



WE ACKNOWLEDGE THAT WE GATHER ON THE DAKOTA HOMELAND

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

JOIN US EVERY SUNDAY FOR WORSHIP SERVICE AT 10:00 A.M., YOUTH AND ADULT EDUCATION AT 9:00 A.M.

The Church as a Place of Mutual Aid: Caring for One Another in Joy and Sorrow

The church is more than a place of worship; it is a community where we care for one another in times of joy and in times of sorrow. Mutual aid is at the heart of our faith—we celebrate together, mourn together, and support one another through the many seasons of life. Providing this care effectively requires clear communication between congregants and church leaders.

While pastors and church staff strive to be attentive to the needs of all members, it is not always easy to discern what kind of care each individual requires. For instance, with our online worship option, some people choose to engage from home as a matter of preference rather than due to health or accessibility concerns. Recognizing this choice allows us to provide meaningful pastoral care without assuming someone is in crisis when they simply prefer to worship remotely.

As a congregation, we are at our best when we extend compassion to one another. But this is a shared effort—our pastors and care teams can serve most effectively when congregants clearly communicate their hopes for care. If you or someone you know would benefit from a particular form of support, we encourage you to let us know. The more we understand each other's needs, the stronger we will be as a community.

Hospital and Pre-Surgery Visits

Facing illness or preparing for surgery can be a time of anxiety and vulnerability. Our pastors are available to visit you or your loved ones in the hospital, offering prayer, comfort, and the reassurance of Christ's presence. A simple visit, a shared prayer, or even just the knowledge that your church family is holding you in love can bring peace in difficult moments. If you or a family member would appreciate a pastoral visit before a procedure or while in the hospital, please reach out so we can walk with you in faith and care.

Feeding the Spirit

Sometimes, a warm meal is the most tangible expression of love and care. Through our Feeding the Spirit ministry, members of the congregation prepare and deliver meals to individuals or families who could use extra support. Whether someone is recovering from illness, adjusting to a new baby, grieving a loss, or simply facing a particularly challenging time, a few nourishing meals can lighten the load. If you or someone you know would benefit from this ministry, please reach out to let us know.

(Continued on next page)

SIXTH SUNDAY AFTER EPIPHANY

READINGS

Jeremiah 17:5-10; Psalm 1

1 Corinthians 15:12-20; Luke 6:17-26

ADULT FORUM

Holy Trinity Adult Forums feature in-person presentations beginning at 9:00 a.m. on Sunday. The presentations are also available via [Zoom](#) (meeting ID:858 5687 1594; passcode:31787) for those unable to attend in person.

FEBRUARY 16 "The Northland Beckons:
An Illustrated Haiku Journey"
Sandra Hisakuni, author

Holy Trinity member Sandra Hisakuni will be presenting on her book, *The Northland Beckons: An Illustrated Haiku Journey*.

FEBRUARY 23 "Youth Recital"

Join us at 9:00 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.



~ 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 **Betty Anderson**; **Carol Kelly**; **Liz Blood**; **Jenni Vaillancourt's stepdad**; **Mary Petersen**; Karen Batdorf's sister, **Marie**; Pam Kildahl's sister, **Wendy**; **Mark Horning**, friend of Tony Wald; **Merlin Wells**; **George Madich**; **Mike Kelly**; **Rev. Amy Schifrin**; **Michael Scanlan**; **Aric Sorenson** and **Ty Inglis**; James Nysse's cousin, **Eric Steckling**; Katie Murray's mom **Pat**; Jan Mehlhoff's friend, **Margie Guelker**; the family of **Sara Jensen**, whose sister died this week.

PARISH INFORMATION

Lay Communion

For those who are unable to attend worship in person, we offer Lay Communion, a ministry where trained congregants bring the sacrament to members in their homes on a monthly basis. This ensures that everyone remains connected to the body of Christ, even if they cannot be physically present in church. Sharing communion in this way reminds us that we are all one in Christ, bound together in faith and love. If you or someone you love would appreciate home communion, please let us know so that we can arrange a visit.

Grief Support

Grief is a journey that takes time, and no one should have to navigate it alone. For those who have experienced a recent loss, we offer a Grief Support ministry that provides a series of booklets designed to bring comfort and guidance. These resources are mailed over the course of several months and offer reflections on the grieving process, helping recipients find moments of peace and hope. If you would like to receive these materials, please contact us.

Our church is strongest when we share in one another's burdens and joys. If you have a need or know of someone in our community who does, please reach out. Together, we live out Christ's love, ensuring that no one is alone in their time of need.

With compassion,

The pastoral team in partnership with the Nurturing Relationships Committee

WEDNESDAY, FEBRUARY 20—WEDNESDAY MEAL, CHILDREN'S CHOIR, AND OPEN GYM

Children's Choir meets from 5:45 to 6:45 p.m. and sings in worship every 4-6 weeks.

The Children, Youth, and Family Committee will offer a community meal from 5:00 to 6:00 p.m. each Wednesday that choirs are in session. After the meal, there will be an open gym time with adult supervision until 8:00 p.m. You need not be in choir to participate.

If you would like to help provide a Wednesday evening meal, please contact the office for more information or sign up in the Community Room.

THURSDAY, FEBRUARY 20—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.

THURSDAY, FEBRUARY 20—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. Please also note, this will be a kickoff to our new monthly work day. We plan to host a monthly workday on the third Thursday of each month to help with tasks like dusting, ironing, washing windows, painting, and more.

THIS WEEK

SUNDAY, FEBRUARY 16—NO SUNDAY SCHOOL OR CONFIRMATION TODAY

There will be no Godly Play, Trinity Village, or Confirmation today, as many of our families will be at the Family Retreat! We encourage you to attend the family-friendly Adult Forum, led by Sandra Hisakuni on nature-based haikus and her book, *The Northland Beckons: An Illustrated Haiku Journey*.

TUESDAY, FEBRUARY 18—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 19—KNITTING LESSONS FOR LONGFELLOW MOMS

Once a week you're invited to 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 1:20 p.m. at Longfellow High School during the school year. For more information, contact Liz Blood (liz.bill.blood@gmail.com). All volunteers need to complete a brief background check.

SAVE THE DATE

SUNDAY, FEBRUARY 23—YOUTH RECITAL

Join us at 9:00 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 16. For more information or questions contact Phil Radtke.



WASETI ENSEMBLE TO PERFORM SUNDAY, FEBRUARY 23

Waseti = We are Strong Enough to Inspire, performing in worship February 23. Waseti Ensemble is an inspirational vocal group that is committed to using their energy, gifts, and abilities to inspire all people, regardless of race, creed, or any other categorical differences. Currently consisting of nine vocalists: Donna Cooper, Lisa Olson, Kate Johnston, Jeenee Lee, Jessica Tamba, Ty Collins, Wayne Doe, Lloyd Cooper, and Sam Reeves. Their passion is compassion, and they eagerly anticipate many more labors of love, through the fine arts, to effectively be the change we need to see.

SAVE THE DATE CONTINUED

THURSDAY, FEBRUARY 27—SISTERS' CAMELOT GROCERY DISTRIBUTION

Sisters' Camelot is a collectively run nonprofit founded in 1997 that is focused on food justice, waste reduction, sustainable living, community building, and youth education. They share free organic groceries and free organic meals with the community. They deliver groceries at Holy Trinity on the fourth Thursday of each month at 2:30 p.m. Distribution takes place outside by our pizza oven.

SUNDAY, MARCH 2—NEW MEMBER ORIENTATION

We invite interested persons to consider membership in this congregation. The orientation will be held from 9:00-10:00 a.m. in the Bartsch room. Breakfast will be served. There are no prerequisites; all are welcome. Please speak with Pastor David or Pastor Ingrid if you intend to come.

TUESDAY, MARCH 4—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 1:30 p.m. All are welcome to join in for needlework and conversation. For more information, contact Liz Blood (liz.bill.blood@gmail.com).

THURSDAY, MARCH 6—BIG MEETING NIGHT

Pastoral and Council leadership will provide a very brief update at 6:45 p.m. to interested persons. All participants will be together for this update. (This is optional for participants.) The meeting time will be held from 7:00-8:30 p.m. Committees and working groups will be in their own break-out rooms for their meetings.

PENUMBRA THEATER'S "PARADISE BLUE" FRIDAY, MARCH 7, 7:30 P.M.



The Racial Justice committee invites you to the Penumbra Theatre's performance of "Paradise Blue" on Friday, March 7, at 7:30 p.m. Tickets are \$30 for seniors (65+), \$35 for adults, and \$10 for students. It's a showstopper

musical drama, with a Detroit black community fighting for its future after a bewitching stranger arrives with ready cash. This play is also about finding connection, love, redemption, and sanctuary. The Star Tribune rated this show as one of the 8 highly recommended shows this season. Sign up in the Community Room for one of 20 tickets!

SATURDAY, MARCH 8—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. All are welcome to hear the concert at 3:00 p.m.

MONDAY-FRIDAY, MARCH 10-14—HOLY TRINITY DELIVERS MEALS ON WHEELS

Holy Trinity volunteers will deliver meals for South Minneapolis Meals on Wheels on Monday-Friday, March 10-14. Volunteers pick up meals at 11:15 a.m. at Nokomis Square (50th St. and 35th Ave. S). Delivery takes about one hour. Contact Mary Engen to sign up for part or all of the week.

WEDNESDAYS, MARCH 12, 19, 26, APRIL 2, 9—LENT SOUP SUPPERS AND EVENING PRAYER SERVICES

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

- All are invited to partake in the Lenten suppers on Wednesdays from 6:00-6:50 p.m. in the Community Room. Free-will donations are accepted. Our Lenten Suppers are an opportunity for us to build beloved community.
- The community then gathers at 7:00 p.m. for the Service of Evening Prayer, where we sing and hear God's story read aloud. As a part of our Evening Prayer service, each week we will hear a church member or community member share a story from their own life on the theme of "Deepest Belonging." People of all ages are invited to worship, though we honor that some of our youngest members may need to head home after soup.
- Children's Choir will rehearse 5:45 to 6:30 p.m. while Jubilation Ringers will rehearse from 5:30 to 6:00 p.m. and Gloria Ringers will rehearse from 6:00 to 6:55 p.m.

SATURDAY, MARCH 15—OVERCOMING WHITE SUPREMACY AND PRIVILEGE

Join us from 10:00 a.m.-12:30 p.m. for a morning with David Scherer and Joe Davis from the organization JustMove. *This workshop is designed for both those who identify as white AND those who identify as persons of color.* In the workshop we will:

1. Develop a deeper understanding of white body privilege and its effects on us.
2. Deepen our awareness of white supremacy cultural patterns and how to transform them into more liberating patterns.
3. Increase our awareness of our bodies and discover how to move from shared racialized trauma into healing and justice.
4. Build trust in multi-racial conversation.

David and Joe combine theoretical frameworks and practical tools along with creative pedagogical tools such as music, poetry, storytelling, and conversation.

Sign-up sheet is in the Community Room or call the church office at 612-729-8358.



Joe Davis

David Scherer

Sponsored by Holy Trinity's Racial Justice Committee.

EXTRA NOTES

PANCAKE BREAKFAST SUCCESS!

Thank you to everyone who helped with last week's youth fundraising pancake breakfast. It was a successful day! AND thank you to all who purchased tickets to support this event. The youth were able to raise almost \$1500 to help pay for youth events, trips, and activities in 2025. Enjoy some photos from the day, as you can see, the youth had fun experimenting with different shaped pancakes.



GAME NIGHT FUN!

Thank you to everyone who attended game night last Saturday. The weather did not hinder the fun. This was a great joint event with Mother St. James AME church.



NEW PAPER TOWEL, SOAP, AND TOILET PAPER DISPENSERS



You may have noticed new dispensers in the bathrooms last Sunday. We have switched the vendor we use to supply paper projects, as a benefit, the new vendor installed all new dispensers at no cost. The nice thing is all soap and paper towel



dispensers are now automatic. This will help us reduce consumption and waste of these products and reduces the spread of germs. We ask for your patience as we work to paint and patch areas where old dispensers were removed.

WORSHIP PARTICIPANTS FOR SUNDAY, FEBRUARY 16, 2025, 10:00 AM

Preacher	Tre Tellor (he/they)
Presiding Minister	Ingrid Rasmussen (she/her)
Crucifer	Bob Hulteen
Cantor	Lydia Belusa (she/her)
Altar Guild	Josh Becker (he/him), Anne Beschnett (she/her)
Assisting Minister	Scott Cole (he/him)
Communion	Linda Berglin (she/her), Bob Hulteen (he/him), Stephanie Cole (she/her)
Ushers	Bob Peschiutta (he/him), Chris Amundson (he/him) Chris Engen (he/him)
Coffee Servers	Joy Nelson (she/her), Pat Farris (she/her)
Counters	
Closer	Roberta Shaw
Video Operator	Jan Mehlhoff (she/her)

SUNDAY, FEBRUARY 23—IMMIGRATION RESPONSE TRAINING

On Sunday, February 23, we will be holding two immigration know-your-rights training courses specifically related to our life together as congregations in this building. More than 50 people have already expressed interest and there is a sign-up in the Community Room. The training will last about 90 minutes

- 11:00 a.m. (immediately following worship) in the Bartsch Room for Holy Trinity members and known allies with a few partner organizations
- 1:30 p.m. (immediately following the Swahili worship) in the Sanctuary for MN Swahili and Holy Trinity members only

PARISH EVENTS FEBRUARY 16-22, 2025

Sunday, February 16	9:00 AM 10:00 AM 12:00 PM	Adult Forum Please note, no Youth Education this Sunday Worship Service of Holy Communion Swahili Service
Monday, February 17	6:30-8:00 PM	Adult Choir Rehearsal
Tuesday, February 18	11:00 AM 6:30 PM 7:00 PM	Worship Readings Discussion Executive Council Church Council
Wednesday, February 19	5:00-6:00 PM 5:45-6:25 PM 5:45-6:45 PM 6:00-8:00 PM 6:30-8:00 PM 6:45-7:30 PM	Choir Family Meal Jubilation Ringers Children's Choir Rehearsal Supervised Playtime in the Gym Gloria Ringers Rehearsal Cantate! Rehearsal
Thursday, February 20	8:30 AM 9:00AM-7:00 PM	Encore! At Turtle Bread Indoor Property Work Day

LIVESTREAM LINKS FOR WORSHIP SERVICES

A [live-stream](#) of the 10:00 a.m. Sunday service is available online at 9:55 a.m. You can access recordings of previous worship services [here](#).

