



WE ACKNOWLEDGE THAT WE GATHER ON THE DAKOTA HOMELAND

2730 E. 31st Street Minneapolis, MN 55406 • 612-729-8358 • office@htlcmpls.org • www.htlcmpls.org
Ingrid C. A. Rasmussen, Doug Mork, and David Larson-Martínez, Pastors

YOGA AT HOLY TRINITY MEET THE INSTRUCTOR



James has been practicing yoga for 13+ years, having a foundation in Yoga Nidra, Yin and Restorative styles, which progressed to incorporate asana combined with vinyasa, pranayama, meditation and mantra. He completed his 200 hr E-RYT yoga teacher training at the Himalayan Institute in Honesdale, PA.

James aims to create a safe space to explore yoga with open and accessible classes for students who are diverse in gender, race, religion, age and ability. As an African American male he feels it is important to create access and opportunities for BIPOC (Black Indigenous, People of Color) to explore yoga. Yoga has the ability to loosen the hold of trauma, in any form, that prevents us from living our lives to its fullest.

He teaches in the Himalayan tradition, rooted in dynamic and flowing sequences of asanas, a strong emphasis on diaphragmatic breathing, pranayama and systematic relaxation. Over the course of his classes students will cultivate a deeper connection with the breath and the body. You can practice more with James at One Yoga in South Minneapolis.

~James Orione, Yoga Instructor

WEEKEND REMINDERS

SATURDAY, JANUARY 13—MICRO-AGGRESSIONS AND MICRO-INCLUSIONS WORKSHOP, WALK-INS WELCOME

On Saturday, January 13, from 9:00 a.m.-12:00 p.m., there will be one more workshop on micro-aggressions and micro-inclusions at Holy Trinity led by Joe Davis and David Scherer. Joe and David make this learning event both deeply meaningful and fun. Walk-ins are welcome! Email Libby Olstad (libbyolstad@icloud.com) with questions.

34TH ANNUAL MLK HOLIDAY COMMUNITY BREAKFAST!

On Monday, Jan 15, St. Peter's African Methodist Episcopal church, 401 E 41st St, will be the Minneapolis community host site for the 34th annual Martin Luther King Breakfast celebration, "Elevating New Voices For Justice And Equality". This will be a music filled breakfast / fundraiser for the United Negro College Fund. The doors open at 7:00 for breakfast and the program will be live streamed from the Minneapolis Convention Center from 8:00-9:30 am. Registration is now closed but walk-ins are welcome. More information is found at: <https://interfaithaction.org/portfolio-item/mlk-breakfast/>

BAPTISM OF OUR LORD



READINGS

*Genesis 1:1-5; Psalm 29;
Acts 19:1-7; Mark 1:4-11*

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.

January 14 "Climate Energy Saving Opportunities" Diana McKeown

Diane McKeown of the Clean Energy Resource Teams (CERTS) will present on the significant grants available to individuals and organizations for green energy improvements.

Diana joined the Great Plains Institute in July 2013 and is one of three Co-directors for the statewide partnership CERTs. She led the metro region of CERTs since October 2007, before becoming their Co-director in 2023. Diana has coordinated and participated in a number of clean energy initiatives, and collaborated on the launch of several projects. She has given hundreds of presentations about clean energy over the past 30 years. Diana holds a BS in environmental studies from the University of Minnesota.

January 21 "Preview the Annual Meeting" Pastors Ingrid, David, Doug, and Council representatives

Join us at 10:00 a.m. in the Library or on Zoom as we prepare for this year's annual meeting. There is a lot of business to cover during the annual meeting, which will be held following the combined 10:00 a.m. worship service on Sunday, January 28. Come and preview the meeting agenda with Pastor Ingrid, Pastor David, Pastor Doug, and Council representatives during the adult forum hour. Bring your questions!

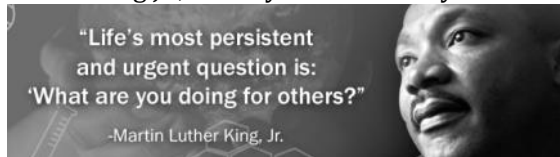
~ Concerning People ~

We pray today for all those in need of God's tender care, especially those who face illness, sorrow, or hard times. We pray especially for especially Jeff Olsen Biebighauser's mom **Jo**; Mary Heltsley's nephew **Michael Frey**; Caren Hiatt's sister-in-law, **Shannon**; Annie Hines's son, **Nick Hines**; **Joyce Hanson**; **Arnie Johanson**; Katie Schroeder's mom **Diane**; **Dorothy Kelly**; **Cori Gershon**.

HAPPENING THIS WEEK

MONDAY, JANUARY 15—CHURCH OFFICE CLOSED

The church office is closed on Monday in observance of the Martin Luther King Jr., holiday. We'll talk to you on Tuesday!



TUESDAY, JANUARY 16—WEEKLY SCRIPTURE READINGS STUDY

Join Pastor Doug and congregants on Tuesdays at 11:00 a.m. in the youth library or on Zoom to study the assigned worship readings for the upcoming Sunday. Participants need not attend every session, and no prior bible experience is necessary (to join on [Zoom](#): Meeting ID: 872 7504 3389, Passcode: 336030).

WEDNESDAY, JANUARY 17 AND THURSDAY, JANUARY 18—YOGA CLASSES AT HOLY TRINITY

Regardless of who you are, what you look like, or whom you love, James Orione believes that creating a space for everybody is very important. Society places many expectations and roles as to how, what, when, where, and why you are doing something instead of simply being. Through conscious movement connected to breath, you have an opportunity to learn how to be in this moment. Yoga is an opportunity to create, rediscover, and connect to the experience of being human and overcome the obstacles that stand in your path. Join us weekly, Wednesdays at Noon or Thursdays at 7:30 p.m.

WEDNESDAY, JANUARY 17—KNITTING LESSONS FOR LONGFELLOW MOMS



Once a week teach knitting to Longfellow High School students who are pregnant or parenting. Help students learn the basics of knitting and help with beginning knitting projects while getting to know students and the volunteer knitting teachers. Meets every Wednesday at 2:00 pm at Longfellow High School during the school year. For more information, contact Liz Blood (liz.bill.blood@gmail.com).

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WEDNESDAY, JANUARY 17—SPIRITUAL DIRECTION AND COMPANIONSHIP

Spiritual direction and companionship session, January 17, 6:00 p.m. in the Mary Martha Room. Sessions are led by Joel Wiberg. You can call (612-508-4913) or email (jnwiberg@me.com) him for more details.

SATURDAY, JANUARY 20—GAME NIGHT

Holy Trinity members and friends of all ages are invited to an evening of fun competition playing favorite games and new games. Come and play from 5:30-8:00 p.m. The Nurturing Committee alongside the Youth Committee will provide pizza, drinks, and dessert. Bring your favorite game. Sign up in the Community Room by Sunday, January 14.



SATURDAY, JANUARY 20—MEDITATIONS ON THE NATIVITY

Meditations on the Nativity: A Synesthetic Gallery
Saturday January 20, 2023, Holy Trinity Community Room
6:30 PM Doors open, Lecture 7 PM
FREE and OPEN TO THE PUBLIC

This event aims to both reveal the beauty of Olivier Messiaen's music and to create art that brings people closer to the faith.

In Messiaen's composition for the organ, "La Nativité du Seigneur," scenes from the Nativity are interpreted through an art gallery. A collection of watercolors inspired by the musical work will be displayed along with digitally accessible recordings. The lecture will discuss the composer's synesthesia, seeing colors in the mind when hearing sounds.

Join us for this experience of paintings and synesthetic exploration as presented by painter Olivia Wiering and organist Stella O'Neill. For more information, visit oliviaroseillustrations.com.

VOLUNTEER OPPORTUNITIES

HOST A YOGA CLASS

We are looking for member hosts for the weekly yoga classes. Sign up in the Community Room to be a host of one of these classes and offer a warm welcome to those who come. Contact Kathy in the office with questions.

SOUP MAKERS NEEDED

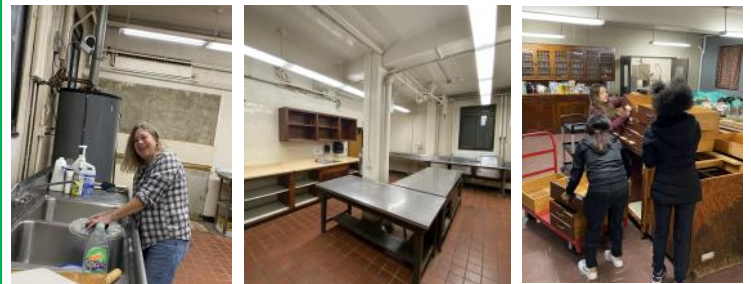
We are looking for 4 people to make soup for the January 21 Meal and Story Collection with Dr. Levad. Please sign up in the Community Room if you are able to help.

VOLUNTEERS NEEDED FOR ANNUAL MEETING

We are in need of volunteers to help set-up, serve lunch, and clean-up for the annual meeting, January 28. Please sign-up in the Community Room if you are able to help.

THANK YOU TO KITCHEN VOLUNTEERS

Thank you to the volunteers who helped empty the kitchen Monday for the commercial cleaning this week, including 3 student from Longfellow School.



AARP TAX AIDE AT HOLY TRINITY

AARP Tax Aide will again be available at Holy Trinity to provide assistance with 2023 tax preparation for seniors and low-income taxpayers. The tax assistance process will begin on Monday Feb 5, 2024 and run until April 10. You will need an appointment to come to Holy Trinity to have your tax documents scanned. Appointment scheduling will start January 22. Watch for appointment phone numbers in next weeks Community Church.

SAVE THE DATE

SUNDAY, JANUARY 21—COMMUNITY MEAL AND STORY COLLECTION “ON A THRESHOLD OF JUSTICE: STORIES OF HOLY TRINITY LUTHERAN CHURCH DURING THE UPRISING AFTER GEORGE FLOYD’S MURDER”

In the spring, Holy Trinity Lutheran Church will be entering the second and third phases of our project to collect our stories from the summer of 2020. During Advent, church members and leaders, as well as neighbors and volunteers were invited in the first phase to prepare their stories using a workbook. Dr. Amy Levad (Professor of Theology at the University of St. Thomas) will be collecting workbooks during January for our historical archive. Please join us in the library for soup and bread following 11:00 worship on January 21 to celebrate the close of the first phase and to prepare for the second phase. During Lent, we will begin the second phase: Story Sharing. In small groups facilitated by Dr. Levad, participants will share their experiences, fostering a communal memory of how this congregation and the surrounding community responded to the calls of our city during the uprisings. Dr. Levad will also invite participants in the third phase, Story Collection, to record their stories for sharing more broadly. During April and the season of Easter, a photo exhibit and communal gathering will provide a capstone to our collective work of preparing, sharing, and collecting our stories.



SUNDAY, JANUARY 28—ANNUAL MEETING

Following the service, all are invited to the gym for a free meal and the annual congregational meeting, as we celebrate the 120th year of God’s ministry through Holy Trinity Lutheran Church. We will review committee goals, elect new council members, approve the 2024 budget, and vote on constitutional amendments. The annual meeting is also an opportunity for us to check on our progress made toward congregational goals.

SPECIAL CONGREGATIONAL MEETING JANUARY 28 FOLLOWING THE ANNUAL MEETING.

At the recommendation of the Personnel Committee, the Church Council voted to call a special Congregational meeting on Sunday, January 28, 2024, for the purpose of issuing a call as a Part-time Associate Pastor to Rev. Doug Mork. Please plan to attend this brief meeting which will take place in the gym immediately after the Annual Meeting. Because Pastor Doug is already a called pastor in this congregation, we do not need to create a call committee or conduct a multi-step process. We can fulfill this action with a relatively short meeting.

THURSDAY, FEBRUARY 1—BOOK LAUNCH: “BREATHING IN MINNEAPOLIS”

Join author Patrick Cabello Hansel at 7:00 p.m. at Holy Trinity for the launch of his new book of poetry, “Breathing in Minneapolis,” which chronicles the challenging events of 2020-2022 in our fair city. He will be joined by poets Joyce Sutphen, Walter Cannon, Dralandra Larkins, and the Chilean musical group Ina Yukka. And cake! Books will be available for purchase.

SUNDAY, FEBRUARY 4—“HANDPRINTS” AT HISTORY THEATRE

15 tickets available to attend "Handprints," a new vibrant autobiographical play written, performed, and sung by Greta Oglesby, At the History Theatre, on Sunday, February 4, 2:00 p.m. Tickets are \$20, payment due to Kathy Hollander; sign up in the Community Room.

Tuesday, February 6—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).

SUNDAY, FEBRUARY 11—PANCAKE BREAKFAST



Join us for the relaunched annual pancake breakfast from 8:00 a.m. to 1:00 p.m. on Sunday, February 11. Confirmation students and their families will host the event. This will be a fundraiser for youth service/learning/fun trips. Suggested donation for tickets is \$10 and will be on sale at the Annual Meeting on Sunday, January 28, as well as at the door on the day of the event. Please consider volunteering! This will serve as our adult forum for the day.

THURSDAY, FEBRUARY 15—ENCORE! AT TURTLE BREAD

Encore! (the group for members 50 years of age and older) meets monthly at 8:00 a.m. at Turtle Bread (4205 E. 34th St.). There is no agenda. Breakfast goes simply get to know one another. No sign up necessary.

FRIDAY-SUNDAY, FEBRUARY 16-18—FAMILY RETREAT AT HUDSON YMCA IN HUDSON, WISCONSIN

Join us for a weekend of rest, renewal, and family-friendly fun with church members of all ages! Sign up in the Community Room by January 28. The cost is \$50 per person, but there are scholarships available, contact Pastor David (david@htlcmpls.org). You will be expected to drive yourselves, but carpooling can be arranged!

SUNDAY, FEBRUARY 18—YOUTH RECITAL

Join us at 10:00 a.m. in the Sanctuary or on Zoom as we celebrate the gifts of several of Holy Trinity’s young people during our annual recital. Musicians and dancers are welcome to sign up as art and talent comes in many forms! This will serve as our adult forum for the day. Sign up in the Community Room by February 11. For more information or questions contact Phil Radtke (pradtke@htlcmpls.org).

THURSDAY, FEBRUARY 22—INDOOR PROPERTY WORK DAY

Our building is used a lot! Come and help us with some tidying, sorting, purging, dusting, and other indoor work. Let’s make it shine! We’ll work from 9:00 a.m.-12:00 p.m. and from 1:00-7:00 p.m. Lunch will be provided at noon! There will also be pastries and coffee in the morning and snacks in the afternoon. Come for whatever amount of time you’d like and at any time that fits your schedule. Sign up in the Community Room by Sunday, February 18.



WORSHIP PARTICIPANTS FOR SUNDAY, JANUARY 14, 2024

8:45 AM		11:00 AM
Doug Mork	Preacher	Ingrid Rasmussen
Ingrid Rasmussen	Presiding Minister	Ingrid Rasmussen, Ted Kunze
Jen Baker-Trinity	Guest Organist	Jen Baker-Trinity
Cathy Alpizar	Cantor	Cathy Alpizar
Mary Engen, Ginny Jordan	Altar Guild	Libby and Keith Olstad
Rick Liedholm	Assisting Minister	Tom Skold
Chris Engen, Sean Gosiewski	Communion	
Tom and Julie Cahoy	Ushers	Bob and Helen Norheim
	Coffee Servers	Ann White, Arlene Helveg
Pam Blomgren, Julie Cahoy	Counters	John Sulzbach
	Closer	Roberta Shaw
	Video Operator	Jan Melhoff

PARISH EVENTS JANUARY 14-20, 2024

Sunday, January 14	8:45 AM 10:00 AM 10:00 AM 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, January 15		MLK Day, Office Closed
Tuesday, January 16	11:00 AM	Worship Readings Discussion
Wednesday, January 17	12:00 PM 5:00 PM 5:30 PM 5:45 PM 6:00 PM 6:00 PM	Yoga Choir Family Meal Supervised Play Time in the Gym Children's Choir Rehearsal Gloria Ringers Rehearsal Spiritual Direction and Companionship Group
Thursday, January 18	7:30 PM	Yoga
Saturday, January 20	5:30-8:00 PM 7:00 PM	Game Night Meditations on the Nativity

ANNUAL MEETING REMINDER:

- Sunday, January 28, we will have one service only at 10:00 a.m., followed by lunch and the Annual Meeting at 11:00 a.m.

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](#).

