



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.

## ADULT AND YOUTH CHOIRS

"Singing has also been shown to improve our sense of happiness and wellbeing. Research has found, for example, that people feel more positive after actively singing than they do after passively listening to music or after chatting about positive life events."

—Jacques Launay, postdoctoral researcher, University of Oxford

In a world full of division and social separation as a result from a pandemic that physically separated us for so long we are again given the opportunity to join and raise our voices in song. The words that we will sing and stories that we will share will enhance our journey together and create life-long friendships. So, will you sing with us? Okay, so my little sermon is done, but I do believe in the power of music and organized communities that choirs can make. And I believe that there is a place for you in the choir whether you have sung for all your life, or not at all. Speaking of a place in the choir, are you wondering about the different choir opportunities offered? Sure, let's walk through them so you know where your voice fits in!

There are three vocal choirs that meet on a regular basis throughout the school year (Labor Day – Memorial Day) and are based on age. The youngest, Children's Choir, invites children in kindergarten through 5<sup>th</sup> grade; Cantate is for voices in 6<sup>th</sup>-12<sup>th</sup> grades; and the Adult Choir welcomes adult singers. Year-round, there are scattered opportunities to join a pop-up choir which rehearses the same day they sing. The music for pop-up choirs is typically more accessible due to the short rehearsal time. Watch for intergenerational pop-up choirs for music that is suitable for kids to join and sing too! Some of the most touching moments are seeing kids and parents, or even three generations of family members get to make music together!

Children's Choir rehearses on Wednesday evenings (5:45-6:45 p.m.), sings in worship every 4-5 weeks, and focuses on building young singers with music reading skills and discovering their voice through vocal techniques appropriate for the young singer. They also learn how to become leaders in worship and how to actively participate during services. The music they sing is unison and we take time to discuss the text so they know what they are singing about and why they are singing it. The Children's Choir rehearses most Wednesdays of the school year and generally follows the Minneapolis Public School calendar for breaks.

Cantate also rehearses on Wednesday evenings (6:45-7:30 p.m.), sings in worship every 6-7 weeks, and builds on

(Continued on next page)

## ELEVENTH SUNDAY AFTER PENTECOST

### READINGS

Isaiah 58:9b-14; Psalm 103:1-8;  
Hebrews 12:18-29; Luke 13:10-17

### MOMENTS OF LEARNING, JOY, GRATITUDE

Is pride okay? I hope so because, standing in the main room of Hook and Ladder last week, I was very proud of the turnout from Holy Trinity members at the 10th Anniversary celebration for Exodus Lending. The ministry of that organization continues to evolve to protect people on the economic margins from ruthless predators. Holy Trinity's history (and present) with the organization is just one of the things I appreciate about our congregation. AND, I am very grateful to Meghan Olsen Biebighauser for her long professional commitment (twelve years or more) to ensure fairness through consumer protections with both practical solutions and advocacy. Blessings on your continued work, Meghan.

~Bob Hulteen

### ~ 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 **Chris Amundson**; **Tina** and **Neela**; Tracey Baubie's mom **ShaRon**; Jeff Olsen Biebighauser's mom **Jo**; **Rick Lathrop**; Breon Hutchins-Spratt's mom **Allison**; **Jenni Vaillancourt's stepdad**; **Mary Petersen**; Karen Batdorf's sister **Marie**; **Mike Kelly**; Katie Murray's mom **Pat**; and **Josie Tober**.

### SHARE THE BOUNTY!

Are your gardens overproducing, your CSA giving you too much abundance or have you overbought at the Farmers market? The Creation Care Committee would like to give you an opportunity to avoid food waste and share your abundance. We will have a table in the Community Room on Sundays. Bring your extra produce on Sunday morning to share. We will share with congregation members in both HT and Swahili congregations. What is left will be shared with Soup for You! and their guests. Share instead of wasting or composting.



many of the strong foundations taught in Children's Choir. These young singers get to explore some more complex music with some harmony. Changing/changed voices can also explore their newly found range with parts tailored for them. Cantate may occasionally collaborate with other ensembles, building their musical confidence and skills. Cantate rehearses Wednesdays following the Minneapolis Public School calendar for breaks. While kids grow older, schedules grow busy. With that in mind, there are a few times when Children's Choir and Cantate may join forces in rehearsal and some times when Cantate has time off in anticipation of heavier schoolwork.

Both the Children's Choir and Cantate members and families are invited to partake in a community meal in the lunchroom (in the basement by the gym) from 5:00 – 6:00 p.m. and enjoy supervised open-gym time from 6:00 – 8:00 p.m. Many adults stick around during rehearsal times to share time in community with each other. Some ring in Gloria Ringers while some may go across the street to Arbeiter Brewing for conversation and connection.

The Adult Choir rehearses Monday evenings (6:30-8:00 p.m.) and sings most Sundays throughout the school year. They sing a wide variety of music from ancient chants to freshly composed anthems by local and world-renowned composers. The Adult Choir helps to lead the congregation in singing and offers anthems that complement the themes and readings of the worship service. In rehearsals, techniques on breathing and posture are taught to keep the adult voice in good singing health. While the Adult Choir rehearses and sings often, that shouldn't keep you from trying it out! We don't expect you to make all the rehearsals or Sundays. Join when you can and raise your voice with others who love to sing. In summary, there is a place for your voice in a choir at Holy Trinity. Sign-up in the Community Room or send an email to Cantor Phil (pradtke@htlcmpls.org).

"People who make music together cannot be enemies at least while the music lasts. We are friends forever when we sing together. The whole world is better when we sing. So let's sing forever, hold our hands together, make the whole world better come and sing."—Wallace Hornady

~Phil Radtke, Cantor



## THIS WEEK

### TUESDAY, AUGUST 26—WORSHIP READINGS STUDY

Join Pastor David 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, AUGUST 27, 7:00 P.M.—CHRIST BE OUR LIGHT: CHANTING THE PSALMS IN HOPE

Join Ann Schrooten on Wednesday evenings to lean into the ancient practice of chanting the psalms. Ann says, "In the coming days and weeks, our intention will be to sing through all 150 Psalms in order, beginning to end." *Note: Beginning September 4, this group will meet on Thursdays at the same time.*

### WEDNESDAY, AUGUST 27—OUTDOOR YOGA WITH JAMES

James Orione believes that creating a space for everybody is very important. Society places many expectations and roles as to how, what, when, where, and why you are doing something instead of simply being. Through conscious movement connected to breath, you have an opportunity to learn how to be in this moment. Yoga is an opportunity to create, rediscover, and connect to the experience of being human and overcome the obstacles that stand in your path. Join us! Each 90-minute class begins at 7:00 p.m.

### RACIAL JUSTICE COMMITTEE HOSTS DISCUSSION

#### THURSDAY, AUGUST 28, 5:30-7:00 P.M.

Turbulent times in our country challenge most of us and we look for signs of hope and potential for meaningful actions. While we know there are no quick fixes we watch for actions to make our nation more humane. What can I do, how will I find courage to act and when do I need to stay silent for my own safety?

Join us for a conversation about these questions on August 28 from 5:30 to 7:00 p.m. at Becketwood Undercroft Chapel with pizza and drinks provided. To get to Undercroft Chapel, enter Becketwood (4300 W. River Pkwy.) from River Pkwy. Turn left into the parking lot; the chapel is off of the parking lot. You do not need to enter the main building to access the chapel. If you have time, read the [short article](#) by Cameron Trimble before the meeting. Printed copies are available in the Community Room.

## EXTRA NOTES

### SCHOOL SUPPLIES FOR LONGFELLOW STUDENTS

As school supplies go on sale, please think of Longfellow teen moms. Our goal is to fill 50 backpacks and donate them to the students at Longfellow High School. A good backpack is necessary since it also serves as a diaper bag.

Each backpack should be filled with 3 spiral notebooks, 3 folders, pens, pencils, erasers, pencil sharpener, highlighters, markers, colored pencils, scissors, hair ties, comb and hairbrush, hand sanitizer, lip balm, wipes, and a water bottle. The filled backpacks can be dropped off at the church office or on Zoe Martinez's porch by Friday, August 29. For More information, contact Zoe.

## SAVE THE DATE

### BRIGHT STARS OF BETHLEHEM VIRTUAL GALA SEPT. 6

You are invited to join others in the Twin Cities for the Bright Stars of Bethlehem 6<sup>th</sup> annual virtual Gala! Enjoy the evening on Saturday, September 13, with new friends who strive to raise awareness and support for Dar al-Kalima University in Bethlehem, the first and only university of arts and culture in Palestine. All are welcome to the Watch Party at Edina Community Lutheran Church, 4113 W. 54<sup>th</sup> Street, Edina, Minnesota. Hosted by the Bright Stars of Bethlehem-Minnesota team. Doors open at 6:00 p.m. CDT for Palestinian appetizers, a short film by a DAK student, and conversation. The virtual Gala begins at 7:00 p.m., and the evening concludes by 8:30 p.m. Free parking is available in lots on both east and west sides of the building and on street. RSVP to Kathy Showalter Fiscus ( [kshowalter@planscapepartners.com](mailto:kshowalter@planscapepartners.com) / 612-599-4593 ) by Wednesday, September 10. Individuals can also participate in the virtual Gala from home by registering with Bright Stars online at <https://www.brightstarsbethlehem.org/gala>

### SUNDAY, SEPTEMBER 7—FAITH FORMATION (SUNDAY SCHOOL AND CONFIRMATION) KICK OFF

*Breakfast & Play / 8:30 a.m.*

Join us in the gym cafeteria for a light breakfast and hot coffee starting at 8:30 a.m. Children are welcome to play in the gym during this time. Please note: Adult supervision will not be provided, so parents and caregivers are expected to stay with their children until 9:00 a.m.

*Faith Formation / 9:00–9:50 a.m.*

- *Opening Time (9:00 a.m.):* All Sunday School and Confirmation students will begin together in the gym. *(This does not include Godly Play participants.)*
- *Godly Play (ages 4–5):* Meets in the second-floor education suite from 9:00 to 9:50 a.m.
- *Trinity Village (grades K–5):* Meets in the second-floor education suite from 9:20 to 9:50 a.m.
- *Confirmation (grades 6–9):* Meets in the fourth-floor Sky Room from 9:20 to 9:50 a.m.

### RENEWAL SUNDAY CELEBRATION SEPTEMBER 7

After worship, join us on the front lawn for a joyful celebration to kick off the new program year! There will be something for everyone: a bounce house, face painting, breakfast and carne asada tacos, music, and plenty of fun. Whether you've been coming for years or are brand new, come be part of the joy and community. All are welcome!

### WEDNESDAY EVENING MEALS

If you would like to help provide a Wednesday evening meal for children and youth (and parents) attending choir, bell rehearsals, or supervised play time, please sign up in the Community Room. For more information, talk to Pastor David.



### MINNEAPOLIS DEMOCRACY CENTER:

#### UPCOMING ENGAGEMENT

You are invited to an open house for the Minneapolis Democracy Center!

- Monday, August 25 | 5:30 - 8 p.m.
- Historic Coliseum Building, 2708 E Lake St., Minneapolis
- Doors open at 5:30 p.m., presentations begin at 6.

Food and refreshments will be served

Here's what you can expect:

- **Design update:** LSE Architects will share an update on the plans for the Election & Voter Services offices.
- **Community space presentations:** Two organizations, Change Inc. and Mama Sheila's House of Soul, will present their ideas for the Democracy Center's community space.

#### Background

[In April](#), the City Council unanimously approved a contract with LSE Architects for architectural, engineering, construction administration, and cost-estimating services. The Minneapolis Democracy Center will house Elections and Voter Services as well as a large, ground-floor space for community partner use. This will include the Early Vote Center, offices for election staff, flexible space for election-related equipment and supplies and up to 8,000 square feet space available for lease to a community partner. The City's [community engagement](#) efforts found 70% of respondents living within the 3rd Precinct support plans to create the Minneapolis Democracy Center. The project is anticipated to move into construction in Q1 2026.

#### Next Steps

After the presentations, you'll have a chance to ask questions and take a survey to share your opinion on the two community-use proposals. If you can't make it to the open house, the survey will also be available online for a few weeks after the event.

#### Learn more

To learn more, visit the following webpages.

[Visit the Minneapolis Democracy Center webpage](#)

[Sign up for Minneapolis Democracy Center updates](#)

### ADULT FALL RETREAT OCTOBER 5-7, 2025

The Adult Retreat will be held at the Benedictine Center of St. Paul's Monastery in Maplewood from October 3 to 5. Our theme this year is "Building community starts with belonging. What are we called to do in response?" The rooms have two beds; shared rooms are preferred (two people to a room with a shared bath). \$110 total for the weekend for room and meals. Single rooms are an option (\$50 per night) after double rooms are filled. Scholarships are available. See Pastor David. Sign up in the Community Room by September 14.



## WORSHIP PARTICIPANTS FOR SUNDAY, AUGUST 24, 2025, 10:00 AM

<b>Preacher</b>	Ingrid Rasmussen (she/her)
<b>Presiding Minister</b>	Ingrid Rasmussen (she/her)
<b>Cantor</b>	Drew Lindorfer (she/her)
<b>Altar Guild</b>	Roberta Shaw (she/her)
<b>Crucifer</b>	Tre Tellor (he/they)
<b>Assisting Minister</b>	Nicki Hines (she/her)
<b>Communion</b>	Carol Masters (she/her), Linda Berglin (she/her), Sean Gosiewski (he/him), Zoe Martinez (she/her)
<b>Ushers</b>	Alan Libra (he/him), Chris Engen (he/him), Chuck Jordan (he/him)
<b>Coffee Servers</b>	Join us for an all-congregation picnic at Wabun Park
<b>Counters</b>	Deb Helmelt (she/her)
<b>Closer</b>	Bob Hulteen (he/him)
<b>Video Operator</b>	Bob Hulteen (he/him)



Another Holy Trinity BWCA trip has wrapped up. Thanks to Sean Gosiewski for sharing his photos.

## PARISH EVENTS AUGUST 24-30, 2025

Sunday, August 24	9:00 AM	Pop-up Choir Rehearse in the Sanctuary
	10:00 AM	Worship Service of Holy Communion
	11:00 AM	All-congregation picnic at Wabun Park
	12:00 PM	Swahili Service
Tuesday, August 26	11:00 AM	Worship Readings Discussion
Wednesday, August 27	7:00 PM	Christ Be Our Light: Chanting the Psalms in Hope
	7:00 PM	Yoga with James
Thursday, August 28	5:30-7:00 PM	Racial Justice Discussion at Becketwood

### 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](#).

