



WE ACKNOWLEDGE THAT WE GATHER ON THE DAKOTA HOMELAND

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JUST NOTICE: WALKING INTO LENT WITH MARTHA

When I'm overwhelmed by feelings, schedules or circumstances, my therapist often tells me to "just notice." As I slow down and focus, I see things more clearly. This can motivate me to action, but perhaps more often, I am content to linger, realizing that my stress is temporary and that I don't run the world after all.

I like to think that Jesus had something similar in hear any condemnation in Jesus' response to Martha, who is overwhelmed and looking for some help. In fact, he repeats her name twice. To put this in perspective, he only does this one other time in all of Scripture, with Simon Peter, a member of his very inner circle. Martha is special; Jesus loves her. "Martha, Martha," he says. "You are worried and distracted by many things; there is need of only one thing." I wonder if Martha's shoulders relaxed a little, if she took a deep breath. Only one thing. Just notice. Perhaps she sat down next to her sister and settled in to listen.

AN INVITATION TO NOTICE

Lent looks different for me from year to year, but lately I've been experiencing it as an invitation to notice just one thing at a time. If I choose to give up something, it makes room in my mind to be present more fully. If I lean into getting rid of distractions and the little luxuries that consume so much of my time, I have space to notice. I have space to respond.

Likewise, when I've given up alcohol or shopping, I've learned about the ways I like to numb. Not only did I notice that when I was disappointed, I wanted to buy a new dress, but in the absence of shopping euphoria, I had to confront the reasons for my disappointment. I had nothing to distract me. I had to listen to myself. I had to find ways to comfort myself and to accept God's comfort.

"There is need of only one thing." Most days, this doesn't feel true to me. I've got a long to-do list, I'm trying to plan for the future and I'd love a nap. I'm sure Martha would have loved to sit with Mary at Jesus' feet and learn from him, soaking up his words. He had the words of life, and she knew it. But other things got in the way—important, everyday things.

In preparing for Lent this year, I'm asking myself what I'm allowing to distract me. This season follows the last days of Jesus' life on earth, before his death. Imminent death clarifies priorities. I wonder if he was wistful as he did things for the last time or if he simply blazed forward, sure of what he needed to do.

LEARNING FROM MARTHA

This year Martha pops up in the Lenten lectionary in John 11. It's (Continued on next page)

THIRD SUNDAY OF LENT

READINGS

*Exodus 20:1-17, 15-16; Psalm 19;
1 Corinthians 1:18-25; John 2:13-22*



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.

March 3 "Seward Longfellow Restorative Justice"
Michele Braley, Executive Director

Seward Longfellow Restorative Justice was created by neighborhood volunteers almost 20 years ago. The murder of George Floyd and the unrest made a lasting impact on the role of restorative justice and SLRJ in your community. Michele Braley, who has led SLRJ for more than 15 years, will share some of the successes, challenges, and opportunities for restorative justice and SLRJ as we work together to reimagine public safety and community care.

March 10 **Holy Communion Intergenerational Event**
In place of our regular Sunday School, Confirmation, and Adult Forum offerings, we'll gather between services for some large and small group activities exploring Holy Communion. Join us at 10:00 a.m. in the Community Room.

~ 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 **Mihai Miu; Deanna Thompson; Rev. Lynne Morrow; Rick Letto; Marie Failinger;** Katie Murray's mom, **Pat Wilson;** 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;** Joanne Chadwick, in hospice; Jan Mehlhoff's friend **Margie Guelker,** in hospice.

(Continued from previous page)

a far different scene from when we last saw her, and now her brother is very sick. She sends for Jesus with a heartbreaking message: "Lord, he whom you love is ill." I'm sure that in that moment, Martha was undistracted. Her brother was sick to the point of death, and she wanted Jesus to come and save him. What Jesus—and my therapist—don't promise is that noticing will be free of pain. Sometimes when I rid myself of distractions, I'm forced to encounter circumstances or truths that I don't want to deal with. Lent can be excruciating.

In our world today, even the briefest look around can be heartbreaking. The news seems to constantly bring tidings of sorrow, death and violence. The vulnerable are being exploited, the unethical are prosperous and sad things are happening in our own communities, homes and families. Frequently on Sunday mornings my pastor leads us in the Kyrie for a long time. Like Martha, we are sending a message to Jesus. Lord, have mercy. Christ have mercy. The ones you love are sick.

But what is the alternative? I, for one, don't want to fail to notice the pain around me. I want to be present to those who are sick and needy. I want to be present to my own suffering, the ways that I need to be raised from the dead. I don't want to stop sending messages to Jesus, asking him to come.

But Jesus didn't come before Lazarus died. John thoughtfully tells us the other side of the story. Jesus is intentional about staying away, so that the glory of God could be more clearly seen. But Martha and Mary don't know that. Their beloved brother slips away from them, and Jesus has not come. It is too late, and they are engulfed in sorrow.

Even so, when Jesus does come, Martha goes out to meet him. Even now, knee-deep in her grief, she notices; she responds. She is gutsy and doesn't mince words: "Lord, if you had been here, my brother would not have died," she says. "Even now I know that God will give you whatever you ask." These are audacious words. They come from a woman secure in the love Jesus has for her-self and her family. She is heartbroken, and she is hopeful all at once.

"Your brother will rise again," Jesus says. It seems a simple sentence on the surface, but for those of us familiar with the story, we know that Jesus doesn't mean someday, but today. Pay attention to what I'm going to do here, he seems to say. It's going to be good. First, he asks her an interesting question—not the one I'd expect of someone coming to help mourn.

"I am the resurrection and the life," Jesus said. "Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?"

"Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world," Martha says. If I were in Martha's shoes, I'm not sure that I would have responded the same way. I might have wondered about Jesus, wavering in my commitment to him. But she doesn't.

~by Cara Strickland

This is excerpted from the March 2017 issue of *Gather* magazine.

WEEKEND REMINDERS

SATURDAY, MARCH 2—BELLFEST!

BellFest! is an annual ringing festival for handbell ensembles, and a terrific way to ring in spring. As many as thirty-five handbell ensembles (including Holy Trinity's Gloria Ringers) ring under the direction of a guest conductor. Enjoy this unique experience this Saturday, March 2, 3:00 p.m. Heights Lutheran Church, 1700 Hwy 96 W, Arden Hills.



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.

SOLIDARITY VIGIL SUNDAY, MARCH 3, 6:00-8:00 P.M.

CTUL and Faith Leaders of Solidarity Committee are kicking off the CTUL Week of Action with a multi-faith blessing. An opportunity to meet with CTUL construction and other union workers and people of faith to gather strength for a week of taking on corporate power in the Twin Cities. The vigil will take place at the United Properties Office at 250 Nicollet Mall.

HAPPENING THIS WEEK

TRINITY RINGERS STARTING THIS WEEK! MARCH 4



If you've ever wanted to try out the handbells at Holy Trinity, good news! A new, low commitment handbell group, the Trinity Ringers, is starting next week! This ensemble is catered to beginner level ringers and is meant to be an accessible and fun entry into handbell ringing. The group will have two rehearsals and

a Sunday morning worship ring. Give ringing a try, you won't regret it!

- Monday March 4, 5:30-6:20pm
- Monday March 11, 5:30-6:20pm
- Sunday morning, March 17th

TUESDAY, MARCH 5—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).

TUESDAY, MARCH 5—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).



PARISH INFORMATION

WEDNESDAY, MARCH 6 AND THURSDAY, MARCH 7—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 CONTINUE MARCH 6

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 5:30-6:30 p.m.
- Evening Prayer Service at 7:00 p.m. in the Bartsch Room; people of all ages are invited to worship.
- If you are not able to join in person, you can watch online here: <https://vimeo.com/event/4096572>

WEDNESDAY, MARCH 6 —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).



WORKERS RIGHTS RALLY, MARCH 7, 2:30 P.M.

Developers in the Twin Cities including Solhem companies have continued to refuse to take any responsibility for human rights violations on their projects, CTUL members who work in construction are announcing a rally on March 7 at 2:30pm at Solhem Company Offices: 724 N 1st St #500, calling on Solhem, Yellow Tree, and United Properties to guarantee basic dignity and respect for construction workers who build their projects by joining the Building Dignity and Respect (BDR) Program. Join CTUL worker leaders and allies in telling developers to join the BDR program, and be a part of a cross community organization and union week of action and #WinTogether this 2024 for all of Minnesota! [Find out more about the week of action here.](#)

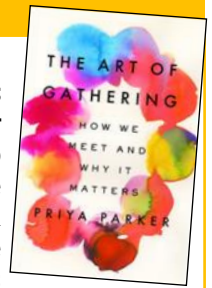
LIVING LUTHERAN NO LONGER BEING PUBLISHED

We learned this week that the *Living Lutheran* print magazine is out of publication. The last issued was November/December 2023. If you have any questions related to the discontinuation of the publication, please contact Living Lutheran by phone at 800-638-3522 or by email at livinglutheran@elca.org.

SAVE THE DATE

BOOK GROUP WITH PASTOR INGRID

In *The Art of Gathering*, Priya Parker argues that the gatherings in our lives are lackluster and unproductive—which they don't have to be. We rely too much on routine and the conventions of gatherings when we should focus on distinctiveness and the people involved. At a time when coming together is more important than ever, Parker sets forth a human-centered approach to gathering that will help everyone create meaningful, memorable experiences, large and small, for work and for play. Copies of the book are available in the Community Room. Plan to gather on the evening of April 15 for an informal discussion. Sign up by March 3.



SUNDAY, MARCH 10 — CONFIRMATION BOWLING OUTING

All current confirmation students as well as those recently confirmed will join Pastor David and adult chaperones at Memory Lanes immediately following the intergenerational communion event. The students will be bowling and eating lunch from 11:00 a.m. to 1:00 p.m.

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. More information in the Community Room.

CONCERT: WITNESS: LEADING WITH LOVE, MARCH 17

Beloved vocal activist, soulful singer, and composer Melanie DeMore returns to Minnesota using her music as what she calls "a weapon of mass connection." Featuring music by Damien Geter, Marques Garrett, Joel Thompson, and songs from the African diaspora, WITNESS: Leading with Love is the place to hear Melanie and VocalEssence share the world premiere performance of an extended work co-created through conversation and stick-pounding workshops with Twin Cities community members. This concert will feature some students from Longfellow Alternative School. Dr. Udupa, the former principal will be honored at this event as well. March 17, 4:00-6:30 p.m. at Orchestra Hall.

GAZA CEASEFIRE PILGRIMAGE, MARCH 23

You're invited to join the Gaza Ceasefire Pilgrimage. Christian lineage people are connecting to express support for Palestine through a prayerful pilgrimage. We'll walk the length of Gaza - but here in the Twin Cities. It's set for March 23rd starting with a Sunrise Prayer Service at 6am. The end of the route is tentatively Savage Visitor Center, near Bdote, where there will be culminating activities by 8:00 p.m.

RSVP and share the Facebook event. <https://facebook.com/events/s/twin-cities-gaza-ceasefire-pil/728896639348251/>

There are so many ways to support - walk the whole route or just a short leg, show up to appreciate and cheer, contribute snacks or funds, pray... Fill out the Interest [Form](#) to get updates. Questions? Contact Donna Goodlaxson at: 40acreslcs@gmail.com.

PARISH INFORMATION

SING JOYFULLY - TWIN CITIES CHILDREN'S CHOIR FESTIVAL 2024, SATURDAY, APRIL 27

An ecumenical children's choir festival on April 27, featuring rehearsals, education for musicians, and a hymn festival.

This Twin Cities Children's Choir Festival is open to children in second through sixth grades from any congregation or community choir, or any child who simply loves to sing. They will learn with world-renowned choir director Phillip Shoultz—the associate artistic director of VocalEssence and cantor for worship, music, and the arts at Westwood Lutheran Church. While the choir is rehearsing, church musicians are invited to participate in two continuing education sessions and attend an open rehearsal with the choir. Katie Houts, sacred music choral editor for Choristers Guild, and Mari Espeland, children's choir director at Mount Olive Lutheran Church, will be the clinicians for the continuing education sessions.

The registration fee includes lunch for everyone and music, folders, and t-shirts for the child participants. Directors will receive a complimentary one-year membership in Choristers Guild. If the registration fee is beyond your budget, scholarships are available upon request. Please email Sally Messner, Hennepin's director of worship & music, at sally.messner@haumc.org for information about scholarships.

This event is sponsored by the Association of Lutheran Church Musicians, Choristers Guild, and Thrivent Financial.

Sign up by contacting Phil Radtke (pradtke@htlcmpls.org). We hope to have a good showing from Holy Trinity!

Click [here](#) for more information.

RACIAL JUSTICE COMMITTEE ENCOURAGES REMEMBERING RAMADAN AND OUR MUSLIM SIBLINGS.

There are two opportunities to participate in local Ramadan dinners in the near future. Ramadan is the blessed month of the Islamic lunar calendar when Muslims abstain from food and drink from sunrise to sunset. Fasting during Ramadan is one of the "five pillars" of Islam and is performed to learn piety, self-restraint, compassion and generosity. Ramadan is March 10 to April 9.

One Ramadan event is with CAIR MN, March 24 at 5:30 PM with location to be announced. CAIR MN works to promote civil rights, combat Islamophobia and empower the Muslim community in Minnesota. Admission is free, but donations are encouraged. Register at the Ramadan RSVP link: <https://events.humanitix.com/ramadan-fundraising-dinner-2024-cair-mn>.

Ramadan dinners are also sponsored by the Minnesota Council of Churches and the Muslim American Society of Minnesota at multiple locations throughout the Twin cities. Register for free on the MCC website at mcc@mnchurches.org.

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

VOLUNTEERS NEEDED FOR WEDNESDAYS IN LENT

We are looking for volunteers to help with Lent Evening Soup Suppers (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, we have the Mac & Cheese boxes available at the church if you'd like to pick them up. We are also in need of volunteers for set-up and clean-up each of these evenings. Sign up in the Community Room.

For inspiration, here is a recipe shared by Soup For You:

Thai Tofu and Winter Squash Stew

Makes 6 servings.

- 1/2 cup brown rice
- 1 cup stock or water
- 2 medium leeks, white parts only, finely chopped
- 2 tablespoons peanut oil
- 4 cloves garlic, minced
- 1 serrano pepper, minced
- 1 tablespoon ginger, finely chopped
- 1 tablespoon curry powder
- 1 teaspoon brown sugar
- 1/4 cup tamari soy sauce
- 2 cups stock
- 1 can coconut milk (15 oz. size)
- 2 pounds butternut squash, peeled and diced
- 1/2 teaspoon salt
- 1 package firm tofu, cubed
- 2 limes, juice only
- 1/2 cup peanuts, roasted and diced
- 1/3 cup cilantro, chopped

- 1) Cook rice in stock until tender.
- 2) Halve the leeks lengthwise, then cut crosswise into 1/4" pieces. Wash well, then drain.
- 3) Heat the oil, Add the leeks and cook until partially softened.
- 4) Add the garlic, chiles, and ginger, then cook for 1 minute more. Add the curry, sugar and tamari. Reduce heat and cook more.
- 5) Add the water or stock, the coconut milk, squash, and salt. Bring to a boil, then lower heat and simmer for ~ 15 minutes.
- 6) Add the tofu to the stew, then simmer until it's done. Taste for salt and add lime juice.
- 7) Meanwhile, fry peanuts in peanut oil until browned, then coarsely chop. Garnish soup with peanuts and cilantro.

WORSHIP LEADERS FOR MARCH AND BEYOND

We are looking for worship leaders for the month of March. Please sign up in the Community Room, sign up sheets for each Sunday are available. We could also use more folks on the volunteer list. Please contact the office (kekwall@htlcmpls.org) if you'd like more information on the roles available and how to get started. There are many opportunities; Altar Guild, Cantor, Usher, Crucifer, Assisting Minister, Communion Assistant, Coffee Server, Video Operator, Prayer Writer, Communion Bread Baker.

WORSHIP PARTICIPANTS FOR SUNDAY, MARCH 3, 2024

8:45 AM		11:00 AM
Doug Mork	Preacher	Doug Mork
David Larson-Martínez	Presiding Minister	David Larson-Martínez
James Nysse	Cantor	James Nysse
Mary Engen, Ginny Jordan	Altar Guild	Vicki Bergman
Karen Batdorf	Assisting Minister	Tom Skold
Amy Froiland-Parada	Communion	Roberta Shaw
Tom and Julie Cahoy	Ushers	Kathy Hollander, Rod Johnson
	Coffee Servers	
Chris Engen, Chuck Jordan	Counters	John Sulzbach
	Closer	John Sulzbach
	Video Operator	Jeff Weiss

PARISH EVENTS MARCH 3-9, 2024

Sunday, March 3	8:45 AM	Worship Service of Holy Communion
	10:00 AM	Children and Youth Education
	10:00 AM	Adult Forum
	11:00 AM	Worship Service of Holy Communion
	12:00 PM	New Member Orientation
	2:00 PM	Swahili Service
Monday, March 4	5:30-6:20 PM	Trinity Ringers Rehearsal
	6:30-8:00 PM	Adult Choir Rehearsal
Tuesday, March 5	11:00 AM	Worship Readings Discussion
	2:00 PM	Knitting Group
Wednesday, March 6	12:00 PM	Yoga
	5:30-6:30 PM	Playtime in the Gym
	5:45 PM	Children's Choir Rehearsal
	6:00 PM	Soup Supper
	7:00 PM	Lent Evening Prayer Service
Thursday, March 7	6:30 PM	Big Meeting Night
	7:30 PM	Yoga

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](#).

