



WE ACKNOWLEDGE THAT WE GATHER ON THE DAKOTA HOMELAND

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

SOUP FOR YOU BEGINS SERVING AT HOLY TRINITY JUNE 3

Soup for you will begin moving into their new space in our building in mid May and plan to begin serving June 3. We will be highlighting their organization in the Community Church during the month of May to help us all get to know our new building partner.



HISTORY

If you have dined with us at Soup For You! you probably have met our founder, Chef Judah. Born in the ghetto of Tunis, an Arab/Jewish child of a Holocaust survivor, Chef Judah was orphaned at an early age and became a child beggar, one among many. "I was hungry the first 8 years of my life," says Chef Judah. Thankfully, he was adopted and brought to America as an immigrant/refugee fleeing persecution. Years later he landed in Minnesota (now over 40 years ago). Like many others who were "a paycheck away", he experienced homelessness and hunger once again. "I was a troll and lived underneath the Franklin Ave Bridge, a quarter mile from the Seward Coop, for an entire year." After surviving the streets, Chef Judah found himself at St. Martin's Table, a non-profit Café and bookstore. For the next 15 years, he honed his skills in global vegetarian soup making.

He ultimately had a vision of opening a soup café in the Seward neighborhood of Minneapolis. That vision became a reality when Soup For You! opened on February 2, 2015, in the basement of Bethany Lutheran Church.

Since then we have had many positive changes including the formation of our house band "The Grateful Fed," the addition of The People's Cooler to make excess produce available to our guests, a clothes distribution area, and frequent distribution of groceries.

We have also met unforeseen challenges and have continued without missing a beat. When the COVID pandemic started in March of 2020 we needed to cease operations in our dining area but immediately switched to making and distributing lunches at our front door. When George Floyd was murdered the uprising that followed hit the Seward neighborhood hard

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SIXTH SUNDAY OF EASTER

READINGS

Acts 10:44-48; Psalm 98;
1 John 5:1-6; John 15:9-17

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.

May 5 "Supporting Adolescent Mental Health, Pt. 1"
Amy Froiland-Parada, LICSW

The fear of school violence and the presence of social media are two of many factors contributing to adolescent mental health challenges. Amy is a therapist in a high school clinic in St. Paul, where she sees teens struggle with understanding and managing their mental health needs. Learn about contributors to mental health problems for adolescents, warning signs that might indicate concern, and ways we can remove barriers to them getting treatment and support. This will be part presentation, part discussion, so please bring questions and your own thoughts around this topic. This will be part one of a two-part series.

May 12 "Supporting Adolescent Mental Health, Pt. 2"
Amy Froiland-Parada, LICSW

May 19 "The Action Project"
Rev. Dr. Jia Starr Brown

This forum will feature Rev. Dr. Pastor Jia Starr Brown and Holy Trinity participants in the ACTION Project (A Commitment To Inclusion in Our Neighborhoods). Pastor Jia is an African American queer pastor, educator and activist with more than two decades advocating for underrepresented communities. experiences.

~ 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 **Marilyn Miller**, recovering from a fall; **Chris Engen**; Colton Baldus's grandpa, **Lester**; comfort for Jody Liedholm's dad **Larry**; Deb Anderson's Uncle **Rick**; **Bob Norheim**; **Matt Floding**; Katie Murray's mom, **Pat Wilson**; Mary Ann Sheets's sister, **Lorrie Blain**; Jeff Olsen Biebighauser's mom **Jo**; **Joyce Hanson**; **Dorothy Kelly**; **Cori Gershon**; **Juliet Williamson**; **Joanne Chadwick**; Jan Mehlhoff's friend **Margie Guelker**.

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resulting in additional struggles for a neighborhood already dealing with the pandemic. When grocery stores were burned and subsequently closed for an extended period of time we ramped up our distribution of lunches, groceries and hygiene supplies. During this time our services were critical in the area.

When Bethany Lutheran Church ceased operations at the beginning of 2022 we filed to become our own entity and received our 501(c)(3) certification. With the upcoming sale of the church building we had been looking for a new home. The next chapter of this amazing story will begin when we move locations in June 2024. Holy Trinity Lutheran Church in Minneapolis has graciously invited us to join their other partners in their facility. We are excited to see how the future of Soup for You! evolves at our new location!

We are working hard to ready the kitchen and surrounding spaces for Soup For You! and look forward to welcoming them as a building partner. You can find more information about their story, mission, and how to volunteer here: <https://soupforyou.info/>

SPECIAL GIFTS—THAT ALL MAY BE FED



The congregation's two special appeals this spring underscore the reality that food scarcity remains a pervasive problem in our neighborhoods and around the world. You can help by supporting the refurbishment of Holy Trinity's basement kitchen in preparation for Soup for You!, which will host free lunches five days a week beginning in early June. Additionally, the ongoing wars in Gaza and North Africa and indeed throughout the world have created displacement and dire food shortages. The ELCA World Hunger Program continues to respond to poverty and hunger across our country and other nations through direct food aid as well as projects intended to address root causes of hunger. Click here to support either or both of these special appeals (<https://htlcmpls.org/donate/>). Thank you for your generosity.

HAPPENING THIS WEEK

TUESDAY, MAY 7—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, MAY 8 AND THURSDAY, MAY 9
YOGA CLASSES AT HOLY TRINITY**
Join us on Wednesdays at 12:00 p.m. or Thursdays at 7:30 p.m. with Yoga Instructor, James Orione.

If you have mats, blocks, blankets, straps, or bolsters, please bring them. Extras are available for those who need them. Donations are accepted, but not expected. Classes are open to everyone—members and non-members. Invite a neighbor. Classes are in the Bartsch Room.

GLORIA RINGERS AND CHILDREN'S CHOIR CONCERT
Wednesday, May 8, 6:00 p.m.

Gloria Ringers and members of the Children's choir will celebrate the end of their season by presenting a concert at Johanna Shores Senior Living in Arden Hills at 6:00 p.m. All are welcome to attend the concert.

PALESTINE/ISRAEL MAY BOOK DISCUSSION

"Decolonizing Palestine" by Rev. Dr. Mitri Raheb puts this hot topic into historic and scriptural perspective. Ever felt overwhelmed by the complexity of Palestine/Israel? This short, easy-to-read book and discussion are for you!

Wednesdays, May 8, 15, & 22 from 5:30-6:30 p.m. in the library. Order a complimentary book by emailing Bob Brose (bob_b@qbjnet.com).

MN SWAHILI YOUTH FUNDRAISING CONCERT
SATURDAY, MAY 11, 2:00-7:00 P.M.

We are excited to announce a special fundraising event to support our youth in attending the upcoming ELCA Youth Conference in Louisiana. The event will be on May 11 from 2:00-7:00 p.m., at Holy Trinity Lutheran Church.

We are asking for a \$5.00 or more donation fee per person at entrance. The funds raised from this event will directly contribute to the cost of our attendance at the conference. It is a fantastic opportunity for our young people to grow, connect, and be inspired within the wider ELCA community.

THANK YOU TO ALL WHO HELPED WITH PROPERTY WORKDAY



SAVE THE DATE

INVITATION TO SHARE UPRISING STORIES MAY 15, 6:00 P.M.

All are invited to a special event on Wednesday, May 15, 6:30-8:00 (or so) in which community members will be able to share in the progress with the Uprising Story Project with Holy Trinity Lutheran Church. The meal and community sharing will take place at Holy Trinity.

Over the last couple of months, Amy Levad has curated an exhibit from photos shared from participants in the project, which will be shared alongside captions drawn from interviews, workbooks, and small groups in the project. Dr. Levad will be sharing the exhibit with the community for the first time, and she will be inviting folks (that's you!) to add their own captions throughout the evening. She has also created a Story Booth through which community members can record their conversations or memories about the Uprising. To preview the Story Booth, Dr. Levad has asked a few community members to share their stories; John and Kay Buzza, Zoe Martinez, Tre Tellor, and Bob Hulteen have agreed to share their stories with us! She has also collected addresses of contributors to the "Justice" fund at Holy Trinity, which we'll map collectively to help understand the reach of what happened here in 2020.

A meal will be served, and it would be helpful to have a rough count of folks to plan appropriately. If you'd like to come, there will be a sign-up sheet in the Community Room after services in the next couple of weeks, for those of you who attend services at Holy Trinity. You can also let Kathy Ekwall know (kekwall@htlcmpls.org).

For more information, contact Dr. Amy Levad (Amy.levad@stthomas.edu).

PENTECOST WORSHIP SERVICE WITH THE MINNESOTA SWAHILI CHRISTIAN CONGREGATION AT 11:00 A.M.

On Sunday, May 19 (Pentecost), we will have a joint service with the MN Swahili Christian Congregation. Bishop Ann Svennungsen will be preaching. This is a tradition we are bringing back after a hiatus due to COVID. Following the service, our two communities will come together to share a meal. The MN Swahili Congregation will bring chicken and rice, which is a traditional dish they often share in community. We invite our members to bring salads and desserts to contribute. Feel free to define "salads" expansively. **There will be one service only that day.** Youth and adult education classes will take place at 10:00 a.m. The adult forum will feature Rev. Dr. Pastor Jia Starr Brown and Holy Trinity participants in the ACTION Project (A Commitment To Inclusion in Our Neighborhoods). All are welcome.

We will have one service only on May 19 at 11:00 a.m.

SUMMER WORSHIP SCHEDULE BEGINS MAY 26

Between Memorial Day weekend and Labor Day weekend, the 8:45 and 11:00 a.m. worship services will join together for one service at 10:00 a.m. The summer season affords us the opportunity to see and to connect with members and friends from "the other service." Come join us at 10:00 a.m.!

FAMILY-FRIENDLY BOUNDARY WATERS TRIP AUGUST 9-13

Attention campers, (and aspiring campers). It's now time to start the planning for HTLC's annual BWCA canoe trip. This year, our Boundary Waters camping adventure is scheduled for August 9-13. We are planning to go in at Lake One, a large lake with many route and camping options. If you've always wanted to camp in the BWCA but didn't know where to begin, this trip is your opportunity to learn the ropes with experienced campers. To reserve your spot, sign up in the Community Room. The total cost is approximately \$175 per person. Scholarships are available. As always, this is a family-friendly trip. Please consider joining us this year. Call or email with any questions or for more details (Julie 612-618-3814 or Tom 612-616-0507 / jtcahoy@gmail.com).

COMMUNITY INVOLVEMENT

HOUSING RECOMMENDATIONS NEEDED FOR LONGFELLOW HIGH SCHOOL FAMILIES

There are two families in need of housing referrals/recommendations. One family is able to pay \$1000/mo. for a 2-3 bedroom house. The second family, a new student and toddler can pay up to \$700/mo for an apartment. Please contact Joy (joynelson92@yahoo.com or 612-860-2952) if you know of available housing that would work for these families. Thank you!

CLOTHING NEEDED FOR TODDLER BOY

A student at Longfellow High School needs clothes for her 19-month-old boy. If you have gently used clothes, size 2-3T, suitable for a boy, please place them in the Longfellow H.S. box in the Community Room, or contact Zoe Martinez (612-227-1578).

INPUT REQUESTED FROM RESIDENTS OF MINNEAPOLIS

The [Minneapolis Climate Equity Plan](#) received \$10 million last year from the City of Minneapolis. The community organization carrying it forward ([UNIDOS](#)) is now asking for input on the new clean energy home upgrades the city is beginning to offer. The input is wanted by May 21 when they will ask the City for more money for a block-by-block, coordinated clean energy neighborhoods program. Minneapolis residents, PLEASE consider giving your input through an in-person survey with Joy Nelson (joynelson92@yahoo.com or 612-860-2952) as soon as possible.

VOLUNTEER OPPORTUNITIES

WORSHIP LEADERS FOR SUNDAYS

We are looking for worship leaders for May. Please sign up in the Community Room or the office (kekwall@htlcmpls.org).

We could 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, MAY 5, 2024

8:45 AM		11:00 AM
David Larson-Martínez	Preacher	David Larson-Martínez
Ingrid Rasmussen	Presiding Minister	Ingrid Rasmussen
Drew Lindorfer	Cantor	Drew Lindorfer
Ginny Jordan	Altar Guild	Vicki Bergman, Doris Gbala
Carol Berg	Assisting Minister	
	Crucifer	Wayne Vetter
Karen Batdorf, Sally Kohlstedt, Sandra Hisakuni	Communion	Libby and Keith Olstad
Ginny and Chuck Jordan	Ushers	Kathy Hollander, Rod Johnson
	Coffee Servers	Connie Adams, Roberta Shaw
	Counters	
	Closer	Rod Johnson
	Video Operator	Jeff Weiss

PARISH EVENTS MAY 4-MAY 11, 2024

Sunday, May 5	8:45 AM	Worship Service of Holy Communion
	10:00 AM	Adult Forum
	10:00 AM	Youth Education
	11:00 AM	Worship Service of Holy Communion
	2:00 PM	Swahili Service
Monday, May 6	6:30 PM-8:00 PM	Adult Choir Rehearsal
Tuesday, May 7	11:00 AM	Worship Readings Discussion
	2:00 PM	Knitting Group
Wednesday, May 8	12:00 PM	Yoga
	6:00 PM	Children's Choir/Gloria Ringers Combined Concert
Thursday, May 9	7:30 PM	Yoga
Saturday, May 11	2:00 PM-7:00 PM	MN Swahili Youth Fundraising Concert

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](#).

