



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.

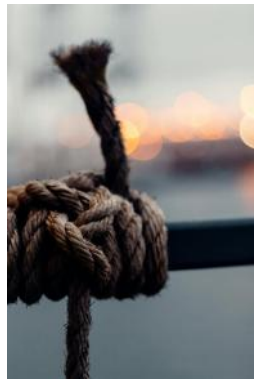
## Reflecting on the 5th Year Anniversary of COVID Lockdown

Dear ones,  
I've been thinking a lot about the five-year anniversary of COVID lockdown. As I mentioned Sunday, I recently read an [article](#) about the grief that folks are still experiencing, whether they suffered acute trauma (e.g., the death of a loved one) or whether their loss was more ambiguous (e.g., sapped social capacity).

Many of you have heard the phrase “the body keeps the score.” In a [book entitled](#) just that Bessel van der Kolk writes that “trauma is not just an event that took place sometime in the past; it is also the imprint left by that experience on mind, brain, and body. This imprint has ongoing consequences for how the human organism manages to survive in the present.” As we move into the week of March when life dramatically changed in 2020, I think it's important to acknowledge that our bodies carry imprints, even now.

In Gracie Morbitzer's book [The Modern Saints](#), Marie Heimann writes about Mary's identity as Our Lady, Undoer of Knots. Pope Francis has promoted this devotion during his pontificate. The devotion can be traced back to the seventeenth century in Augsburg, Germany. A couple was struggling. The priest asked Mother Mary for help. That which was tied up was unknotted—both literally and figuratively. And Mary's identity as Our Lady, Undoer of Knots became known.

COVID leaves us with many knots—heightened loneliness and skeletal social bonds, among them. Add in geopolitical upheaval, and we are left feeling confused and overwhelmed. I very much like the image that we have a mother, a companion, who sits with us and unties the most stubborn of knots in our individual and communal lives. Gently, patiently, steadily, skillfully—freeing us for lives of love, forgiveness, and joy.



Peace,  
Pastor Ingrid

## SECOND SUNDAY IN LENT

### [READINGS](#)

*Genesis 15:1-12, 17-18; Psalm 27;*  
*Philippians 3:17-4:1; Luke 13:31-35*

### 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:317879) for those unable to attend in person.

#### March 16 “Welcome New Members”

The congregation is invited to come and boldly welcome new members at 9:00 a.m. in the Community Room. Grace Basler, Sandra Hisakuni, and Sheryl Udem will offer reflections on what it means to be a part of this community of faith. We'll also be introduced to the people joining this congregation.

#### March 23 Intergenerational Event: Holy Communion and Justice in Palestine and Israel

We look forward to a three-pronged event! Godly Play, Trinity Village, and Confirmation will gather with people of all ages in the Community Room and the Sanctuary at 9:00 a.m. for some large- and small-group activities exploring Holy Communion which gives us strength to go out into the world to work for justice. All ages will also join the Palestine-Israel Committee in the Library to meet with Maddi Froiland, Director of Sumud (formerly Peace Not Walls), who will discuss their work as an ELCA organization in addressing the needs of the Palestinian people.

### ~ 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 **Rev. Sekou; Casey Reynolds** and her family; **Betty Anderson; Carol Kelly; Jenni Vaillancourt's stepdad; Mary Petersen;** Karen Batdorf's sister, **Marie; Mike Kelly; Aric Sorenson** and **Ty Inglis;** James Nysse's cousin, **Eric Steckling;** Katie Murray's mom **Pat;** Jan Mehlhoff's friend, **Margie Guelker.**

WEEKEND REMINDERS

**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.

Walk-ins are welcome.

Sponsored by Holy Trinity's Racial Justice Committee.



Joe Davis David Scherer

**SATURDAY, MARCH 15—CHILDREN AND YOUTH CHOIR FESTIVAL**

Singers in 1st through 12th grade are invited to be part of the Twin Cities Children and Youth Choir Festival held at Hennepin Avenue United Methodist Church. The elementary choir (grades 1-5) will work with Mari Espeland while 6th-12th graders will spend time with Dr. Jennaya Robison. Morning rehearsals will end with a 2:00 p.m. hymn festival that is free and open to the public.

**SUNDAY, MARCH 16—ADULT FORUM WELCOMING NEW MEMBERS IN THE COMMUNITY ROOM**

The congregation is invited to come and boldly welcome new members at 9:00 a.m. in the Community Room. We'll hear from two current members, who will offer reflections on what it means to be a part of this community of faith. We'll also be introduced to the people joining this congregation.

**SUNDAY, MARCH 16—PHOTOGRAPHER AT HOLY TRINITY**

Dave Herrera will be set up in or near the Community Room on Sunday morning to take photos of the newest members and any other members who would like a new directory photo.

**SUNDAY, MARCH 16—SUNDAY SCHOOL AND CONFIRMATION MEET TODAY**

- Godly Play (children ages 4-5) meets in the second-floor education suite from 9:00-9:50 a.m.
- Trinity Village (grades K-5) meets in the second-floor education suite from 9:00-9:50 a.m.
- Confirmation (grades 6-9) meets from 9:00-9:50 a.m. in the Sky Room.

EXTRA NOTES

**SATURDAY, March 22—PASTURES A PLENTY**

The next Pastures A Plenty delivery will be Saturday, March 22. Please have your order in by Thursday, March 20. Email your order to [shop@pasturesaplenty.com](mailto:shop@pasturesaplenty.com), or go to the website ([pasturesaplenty.com](http://pasturesaplenty.com)) and order from there. Delivery at Holy Trinity is scheduled from 2:15 to 2:45 p.m.



**SOUP FOR YOU NEEDS GROCERY BAGS**

Soup For You! does a grocery giveaway every Wednesday and has an ongoing need for paper grocery bags. You can bring them to the church office or drop them on one of the tables in the basement lunch room.

**SUCCESSFUL CONFIRMATION AND HIGH SCHOOL YOUTH BOWLING OUTING**

Deb Anderson, Pastor David and six of our youth had a lot of fun bowling last Sunday! Including a nutritious lunch of pizza and ice cream. Enjoy some photos from their outing.



**THIS WEEK**

**TUESDAY, MARCH 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, MARCH 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](mailto:liz.bill.blood@gmail.com)). All volunteers need to complete a brief background check.

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

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

- Lenten suppers from 6:00-6:50 p.m. in the Community Room
- Service of Evening Prayer, 7:00 p.m. in the Bartsch Room, where we sing and hear God's story read aloud. At each of our Evening Prayer service, we will hear a someone share a story from their own life on the theme of "Deepest Belonging."

**March 19**—Readings on the theme of *Being Rooted*: a reading from *Wendell Berry* and *Colossians 2:2-7*

Reflection by *Russ Heitman*/Special music by *Phil Radtke*

**March 26**—Readings on the theme of *Celebrating*: "Blessings at Year's End" by *Howard Thurman* and *Psalm 95:1-7*

Reflection by *Jess Yarger*/Special music by *Teresa Richardson, cello*

**April 2**—Readings on the theme of *Attuning to God*: "The Practice of Paying Attention" by *Barbara Brown Taylor* and *Psalm 130*

Reflection by *Madeline Burbank*/Special music by *Jan Mehlhoff, flute*

**April 9**—Readings on the theme of *Hoping*: *Even If*: *Jan Richardson's "Blessing When the World is Ending"* and *Romans 8:31-39*

Reflection by *Fiona Carson*/Special music by *Laura Hicks, violin and viola*

- Children's Choir will rehearse from 5:45 to 6:30 p.m., 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.

**SOUP SUPPER HELP NEEDED DURING LENT WEDNESDAYS, MARCH 19, 26, AND APRIL 2, 9**

For each Wednesday during Lent, four households are needed to prepare and serve enough soup for 30 people, one household is needed to prepare 4 boxes of Kraft macaroni and cheese, one person is needed to pick up bread by 2:00 p.m. at Laune Bread on Lake Street (preordered and prepaid), and volunteers are needed to set up and clean up each of these Wednesdays. Please sign up in the Community Room if you can help.

**THURSDAY, MARCH 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, MARCH 20—MONTHLY WORK DAY**

Volunteer for the monthly workday on the third Thursday of each month to help with tasks like dusting, ironing, washing windows, painting, and more. Come for whatever amount of time you'd like and at any time that fits your schedule between 9:00 a.m. and 4:00 p.m. Sign up in the Community Room.

**SATURDAY, MARCH 22—RECEPTION WITH SUMUD DIRECTOR, MADDI FROILAND**

You are all invited to join a reception with Sumud Director, Maddi Froiland, and Palestinian food from Mim's Cafe on Saturday, March 22, at 6:00 p.m. in Holy Trinity's Bartsch. [Sumud](#) is the Evangelical Lutheran Church in America's response to the occupation and injustice in Palestine and Israel. The organization's name is derived by the Arabic word *sumud* (صمود) which means "steadfastness."

As we face intersectional horrors from Trump's new administration, we will gather to practice *sumud* by sharing food, stories, and joyful community. We'll also share about our ongoing, collective efforts across Sumud, Holy Trinity Lutheran Church's Palestine and Israel Committee, and MN Christians for a Free Palestine. Finally we'll highlight upcoming events—including Maddi Froiland's adult education workshop, that Holy Trinity is hosting on Sunday, March 22 at 9:00 a.m., and MN Christian's for a Free Palestine Liberation Pilgrimage on Saturday April 12.

Palestinian olive oil will be available for sale and donations will be gladly accepted to off-set food costs and support Sumud's work. No matter your ability to give, please gather with us!

**FRIDAY, MARCH 21 AND SATURDAY, MARCH 22**

Two of our confirmation students, Alice Welle and Francis Olson Biebighauser are involved in the production of *Shrek The Musical Jr.* and invite you to attend one of the performances. Each day the box office opens at 6:00 p.m., performance is at 7:00 p.m. The performance is at Andersen United Middle School, 1098 Andersen Ln, Minneapolis, enter through the main entrance. Suggested donation at the door is \$5.00.



**SAVE THE DATE**

**SUNDAY, MARCH 23—POP-UP CHOIR**

Here's your chance to sing in a choir. Everyone is welcome, from those who can't commit to weekly rehearsals but have always wanted to sing to those who have sung in the choirs for years. (Family and friends who are visiting are also welcome!) Rehearse at 9:00 a.m. in the sanctuary for the 10:00 a.m. worship service. No preparation needed!

**SUNDAY, MARCH 23, 9:00 A.M.—HOLY COMMUNION INTERGENERATIONAL EVENT**

Godly Play, Trinity Village, and Confirmation will gather with people of all ages in the Community Room at 9:00 a.m. for some large and small group activities exploring Holy Communion.

**ISAIAH GATHERING MARCH 23, 11:00 A.M.**

Holy Trinity young adults are invited to an ISAIAH Young Adult Coalition gathering in the library or via Zoom on March 23, from 11:00 a.m. to 12:30 p.m. We will discuss our shared vision for Minneapolis and what's at stake for each of us so that we build campaigns that meet the moment and meet our needs. Please sign up in the Community Room.

**2024 THRIVENT CHOICE® DOLLARS EXPIRE MARCH 31**

Since 2010, over \$370 million has been distributed to 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.

**APRIL BOOK GROUP WITH PASTOR DAVID (DATE TO BE DETERMINED)**

Join Pastor David in a discussion of *Freedom Is a Constant Struggle: Ferguson, Palestine, and the Foundations of a Movement* by Angela Y. Davis. Davis, who, in these collected essays, interviews, and speeches, illuminates the connections between struggles against state violence and oppression throughout history and around the world. She highlights connections and analyzes today's struggles against state terror, from Ferguson to Palestine. Facing a world of outrageous injustice, Davis challenges us to imagine and build the movement for human liberation, and, in doing so, she reminds us that "Freedom is a constant struggle." Sign up in the Community Room. Copies of the book will be available next week.

**SAVE THE DATE FOR VACATION BIBLE SCHOOL, MONDAY, JUNE 16-FRIDAY, JUNE 20**

Holy Trinity will join other South Minneapolis congregations in an ecumenical, joint Vacation Bible School/day camp. Building Beloved Community Day Camp will be June 16-20, 9:00 a.m.-4:00 p.m., at Diamond Lake Lutheran Church. Camp is for entering K-middle school, with high schoolers able to serve as leaders (and they will earn a stipend). As a sponsoring congregation, HTLC encourages all families to participate. If the cost is a barrier, please contact Pr. David. Find more information and registration portals for kids, adult volunteers, and youth leaders, at this website: <https://www.smplsdaycamp.org/>.

**SATURDAY, MAY 3, COME JOIN YOUR PASTORS AT SYNOD ASSEMBLY!**

Want to spend a day with hundreds of Lutherans? Want to see what your peers in the other congregations of the Minneapolis Area Synod are up to? Want to help decide the direction of this synod? I thought so! Then volunteer to be a delegate to this year's Minneapolis Area Synod Assembly on Saturday, May 3, at Lord of Life Lutheran in Ramsey. Holy Trinity may send 3 lay delegates in addition to your pastors. It's an important opportunity to support all the good work of the synod and a great chance to connect with others in the larger church. Please email Pastor Doug ([dmork@htlcmpls.org](mailto:dmork@htlcmpls.org)) for more information or to volunteer. There is also a worship service the night before at Bethlehem Lutheran Twin Cities that all are welcome to attend.



*"Indeed, the body does not consist of one member but of many... If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it." (1 Corinthians 12:26)*

**Join CTUL on April 26th 10am-1pm  
Holy Trinity Lutheran Church.**

Tickets are sliding scale with all funds going directly to our work, tickets are available at the door or get them in advance [here](#).



**CTUL**

COME ENJOY GOOD FOOD AND COMPANY

**You're invited to the  
CTUL Pancake Brunch**

Fundraiser Saturday April 26th  
10:00am-1pm at Holy Trinity  
Lutheran Church



## WORSHIP PARTICIPANTS FOR SUNDAY, MARCH 16, 2025, 10:00 AM

<b>Preacher</b>	Doug Mork (he/him)
<b>Presiding Minister</b>	David Larson-Martínez (he/him)
<b>Cantor</b>	Cathy Alpizar (she/her)
<b>Altar Guild</b>	Amy Hanson (she/her),
<b>Assisting Minister</b>	Kris Christians (she/her)
<b>Communion</b>	Lori Lathrop (she/her), Aaron Hanson (he/him), Libby Olstad (she/her), Keith Olstad (he/him)
<b>Ushers</b>	Ginny Jordan (she/her), Chuck Jordan (he/him), Helen Norhiem (she/her)
<b>Coffee Servers</b>	Sally Kohlstedt (she/her) , David Kohlstedt (he/him)
<b>Counters</b>	Deb Helmel (she/her)
<b>Closer</b>	Bob Hulteen (he/him)
<b>Video Operator</b>	Jan Mehlhoff (she/her)

### ADVOCATES FOR HUMAN RIGHTS



The Advocates for Human Rights (AHR) is working on a project called WATCH. This is a court monitoring project focused on gender based violence. They are holding a new comprehensive training for volunteers in a few weeks and would love to expand their volunteer base beyond law school students (and students generally). Below is a link to the training information, registration, and an information sheet on the program.

[https://www.theadvocatesforhumanrights.org/WATCH\\_Volunteer\\_Training](https://www.theadvocatesforhumanrights.org/WATCH_Volunteer_Training)

### PARISH EVENTS MARCH 16-MARCH 22, 2025

Sunday, March 16	9:00 AM 9:00 AM 10:00 AM 12:00 PM	Welcome New Members Youth Education Worship Service of Holy Communion Swahili Service
Monday, March 17	6:30-8:00 PM	Adult Choir Rehearsal
Tuesday, March 18	11:00 AM 6:45 PM 7:00 PM	Worship Readings Discussion Executive Committee Church Council
Wednesday, March 19	5:30-6:00 PM 5:45-6:30 PM 6:00 PM 6:00-6:55 PM	Jubilation Ringers Rehearsal Children's Choir Rehearsal Lent Soup Supper Gloria Ringers Rehearsal
Thursday, March 20	8:00 AM 9:00 AM-4:00 PM	Encore! at Turtle Bread Monthly 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](#).

