance of family – and of friends – having a good support network – And the importance of spending time (and money!) wisely!

I needed this. I needed the world to slow down in order to rest, to heal, to breath, to think...

...a time for some "aha!" moments...a time to savor.

I am glad to be back home, with energy renewed, and with a sense of confidence. But also with knowing I must create little "sabbatical" moments within each day – to not let he juggernaut of a busy world tip the scale of a balanced life.

With gratitude,
Nolan Gusdal



ONE MORE SABBATICAL

Dennis Nordholm started his sabbatical tomorrow and will be gone through October 29th. The pastoral staff offered him a blessing and we ask you to keep him in your prayers during his time to rest and recharge.

HAPPENING THIS WEEK

SEPTEMBER 21 AND 26—PUBLIC THEOLOGY PROJECT WITH DR. AMY LEVAD

Professor Amy Levad, a theologian and ethicist at the University of St. Thomas, is looking for community direction for the project she will be doing with Holy Trinity related to this community's engagement and experience of the uprising following the murder of George Floyd. There is more information on this project in the Fall Calendar and she will be joining us during the coffee time after worship on Sunday, September 17 for questions and informal conversation. In this first phase of the project, she is looking for community guidance on questions like: **What stories need to be heard? How should they be collected? Where and how should they be shared?** Towards that end she is holding two informal sessions at Holy Trinity in the library:

- Thursday, September 21, 7:00-9:00 pm
- Tuesday, September 26, 7:00-9:00 pm
(Spanish translation available)

We invite you to attend one of these sessions so that you may help us shape this project in the coming months. Light refreshments will be served. Please sign up in the community room or RSVP to Amy at amy.levad@stthomas.edu.

SATURDAY, SEPTEMBER 23—SACRED SITES TOUR

Join us from 9:30 a.m. to 2:30 p.m. on a Sacred Sites Tour, part of the Healing Minnesota Stories initiative of the Minnesota Council of Churches. Tours are led by Rev. Jim Bear Jacobs (Mohican) and Kelly Sherman Conroy (Oglala Lakota). The tours offer an opportunity to learn about Minnesota history from a Native perspective through story-telling and experiencing the sites in silence / meditation / reflection. Please call, email office@htlcmpls.org or sign up in the Community Room. We will gather at Holy Trinity and drive together to the Church of St. Peter, where the tour begins at 10:00 a.m.

SUNDAY, SEPTEMBER 24—LAY COMMUNION VISITORS COFFEE

The mission of Holy Trinity's Lay Communion Visitation Program, sponsored by the Nurturing Committee, is to provide monthly communion visits to all of Holy Trinity's homebound persons. For these homebound persons, this provides regular person-to-person contact with Holy Trinity and an opportunity to receive the sacrament of Holy Communion on a monthly basis. For the visitors, it provides an opportunity to participate in an important face-to-face ministry of the congregation. In many cases, new and lasting relationships are forged between the person visited and the visitor. This program is a tremendous help to the pastors, who visit each homebound member several times per year. Current lay communion visitors and those interested in learning more about this important ministry are invited to be our guests for coffee after second service at 12:15 p.m. in the library. Sign up in the Community Room.

GRATITUDE

COMMUNITY BREAD BAKING DEMONSTRATION AND SOCIAL HOUR THANK YOU!

Thank you to Stephanie Sulzbach who graciously said yes when she was asked if she would do a Communion Bread baking demonstration. It was a fun event. Thank you to all who attending and for the sharing of ideas, fellowship, and conversation. During the demonstration, the group agreed that we would keep a supply of whole wheat flour in the church office refrigerator so those that would like to bake bread, but don't typically use wheat flour can pick some up when needed.

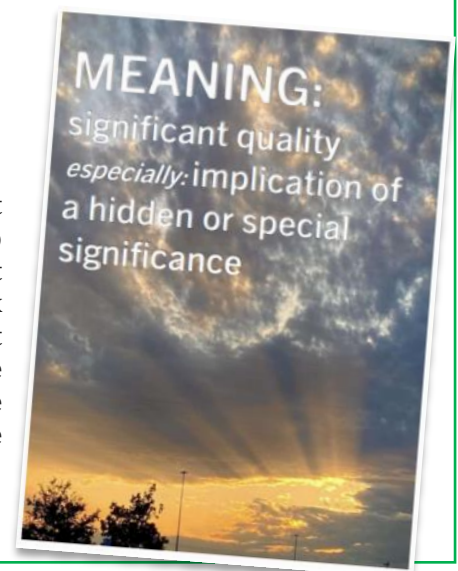


MEANING BOOKLET THANK YOU!

Thank you to all who contributed to the meaning booklet. Together we created 88 pages of beautiful, meaningful stories to carry us through the fall months and help us connect and grow together as a community. We are also highlighting the stories daily on social media as well, linking to a PDF version of the book that can be found on the website:

<https://htlcmpls.org/site/wp-content/uploads/2023/09/MEANING-BOOKLET.pdf>

Copies of the booklet were mailed Monday to all households that were not able to pick them up in person last Sunday. There will be extra copies with the devotional books outside the Sanctuary as well.



SAVE THE DATE

THURSDAY, SEPTEMBER 28-20S AND 30S HAPPY HOUR AT ARBEITER BREWING

Hey, members in your 20s and 30s! Let's meet up at Arbeiter. If it's nice, we'll be on the patio. If it's cold, we'll be inside. We'll plan to be there from 5:00 to 7:00 p.m. Hopefully there will be a food truck there, too!

FRIDAY, SEPTEMBER 29- YOUTH AND FAMILY PIZZA NIGHT

From 6:00 to 10:00 p.m. all youth, including current confirmation students and recently confirmed folks, as well as their families are invited to get together at the church building for an evening of hanging out, pizza-eating, and games at the church.



SATURDAY, SEPTEMBER 30-FEAST OF ST. FRANCIS OUTING TO FARM NEAR NORTHFIELD

Meet the Children, Youth, and Family Teams at a friend's farm near Northfield, Minnesota. We will gather from 11:00 a.m. to 2:00 p.m. There are horses, chickens, and bees as well as restored prairies at the farm. We will enjoy time in nature and among animals as we partake of a hayride, devotion, and lunch.

TUESDAY, OCTOBER 3-INDOOR PROPERTY WORK DAY

Come and help us with dusting, organizing, and cleaning some of our indoor spaces, 10:00 a.m. to 4:00 p.m. Lunch will be provided. Join us for any amount of time that you are able. Sign-up in the Community Room.



TUESDAY, OCTOBER 3-KNITTING GROUP

Knitters (and crocheters!) are invited to bring their knitting or crochet projects to Holy Trinity on the first Tuesday of each month at 2:00 p.m. All are welcome to join in for needlework and conversation. For more information, contact Liz Blood (liz.bill.blood@gmail.com)



THURSDAY, OCTOBER 5-MIGIZI GRAND OPENING

It's finally here! Save the date for MIGIZI's Grand Opening! We are so excited to gather with our community and celebrate the completion of our building. Come join MIGIZI for prayer, feast, performances, and more on Thursday, October 5, 5:30 pm - 7:30 pm. Please note, reservations are required. Register and save your spot [here](#)



PS: The MIGIZI summer canoe trips were a great success. Consider donating to further help with this year's expenses and get a head start on next summer. Go to the "Donate" tab on the Holy Trinity website and designate your gift for "MIGIZI Summer Programs."

MIGIZI FLAME TO BE EXTINGUISHED

This is the day we have eagerly awaited! Mike Miller heard from Kelly Drummer that she agrees the flame should be returned and extinguished at MIGIZI's Grand Opening on October 5th!

It has been a longer journey than we could have anticipated when Pr Ingrid compassionately said yes to the request to keep the flame. I did a bit of rough calculation of our journey: well over 400 candles have burned in 12 homes for more than 40 months by the time the flame will be returned. The flame has been at the heart of our homes in these months. Many of us have retold the story to our friends and neighbors as they saw the candle burning in our homes. And many of us have centered the flame as part of our meals, prayers, devotions. It has been a unique time for accompanying our native friends, for deeper learning of Indian history, and for understanding the challenges for communities of color to rebuild. It is a story of new life arising out of death. We say his name, George Floyd.

I am grateful, as I know you all are, to have been part of this holy journey. And as at any journey's end, I am relieved that we have kept the flame alive so that it may now come full circle to the remarkable new MIGIZI community home - whew!

Thanks to each of you beloveds for saying yes to keeping the flame!

~ Lynda Nordholm

SATURDAY, OCTOBER 7-DAVID LARSON-MARTÍNEZ ORDINATION

It is with joy that we report that David Larson-Martínez received a unanimous "yes" at Sunday's congregational meeting. Please plan to join us for the Rite of Ordination to Ministry of Word and Sacrament on Saturday 7 October 2023, 2:00 p.m. CST, at Holy Trinity Lutheran Church in Minneapolis. It will be live-streamed, too!



MONDAY, OCTOBER 9-BUILDING PARTNER, METRO WORK CENTER, HAPPY HOUR

Please join Metro Work Center at Arbeiter Brewing on Monday, October 9 from 2:00-7:00 p.m. when \$0.50 of each beer will be donated to MWC! We will also have \$200 VISA gift card raffle prize and live music performed by John Kronstedt. Funds raised will support our goal of purchasing a van.

WORSHIP PARTICIPANTS FOR SUNDAY, SEPTEMBER 17, 2023

8:45 AM		11:00 AM
David Larson-Martínez	Preacher	David Larson-Martínez
Ingrid Rasmussen	Presiding Minister	Ingrid Rasmussen
	Crucifer	Wayne Vetter
Nicki Hines	Assisting Minister	Margaret Kelly
Linda Berglin, David Broberg, Sean Gosiewski	Communion	Tom and Kari Kleven, Matt Floding
Sally and David Kohlstedt, Chris Engen	Ushers	Kathy Hollander, Rod Johnson, Chris Amundson
	Altar Guild	Roberta Shaw, Doris Gbala
David Broberg, Sally Kohlstedt	Coffee Servers	Tom and Kari Kleven
Chris Engen, Joyce Peterson	Counters	Wayne Vetter, Debora Helmelm
	Closer	Rod Johnson
	Video Operator	Jan Mehlhoff

FRIDAY, SEPTEMBER 15, PASTOR INGRID ORDINATION 10TH ANNIVERSARY

Please take a moment to wish Pastor Ingrid congratulations on the 10th anniversary of her ordination.
We are blessed and grateful to have her.

PARISH EVENTS SEPTEMBER 17-23, 2023

Sunday, September 17	8:45 AM 10:00 AM 10:00AM 11:00 AM 2:00 PM	Worship Service of Holy Communion Adult Forum Children and Youth Education Worship Service of Holy Communion Swahili Service
Monday, September 18	6:30-8:00 PM	Adult Choir Rehearsal
Tuesday, September 19	11:00 AM 6:30 PM 7:00 PM	Worship Readings Discussion Executive Committee Church Council
Wednesday, September 20	5:00-6:00 PM 5:45-6:45 PM 6:00-8:00 PM 6:00 PM 6:30-8:30 PM	Choir Family Meal Children's Choir Supervised Gym Time Gloria Ringers Trinity Singers
Thursday, September 21	8:00 AM	Encore! At Turtle Bread
Saturday, September 23	9:30 AM-2:30 PM	Sacred Sites Tour

LIVESTREAM LINKS FOR WORSHIP SERVICES

A [live-stream](#) of the 11:00 a.m. Sunday service is available online at 10:55 a.m.
You can access recordings of previous worship services [here](#).

