



WE ACKNOWLEDGE THAT WE GATHER ON THE DAKOTA HOMELAND

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

## The Season of Lent, The Season of Soup

Pastor Ingrid and I meet weekly to go through a number of things, one of them being articles for the Community Church. This year we are leaning into the theme of hosting, getting back to gathering in person, and continuing to build community together. Soup suppers during Lent encompass every part of this. It's our opportunity to return to simplicity, serve one another, eat soup with our neighbor, engage in conversation with someone we may not know, grow together in our spiritual journey; a time to nourish our mind, body, and soul, together. For us to make these meaningful meals happen, we need help from the congregation. I invite you to sign up to help set up for the meal, prepare and serve soup, or clean up. As I think about the work that needs to be done for soup suppers, I'm reminded of a quote from one of our members, Tom Skold "When we provide a meal, we are giving people a place to belong." That, simply stated, is all each of us is really looking for.

Earlier this week, as we were talking about Lent services and soup suppers, I came across a 2019 article by Cara Strickland from *Gather* magazine that beautifully talks about Lent and soup suppers. I would like to share an excerpt from that article.

*Soup's on: This Lent be stretched, be filled and be warmed*

### Be mindful

There are few places where I can completely focus on the moment in front of me. (I'm trying to get better at this.) For me, cooking is one of those places. It's a center-ing practice if ever there was one.

I'm not sure about you, but I know I can get lost in all that I have to do. I'm not focused on what my senses are telling me; I'm just concentrating on my to-do list. But in the kitchen, I have different priorities. I must pay attention, often to just one thing at a time, or things will go haywire. And often, cooking takes longer than I would prefer.

Have you ever made stock? It's one of those things that is about 5 million times better when it's homemade. It's also not a lot of work. Find a good recipe, drop everything in a big pot, and turn the heat down low for a long time.

I do other things when I'm making stock—I don't have to babysit it for hours on end. But throughout the day, I breathe in the delicious smell that means something good and nourishing is happening.

I'm beginning to think that our lives—faith lives included—are a lot like stock. You add a few normal ingredients, nothing fancy, and let them marinate over a long period of time. You could

(Continued on next page)



## FIRST SUNDAY OF LENT

### READINGS

*Genesis 9:8-17; Psalm 25:1-10; 1 Peter 3:18-22; Mark 1:9-15*

### 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.*

**February 18 "Youth Recital" No Adult Forum Today**

**POSTPONED.** Due to the holiday weekend and overlapping scheduling of activities this weekend, the show will be postponed into the spring. Watch for details of when the rescheduled show will be, how to sign up or support our young talent! Contact Phil Radtke for more details.

### WEEKEND REMINDERS

#### SATURDAY, FEBRUARY 17—MEN'S PRAYER BREAKFAST

You are welcome to join the Men's Breakfast in the gym this Saturday. Breakfast is at 8:00 a.m., program starts at 8:30 a.m. Member, Keith Olstad will be presenting: American History and Climate Change.

#### 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 Mary Ann Sheets's sister, **Lorrie Blain**; Jeff Olsen Biebighauser's mom **Jo**; Annie Hines's son, **Nick**; **Joyce Hanson**; **Dorothy Kelly**; **Cori Gershon**; **Juliet Williamson**; **Arnie Johanson**, in hospice care; the family of Jamie Bistram upon the death of his grandmother, **Pearl**; the family and friends of **Allene Qualheim**, upon her death.

rush it—try to turn up the heat or buy stock at the store—but the results would be different, and I’ll argue, not as good. It is the long, simmering journey that extracts the flavor from components you’ve added.

Lent is only one season, but our self-reflection and growth shouldn’t happen for just 40 days once a year. Like good stock, we should always be simmering, allowing new in-sights to infuse us with perspective.

Back in the kitchen, there’s the chopping. You can’t turn your mind off for this one. If you do, you might end up with a slice in the wrong place. Each chunk of asparagus, carrot or celery is a chance for meditation. The pieces don’t all have to be perfect, but the soup will be better if they are bite-sized. When I allow myself time for this simple prep-work, nothing calms my spirit more. All these little things matter to the whole. Just like I do.

You don’t have to make soup to be mindful about it, either. You can think about all of these things as you enjoy a spoonful of soup made for you. We often talk about food being made with love. Consider this amazing truth: When you consume soup at a Lenten supper, someone took the time to slice and dice, maybe make stock, perhaps whir everything together in a blender—for you.

When we gather as a body, during Lent or any season of the church year, we, too, gather like soup, to nourish each other. May we stretch, fill, warm and bring mindfulness to ourselves and bring mindfulness to ourselves and those around us.

This article by Cara Strickland is from the March 2019 issue of *Gather* magazine. You can read the full story here: <https://www.gathermagazine.org/8609-2/>

Lent Evening Soup Suppers are February 21, 28, March 6, 13, and 20. We hope you will join us.

~Kathy Ekwall

**THANK YOU TO SOUP FOR YOU**

Thank you to Soup For You, our new building partner that will be joining us in June. They provided several different delicious soups for our Ash Wednesday Soup Supper. It was a lovely evening. Volunteers and members of the board for SFY graciously greeted congregation members, served soup and engaged in conversation about our new partnership. The folks from Soup For You said it was a very welcoming and warm-hearted evening. Learn more about SFY: <https://soupforyou.info>



**HAPPENING THIS WEEK**

**TUESDAY, FEBRUARY 20—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, FEBRUARY 21 AND THURSDAY, FEBRUARY 22—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.

**LENT SOUP SUPPERS AND EVENING PRAYER SERVICES BEGIN FEBRUARY 21**

Lent is a time of renewal, regeneration, and growth. Please join us on Wednesdays during Lent for the following opportunities:

- Lenten supper from 6:00-6:50 p.m. in the Community Room.
- Open gym time with adult supervision from 5:30 to 6:30 p.m.
- Evening Prayer Service at 7:00 p.m. in the Bartsch Room; people of all ages are invited to worship.

Food for the body is not enough.  
There must be food for the soul.  
— Dorothy Day —

**WEDNESDAY, FEBRUARY 21—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](mailto:liz.bill.blood@gmail.com)).



**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.

# PARISH INFORMATION

## SAVE THE DATE

### PASTURES A PLENTY DELIVERY, SATURDAY, FEBRUARY 24

Please have your order in by Thursday February 22nd. You can email your order to [shop@pasturesaplenty.com](mailto:shop@pasturesaplenty.com) or you can go to our website [www.pasturesaplenty.com](http://www.pasturesaplenty.com) and place an order. When ordering at Barn2Door there is an option of paying by credit card or pay with check. You can use a credit card if that is the most convenient. We would love to have your order, but due to the increased cost of using a credit cards for you and us, preferred payment is check or cash at the drop sites.

### HOLY TRINITY DELIVERS MEALS ON WHEELS FEBRUARY 26-MARCH 1

Holy Trinity volunteers will deliver meals for South Minneapolis Meals on Wheels Monday-Friday, February 26-March 1. Volunteers pick up meals at 11:15 a.m. at Nokomis Square (50<sup>th</sup> St. and 35<sup>th</sup> Ave. S.). Meal delivery takes about one hour. Contact Mary Engen to sign up for all or part of the week.

### NEW MEMBER ORIENTATION SUNDAY, MARCH 3, 12:00-1:30 P.M.

We invite interested persons to consider membership in this congregation. The orientation will be held from 12:00 to 1:30 p.m. in the library on Sunday, March 3. Lunch will be served. There are no prerequisites; all are welcome. Please speak with Pastor David or Pastor Ingrid if you intend to come.

### SATURDAY, MARCH 2—BELLFEST! AT NORTH HEIGHTS LUTHERAN CHURCH IN ARDEN HILLS

BellFest! is an annual ringing festival for handbell ensembles, and a terrific way to perk up a long Minnesota winter. As many as thirty-five handbell ensembles (including Holy Trinity's Gloria Ringers) and all of their ringing equipment gather on a chosen Saturday to ring under the direction of a guest conductor. The repertoire, learned ahead of time, is rehearsed in this massed setting, and a concert for the public is performed in the afternoon.

### RISE & REPAIR COALITION DAY AT THE MN CAPITOL, MARCH 12

Please plan to attend the Rise & Repair Coalition Day at the MN Capitol on March 12, 2024. The bill that our Indigenous Justice Committee initiated and has worked on for many years is part of this coalition. The bill creates an ongoing native fund fed by a small surtax on real estate sales. The coalition is promoting about a dozen bills that will advance indigenous rights and climate justice, with a platform that includes five categories of policy work. You can also [subscribe to their newsletter](#) for updates and calls to action. Check out the table in the Community Room for a brief summary of some of the great legislation this coalition is supporting this year and plan to attend!

### 2023 THRIVENT CHOICE® DOLLARS EXPIRE MARCH 31

Since 2010, over \$370 million has been distributed to thousands of churches, schools, and other nonprofits through Thrivent Choice®. Through this program, eligible members can recommend where Thrivent donates millions of charitable outreach dollars each year. Please consider recommending Holy Trinity for your Thrivent Choice Dollars. If you need help with Thrivent's website, click [here](#) for a step-by-step tutorial that Pam Blomgren has put together.

## 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.

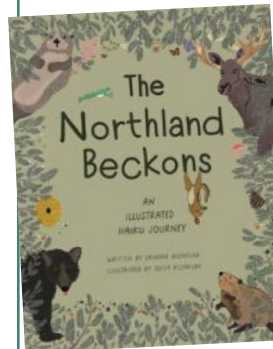
### VOLUNTEERS NEEDED FOR WEDNESDAYS IN LENT

We are looking for volunteers to help with Lent Evening Soup Suppers (February 21, 28, March 6, 13, and 20). For each meal, 4 households would prepare and serve enough soup for 30 people. One household would prepare 4 boxes of Kraft Mac & Cheese and one household would pick up bread from Laune Bread (already ordered and paid for). We are also in need of volunteers for set-up and clean-up each of these evenings. Sign up in the Community Room.

### WORSHIP LEADERS TRAINING—SUNDAY, FEBRUARY 25

If you would like to serve as a leader in worship, this training is for you. From 10:00-10:45 a.m. we'll offer training for ushers, crucifers, assisting ministers, communion servers, altar guild, and coffee servers. Veterans and novices are welcome! Sign up in the Community Room by February 18, so we know to look for you.

### CHILDREN'S BOOK BY MEMBER, SANDRA HISAKUNI AVAILABLE FOR PRE-ORDER



*The Northland beckons  
Breathe, paddle, wander, observe  
Much will be revealed*

Journey to the beautiful Boundary Waters of Minnesota and Canada. This sweet collection of haiku poetry allows readers to explore nature and meet the animals who call this treasured wilderness home.

[Click here](#) for more info and to order.

### AARP TAX AIDE AT HOLY TRINITY

AARP Tax Aide is 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. 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.

### NEW NAME TAGS—MORE THAN A NAME

A reminder that new name tags will be on a table in the hallway on 2nd floor, if you did not get a chance to pick yours up at the Annual Meeting. Make it personal, add pronoun stickers, decorate it with markers or colored pencils. If you're on Council, add a Council Pin. Let your name tag tell us who you are, start a conversation, and help us get to know each other.

If there is anything incorrect, or your name tag is missing, please contact Kathy in the office: ([kekwall@htlcmpls.org](mailto:kekwall@htlcmpls.org)).

## WORSHIP PARTICIPANTS FOR SUNDAY, FEBRUARY 18, 2024

8:45 AM		11:00 AM
Robert Two Bulls	<b>Preacher</b>	Robert Two Bulls
Doug Mork	<b>Presiding Minister</b>	Doug Mork
Ann Schrooten	<b>Cantor</b>	Ann Schrooten
Ginny Jordan, Mary Engen	<b>Altar Guild</b>	Libby and Keith Olstad
Caren Hiatt	<b>Assisting Minister</b>	Nicki Hines
Amy Froiland-Parada, Sean Gosiewski	<b>Communion</b>	Kris Christians
	<b>Ushers</b>	Kathy Hollander, Rod Johnson
Jean Swanson, Kevin Proescholdt	<b>Coffee Servers</b>	Roberta Shaw, Connie Adams
Chris Engen	<b>Counters</b>	Deb Helmel, Wayne Vetter
	<b>Closer</b>	Bob Hulteen
	<b>Video Operator</b>	Bob Hulteen

## PARISH EVENTS FEBRUARY 18-24, 2024

Sunday, February 18	8:45 AM 10:00 AM 11:00 AM 2:00 PM	Worship Service of Holy Communion Godly Play Worship Service of Holy Communion Swahili Service
Monday, February 19	6:30-8:00 PM	Adult Choir Rehearsal
Tuesday, February 20	11:00 AM 6:30 PM 7:00 PM	Worship Readings Discussion Executive Committee Council Meeting
Wednesday, February 21	12:00 PM 5:30-6:30 PM 5:45 PM 5:45 PM 6:00 PM 7:00 PM	Yoga Playtime in the Gym Children's Choir Rehearsal Gloria Ringers Rehearsal Soup Supper Lent Evening Prayer Service
Thursday, February 22	7:30 PM	Yoga

### PLEASE NOTE: WORSHIP IN THE BARTSCH ROOM ON FEBRUARY 25

Worship services on Sunday, February 25, will be held in the Bartsch Room. There will be scaffolding in the sanctuary over the weekend for installation of new lights.

### 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](#).

