



WE ACKNOWLEDGE THAT WE GATHER ON THE DAKOTA HOMELAND

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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.



MISSION/IMPACT

At SFY! our mission is “feed, nourish and comfort.” We are a non-profit 501(c)(3) organization located in the Seward neighborhood of Minneapolis. We opened our doors in February 2015 as a soup cafe where all are welcomed to a hearty lunch without regard to age, race, gender identity, sexual orientation, housing status, immigration status, religion, socioeconomic status, or physical/mental health condition. We are excited about how the community has come together at Soup For You! over the years. We repeatedly hear our guests and others in the community comment about three main ways we impact the neighborhood.

Providing Nutritious Meals: Food insecurity was a growing issue prior to the pandemic and has now evolved to record levels primarily due to the rising cost of food. As food prices increase, the reliance on processed food with low nutrient value also increases. In addition meals are often skipped as a food budget just doesn't go as far. We work to provide healthy, nutritious food for people in our community who might not otherwise be able to obtain it. Here's how we do it:

- The meals served at SFY! contain real whole food. There is very little processed food used here. This ensures that guests have at least one nutritious meal per day at no cost.
- On a typical week we distribute enough produce and groceries via our “People’s Cooler” and grocery bag offerings that on average another 100-200 meals can be made out of the items distributed.
- We often have young people dining with us and also many college-age young adults who volunteer with us. Showing the younger generation that healthy, nutritious food is also tasty is an important part of our work.

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SEVENTH SUNDAY OF EASTER

READINGS

*Acts 1:15-17, 21-26; Psalm 1;
1 John 5:9-13; John 17:6-19*

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 12 “Supporting Adolescent Mental Health, Pt. 2” 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 19 “The Action Project” Rev. Dr. Jia Starr Brown

This Sunday 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. Equipped with a Master of Divinity from Luther Theological Seminary and a Doctor of Ministry from United Theological Seminary, she is ordained in The Christian Church (Disciples of Christ). Pastor Jia is a dynamic leader at the intersection of faith, education and justice. She is director of the ACTION Project, a three-year program designed to reflect and act on racial justice. Jia is married to her wife, Jennifer, and mother to five children and grandma to one. Several members of Holy Trinity who are participating in ACTION will also share from their experiences.

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- Often people with limited incomes experience very little choice and food fatigue when they receive the same items repeatedly at the food shelves. By providing flavorful soups (Greek Stew, Cajun Lentil, Sesame Turkey Egg-Drop to name a few), we strive to awaken the senses and provide a variety of flavors while also giving people choices.

Building Community: We firmly believe that strong communities are critical for quality of life. During the pandemic when we couldn't gather for lunch people were so grateful for the bag lunches we distributed but would regularly say that what they missed most was the community at SFY!. Here's how we do it:

Community is formed by the bringing together of people. What better place to form community than over a bowl of soup. At SFY! we welcome a mix of people, neighbors from Seward (and beyond), businesspeople, low-income seniors, those experiencing homelessness and/or poverty, and Augsburg students/faculty to name a few. Conversations are shared at the tables and friends are made. For some of our guests, lunch at SFY! is their one opportunity to socialize during the day.

We have an amazing team of volunteers and love to welcome new faces knowing that being a part of SFY! increases their awareness of what people coming together in community can accomplish. In addition, they get to see the impact of food justice issues and lets them experience being part of the solution through their service.

SFY! also conducts outreach and education in our community by speaking at outside events (ex., Faith Mennonite Church) and bringing in groups (ex. Augsburg Nursing Program participants, MN Landscape Arboretum High School Summer Camp Program students) to dine with us and learn about food waste, food insecurity and food justice.



Reducing Food Waste: Did you know that food waste is not just what we scrape off our plates? Factors such as farmers leaving unharvested crops in fields due to low prices or overproduction, problems occurring during the transportation and manufacturing of food, and retailers rejecting food that

doesn't meet appearance or color standards all contribute to 80 million tons of food being wasted each year in the US. That's enough to make 149 billion meals annually. We ensure that thousands of pounds of food are served or distributed every year instead of landfilled. Here's how we do it:

- Our partners supply us with majority of the produce and other ingredients in our delicious soups by procuring local overstocks or non-saleable items that would otherwise be discarded. Most of our side items also begin as organic, often non-saleable ingredients sourced from local stores, bakeries, and cafes. With some culling and editing we create wonderful salads and fruit bowls.
- All soup is handmade fresh onsite daily using fresh – and primarily organic – ingredients. Most of our broths are made from vegetable peelings from the previous day. We rarely use any processed ingredients which increases the nutrition and greatly decreases the amount of packaging that is discarded.

Bags of groceries are prepared and distributed each week with food that has been rescued by our partner organizations as well as the excess produce not used in our soups.

You can find more information about Soup For You! 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.

~ 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 **Kurt Kohlstedt**, recovering from a hospitalization; **Peter Schroeder**, who was hospitalized this past week; Deb Anderson's Uncle **Rick**; **Bob Norheim**; **Matt Floding**, who entered residential hospice care this week; Colton Baldus's grandpa, **Lester**; Jodi Liedholm's father, **Larry**; Katie Murray's mom, **Pat Wilson**; Mary Ann Sheets's sister, **Lorrie Blain**; Jeff Olsen Biebighauser's mom **Jo**; **Dorothy Kelly**; **Joyce Hanson**; **Cori Gershon**; **Juliet Williamson**; **Joanne Chadwick**; Jan Mehlhoff's friend **Margie Guelker**; **Linda** and **Phil Jury**, upon the death of their son, Alex.

HAPPENING THIS WEEK

TUESDAY, MAY 14—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 15 AND THURSDAY, MAY 16 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.

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

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).

YOUTH END-OF-YEAR CELEBRATION FRIDAY, MAY 17, 6:00-10:00 P.M.

We’re excited for our final monthly 6-12th grade youth activity of the year on Friday, May 17, 6-10 p.m., we’ll meet at church for an end-of-year celebration with pizza, games and the run of the church.

The youth had such a fun time doing this at the start of the year last September that we’re doing it again. All are welcome, friends too! To rsvp, or for more information, contact Nicki Hines (nickinelsonhines@gmail.com).

“MOTHER” SAINT JAMES AME CHURCH OPEN HOUSE SAT., MAY 18, 10:00 A.M.-5:00 P.M.

As the oldest Black Church in Minneapolis, and the entire state of Minnesota, “Mother” Saint James AME Church (3600 Snelling Ave. S., Minneapolis) is participating in Doors Open Minneapolis (doorsopenminneapolis.org) on Saturday, May 18, from 10:00 a.m. to 5:00 p.m. Free activities include face painting, food, scavenger hunt, community resources, karaoke, basketball, and more. There will also be presentations throughout the day. All are welcome!

SAVE THE DATE

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.



HOLY TRINITY DELIVERS MEALS ON WHEELS MAY 20-24

Holy Trinity volunteers will deliver meals for South Minneapolis Meals on Wheels Monday-Friday, May 20-24. Volunteers pick up meals at 11:125 a.m. at Nokomis Square (50th St. and 35th Ave. S.). Meal delivery takes about one hour. Contact Mary Engen (engenmary@yahoo.com) for part or all of the week.

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.!

WORSHIP PARTICIPANTS FOR SUNDAY, MAY 12, 2024

8:45 AM		11:00 AM
Adult Choir and Gloria Ringers	Preacher	Adult Choir and Gloria Ringers
Doug Mork	Presiding Minister	Doug Mork
Amy Hanson, Jean Swanson	Altar Guild	Roberta Shaw
Rick Liedholm	Assisting Minister	Tom Skold
	Crucifer	
Aaron Hanson, Carol Berg, Allison Johnson Heist, Sean Gosiewski	Communion	Roberta Shaw, Kathy Skold
	Ushers	
	Coffee Servers	Arlen Helvig
Annie Hines	Counters	John Sulzbach
	Closer	Bob Hulteen
	Video Operator	Bob Hulteen

WORSHIP LEADERS FOR SUNDAYS

We are looking for worship leaders for the summer months. 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.

PARISH EVENTS MAY 12-MAY 18, 2024

Sunday, May 12	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
Tuesday, May 14	11:00 AM	Worship Readings Discussion
Wednesday, May 15	12:00 PM	Yoga
	5:30 PM	Palestine-Israel Book Group
	6:00 PM	Uprising Photo Exhibit and Dinner
Thursday, May 16	8:45 AM	Encore! at Turtle Bread
	7:30 PM	Yoga
Thursday, May 16	6:00-10:00 PM	Youth End-of-Year Celebration

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](#).

