



WE ACKNOWLEDGE THAT WE GATHER ON THE DAKOTA HOMELAND

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

YOGA AT HOLY TRINITY REFLECTION ON THE FIRST WEEKS

My name is James Orione, and I am very excited to be at Holy Trinity Lutheran Church to co-create a space that is welcoming and open to all. We are two weeks into an 11-week session of yoga, with 4 of 22 classes complete. What I have enjoyed the most so far are the different experience levels and abilities of the students who have attended.

My approach to teaching is meeting you where you are today—physically, mentally, and emotionally—by connecting to the body and breath through conscious and connected movement to calm the mind. Yoga is about so much more than just the movement; it's a way to approach life, and we will explore that in our practice.

I have been practicing yoga for 13+ years and teaching for 8+ years. I am the co-executive director and teacher at One Yoga, located in the Ivy Arts Building in Seward, and the Founder of Bridges Through Yoga. My classes are led in the Himalayan tradition, rooted in dynamic and flowing sequences of asanas, with a strong emphasis on diaphragmatic breathing, pranayama, and systematic relaxation. Over the course of my classes, students will cultivate a deeper connection with the breath and the body. Whether your goal is to gain more flexibility or to calm the mind, I invite you to come and practice.

~James Orione, Yoga Instructor

I participated in Holy Trinity's first two yoga practices on Wednesday afternoon. It has been a while since I joined an in-person yoga class, and this class did not disappoint. The class is very inclusive, all levels of experience from first time to very experienced persons are welcome. James is a very good yoga instructor, and guides the yogis based on what they are comfortable with. He gives multiple instructions/cues so it's easy to pick your level and feel engaged. There is a very nice thoughtful beginning, followed by a flow of poses that each build on previous poses, and then winding down to a thoughtful ending. If you have done any yoga before, and look forward to savasana (savasana is to give rest to body and mind at the end of practice), this is the best and something I am looking forward to for future yoga classes. This savasana is very relaxing and meditative. We had a good turnout at noon on Wednesday in the Bartsch Room, it is very nice space for yoga, and there is plenty of room for more to join. I love the similarities to church: everyone is welcome, you are welcome wherever you are at in your journey, and it's a practice (there is no expectation of being done only a hope that you keep practicing). Hope you can join in on Wednesday at noon or Thursday evening at 7:00 p.m.

~Julie Cahoy, Holy Trinity Member

THIRD SUNDAY AFTER EPIPHANY



READINGS

*Jonah 3:1-5, 10; Psalm 62:5-12;
1 Corinthians 7:29-31; Mark 1:14-20*

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 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!

January 28 No Adult Forum, Annual Meeting

Join us at 1100 a.m. in the gym for lunch and the Annual Meeting.

OLIVE OIL FROM THE MOUNT OF OLIVES

Bottles of fresh olive oil are available in two sizes: 250mL bottles for \$15 and 750 mL bottles for \$35. Purchases support the work of the Lutheran World Federation vocational training program and reduce student fees. Brought to you by the Palestine-Israel Working group. Contact the [office](#) to purchase.



~ 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**.

WEEKEND REMINDERS

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 and join the fun in the Library this Saturday.

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 oliviarseillustrations.com.

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.



HAPPENING THIS WEEK

TUESDAY, JANUARY 23—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](https://zoom.us): Meeting ID: 872 7504 3389, Passcode: 336030).

WEDNESDAY, JANUARY 24 AND THURSDAY, JANUARY 25—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 24—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).



WEDNESDAY, JANUARY 24—SPIRITUAL DIRECTION AND COMPANIONSHIP

Spiritual direction and companionship session, January 24, 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.

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. Returns are completed off-site. Appointment scheduling starts Monday, January 22. For appointments, Call 612-567-2368 between the hours of 9:00-11:00 a.m. or 1:00-3:00 p.m. Mondays, Wednesdays & Thursdays. When you call, please have your 2022 tax return available. Appointments can be made for Mondays and Wednesdays.

SAVE THE DATE

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 8:30 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, and fun trips. Suggested donation for tickets is \$10.

Tickets will be on sale at the Annual Meeting on Sunday, January 28, as well as at the door on the day of the event. Kids 4 and under are free. Locally made, Wild Country pure maple syrup will be served. Please consider volunteering, you can sign up in the Community Room. 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.



VOLUNTEER OPPORTUNITIES

KITCHEN VOLUNTEERS NEEDED

Now that we've emptied out the kitchen, we could use some help next week sorting, organizing, and purging items that are not needed. If you have time Tuesday, January 23, between 9:00 a.m. and 3:00 p.m., contact Kathy (kekwall@htlcmpls.org) in the office or stop in on Tuesday as it works with your schedule.

We are also looking for help painting some areas in the kitchen and pantry in the coming weeks. If you are interested, please contact Kathy in the office (kekwall@htlcmpls.org)

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.

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.

WORSHIP PARTICIPANTS FOR SUNDAY, JANUARY 21, 2024

8:45 AM		11:00 AM
David Larson-Martínez	Preacher	David Larson-Martínez
Ingrid Rasmussen	Presiding Minister	Ingrid Rasmussen
Tom and Julie Cahoy	Altar Guild	Vicki Bergman, Dors Gbala
Karen Batdorf	Assisting Minister	Deb Anderson
Carol and David Berg	Communion	Matt Floding, Katy Benson
David and Sally Kohlstedt	Ushers	Kathy Hollander, Rod Johnson
Ginny and Chuck Jordan	Coffee Servers	David Howe, Dennis O'Brien
Chris Engen	Counters	Wayne Vetter
	Closer	Rod Johnson
	Video Operator	Jeff Weiss

PARISH EVENTS JANUARY 21-27, 2024

Sunday, January 21	8:45 AM	Worship Service of Holy Communion
	10:00 AM	Adult Forum
	10:00 AM	Children and Youth Education
	11:00 AM	Worship Service of Holy Communion
	2:00 PM	Swahili Service
Monday, January 22	6:30-8:00 PM	Adult Choir Rehearsal
Tuesday, January 23	11:00 AM	Worship Readings Discussion
Wednesday, January 24	12:00 PM	Yoga
	5:00 PM	Choir Family Meal
	5:30 PM	Supervised Play Time in the Gym
	5:45 PM	Children's Choir Rehearsal
	6:00 PM	Gloria Ringers Rehearsal
	6:00 PM	Spiritual Direction and Companionship Group
Thursday, January 25	7:30 PM	Yoga

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.

NEW NAME TAGS

We will be printing new name tags for all active members. They will be ready to pick up at the Annual Meeting. At that time you'll have the opportunity to add pronoun stickers AND decorate your name tag if you'd like. If you have any changes you would like made to your name, please mark up your current name tag or email Kathy in the office (kekwall@htlcmpls.org).

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](#).

