



WE ACKNOWLEDGE THAT WE GATHER ON THE DAKOTA HOMELAND

2730 E. 31st Street Minneapolis, MN 55406 • 612-729-8358 • office@htlcmpls.org • www.htlcmpls.org
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.

This week we share an article from Living Lutheran
by Emmy R. Kegler

Mental health in a sick world



Five years ago, the beginning of the COVID-19 pandemic marked incredible upheaval in almost every aspect of our lives. At the time, many Christians reflected on how the pandemic was an "apocalypse," a Greek word found in the New Testament for "revealing." We witnessed what people will do to care for each other-but also what people will do to take advantage of others in the face of disaster.

We connected more through the internet, but we also grew more extreme and polarized on social media. The economy rose and fell and, as so often happens, the rich got richer and the poor got poorer. Those in power gained more influence, while those struggling were pitted against each other. There were new advances in mental health care-virtual resources for talk therapy and community surged, and prescriptions for necessary psychiatric medications increased-but there was also an increased need for mental health care, creating scarcity when we needed abundance most.

Christian conversations around mental health have progressed significantly in recent decades. We have come to appreciate how the brain, like all our other organs, can get sick and require medical care. Prayer and faith play a role in improving our spirits, but we also visit doctors, take medications and even undergo surgery to help us live longer and better lives. Just like the rest of the body, the brain can benefit from medication, therapy and lifestyle changes.

(Continued on next page)

THIRD SUNDAY IN LENT

READINGS

Isaiah 55:1-9, 17-18; Psalm 63:1-8;
1 Corinthians 10:1-13; Luke 13:1-9

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 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.

March 23 Watch for more information next week.

~ 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 Pastor David's mom **Margarita Martinez**, receiving ongoing treatment; **Rev. Sekou; 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.**

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.

As we continue to learn more about how to care for our minds, let's remember two core truths: **Healing takes time.**

Antidepressants and other psychiatric medications are sometimes imagined as "magic in a bottle," fixing problems with the first dose. In reality, finding the right medication to treat symptoms of mental illness can be a grueling process. After my daughter was born, I struggled with postpartum depression and anxiety. Between referrals, testing medications and follow-ups, it took over six months before I received the right medication and dosage.

Depictions of therapy in movies and other media can also suggest it's a fast fix. (Recall Robin Williams undoing Matt Damon's impenetrable defenses with the simplest "It's not your fault" in *Good Will Hunting*.) But therapy can be another long journey, from finding an available therapist in network to balancing regular appointments against all our other obligations. Just getting to therapy is a process- and then there's the actual work of reviewing painful memories and anxieties to uncover how we might move forward in ways that are better integrated with our core sense of self.

Our habits and behaviors also play a significant role in our mental health. Some people boost their mood through physical activity; others reconnect with nature or spend quality time with friends. But once again, this takes time—a rare commodity today. We might be trying to juggle family schedules, second jobs, and caring for children or aging parents. Those of us living with mental illness might see in the need for self-care another black mark against us: "I'd feel better if I were getting a walk in every day. Why can't I just do it?"

This brings us to our second core truth:
Healing takes community.

Five years ago, we learned how much we need each other. We need intentional time together, whether in-person or virtual, when we feel that others see and value our presence. We need compassion and kindness, where others witness our hurts and necessities. And we need the opportunity to care for and act on behalf of others, giving our own lives purpose. All these things create support systems for mental health, providing space and time for healing to occur without isolation or despair.

It's no surprise that God knew this about us long before COVID-19. People of God have come together for millennia, not just for worship or Scripture study but also to listen to each other's stories and experiences. In most Bible story settings, communal living is assumed, with multiple generations in the same tent, house or close-knit tribe. From the Israelites' first steps into the wilderness with Moses to our church today, the people of God are commanded to care for the sick, the poor, the widowed, the orphaned and the oppressed.

Acts of communal meaning-making are essential for living out our faith. When we know and are known by others, we embody God's welcome to us just as we are. When we reflect on our own needs and ask for help, we honor the image of God in us. And when we care for those in need and advocate for change, we follow Jesus' command to love our neighbor as ourselves.

You can download a study guide for this article by clicking [here](#). If you receive a printed copy of the Community Church and would like a copy of the study guide, please call the office (612-729-8358) to request a copy.

WEEKEND REMINDERS

FRIDAY, MARCH 21 AND SATURDAY, MARCH 22

Two of our confirmation students, Alice Welle and Frances Olsen Biebighauser are involved in the production of *Shrek Jr. The Musical* 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.

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!

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 Choir Room 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.

GRATITUDE FOR DENNIS NORDHOLM

Dennis Nordholm has held the evening and Sunday morning custodial position for 8 years. He decided to resign the position at the beginning of March. His wishes were to not have a public recognition, but we would still like to express our gratitude for his time and dedication in tending to the needs of building and those who use it. We invite you to sign the card for Dennis in the Community Room this Sunday.

PARISH INFORMATION

THIS WEEK

TUESDAY, MARCH 25—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 26—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.

LENT SOUP SUPPERS AND EVENING PRAYER SERVICES WEDNESDAYS, MARCH 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 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 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, 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.

WEDNESDAY, MARCH 26—PLANNED PARENTHOOD MEETING

A Planned Parenthood educator will be in the library this Wednesday, March 26 from 5:30-6:30 p.m. to meet with parents to talk about possibly launching a fall 2025 six-week sex education session for middle school and high school students (middle and high school students will meet on alternating weeks). She will bring information with sample schedules, service menu, and service approach. She will talk through how the education program meets sex education standards and will discuss the curriculums used. Parents will have a chance to ask questions and find out more before we officially decide to move forward or not.

THURSDAY, MARCH 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.

SAVE THE DATE

APRIL BOOK GROUP WITH PASTOR DAVID (POST EASTER 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 are available on the sign up table.

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/>.

FRIDAY-SUNDAY, OCTOBER 3-5—ADULT RETREAT AT BENEDICTINE RETREAT CENTER, MAPLEWOOD

Save the date and plan to join us at the Benedictine Retreat Center of Saint Paul's Monastery in Maplewood from Friday, October 3 through Sunday, October 5. This is a retreat for adults of all ages. We'll have wonderful programming, opportunities to connect with one another, walking trails to enjoy, and opportunities to reflect on spiritual practices. We have booked 19 rooms with twin beds in each. If finances are a problem, please contact Pr. David.

WORSHIP PARTICIPANTS FOR SUNDAY, MARCH 23, 2025, 10:00 AM

Preacher	David Larson-Martínez (he/him)
Presiding Minister	Ingrid Rasmussen (she/her)
Cantor	Paul Rasmussen (he/him)
Altar Guild	Carol Berg (she/her), David Berg (he/him)
Assisting Minister	Karen Batdorf (she/her)
Communion	Linda Berglin (she/her), Abs Trewin (they/them), Bob Hulteen (he/him)
Ushers	Jeff Olsen Biebighauser (he/him), Frances Olsen Biebighauser (she/her), Robin Olsen Biebighauser (he/him), Kathy Hollander (she/her), Rod Johnson (he/him)
Coffee Servers	Katy Benson (she/her)
Counters	Annie Hines (she/her)
Closer	Rod Johnson (he/him)
Video Operator	Jeff Weiss (he/him)

EXTRA NOTES

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.

THANKS TO WORK DAY VOLUNTEERS

Thanks to everyone who helped on our first monthly work day yesterday. I didn't get pictures, but pews were cleaned, wax was scraped from pews and rugs, garbage cans (lots of them) were cleaned, laundry was done, items removed from the history room during the uprising were put back on shelves, old shelves were removed, new shelves were installed. It was a productive day. One item to note, we will be moving future monthly work days to the 4th Thursday of each month rather than the 3rd Thursday of each month.

PARISH EVENTS MARCH 23-MARCH 29, 2025

Sunday, March 23	9:00 AM Intergenerational Event/Adult Forum 10:00 AM Youth Education 11:00 AM Worship Service of Holy Communion 11:00 AM-12:30 PM ISAIAH Gathering 12:00 PM Swahili Service
Monday, March 24	6:30-8:00 PM Adult Choir Rehearsal
Tuesday, March 25	11:00 AM Worship Readings Discussion
Wednesday, March 26	5:30-6:00 PM Jubilation Ringers Rehearsal 5:45-6:30 PM Children's Choir Rehearsal 6:00 PM Soup Supper 6:00-6:55 PM Gloria Ringers Rehearsal 7:00 PM Lent Evening Prayer Service (Bartsch Room)

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](#).

