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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.

## Reflections on the Spiritual Practices Work Group

During the month of November, ten women and two facilitators engaged in a spiritual practices group that came out of requests from church members wanting to explore different ways to tap into and express their faith. Through four sessions, we learned about and then practiced: Lectio Devina, the Prayer of Examen, Walking a Labyrinth, and a Community Spiritual Practice.

Experiencing new and revisiting familiar practices enabled us to focus on what we consider our spiritual practices or routines, what we can do to refresh or add more life to our faith life, and how sharing on a deeper spiritual level is a powerful way to be connected to others and to know ourselves more fully. Comments from group participants speak to the value of this group:

"Walking the labyrinth at Como Park on a frigid and windy Sunday afternoon, I experienced the gift of slowing down my walking and of also trusting that I would not get lost, as there is no way to screw it up if you just keep putting one foot in front of the other. We shared the experience communally but in silence, which was powerful."

"I especially enjoyed the exercise of Examen and sharing what came out of that. It was also very meaningful to share our faith story in pairs."

"In these times when daily news cycles keep bringing challenges to any sort of mental stability, spiritual practices gain an increasing relevance. I found the learnings powerful: it was a gift to share deeply with a small group that included strangers (to me), church acquaintances and friends for decades—on faith topics that are not usually talked about. I return from time to time to the exercise of the Prayer of Examen, where we considered matters of importance to our spirit, such as what enlivens us, where we "belong," what we do for—and how we express our love for—others, and how we understand where we are loved."

"I loved learning about the practices, getting to share our stories, and the extra treat of learning about *zines*." (One of our group members created a wonderful 'zine' about prayer.)

Everyone brought their authentic self to this group and many expressed an interest in continuing a spiritual practices group of some form in the future, so stay tuned...

~Marge Higgins, co-facilitator with Nicki Hines

## THIRD SUNDAY IN ADVENT

### 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.

#### DECEMBER 14 ADVENT HYMN SING

So many hymns, so little time! We'll use the forum hour to get a few more Advent hymns in before the season is over and we might even preview a favorite Christmas carol or two if requested. Join us in the Bartsch Room this week.

#### DECEMBER 21 INTERGENERATIONAL COOKIE DECORATING

Join us in the Community Room for a fun *intergenerational* event as we decorate cookies together! All supplies will be provided—just bring your creativity and sweet tooth. This joyful gathering will take the place of both the Adult Forum and Children, Youth, and Family education this week. All ages are welcome to come share in the fun, connect with others, and enjoy a sweet start to the season.

### MAKE YOUR YEAR-END GIFTS

We invite you to plan for and make your final contributions for the current fiscal year at this time. Please allow for additional processing time with consideration to the holiday season if you are anticipating requesting funds from retirement accounts. This will give us all adequate time to deposit and post gifts before the close of the tax year and also get year-end statements out to you in a timely manner. Thank you so much for all you share with Holy Trinity!

### COMMITMENT CARDS FOR 2026

We invite members and friends to consider making a financial commitment to the mission and ministry of Holy Trinity for 2026. Your gifts will allow us to support our dedicated staff, offer our space for community use, sustain our commitment to neighborhood recovery, and continue organizing for the wellbeing of all—especially in divisive times. You may pledge online or by filling out one of the pledge cards found in the Community Room.

### HOLY TRINITY SEEKS CYF MINISTRY COORDINATOR

The Children, Youth, and Family (CYF) Ministry Coordinator will work in collaboration with the Associate Pastor and provide organization and leadership for children's faith formation and support for youth programs and events throughout the year. Candidates will work consistent with the congregation's values. Learn more at <https://htlcmpls.org/site/wp-content/uploads/2025/11/Children-Youth-and-Family-Ministry-Coordinator.pdf>

## THIS WEEK

### CHILDREN'S PROGRAM REHEARSALS DECEMBER 13 AND 14

On Saturday, December 13, children and youth will gather in the sanctuary from 9:00-11:00 a.m. to practice lines, sing their songs, and try on their costumes for their annual Advent program. Caregivers should arrive for pick-up at 10:45 a.m.

On Sunday, December 14, children and youth will gather in the sanctuary from 9:00-9:45 a.m. for a final rehearsal of lines, songs, and costuming before we perform the Advent Program for the 10:00 a.m. worship service.

### MATILDA JR. THE MUSICAL—DECEMBER 13 AND 14

Holy Trinity Youth, Annika Lindorfer and Francis Kelly are part of the cast of Matilda Jr. The Musical. Performances are Friday, December 12 and Saturday, December 13, at 7:00 p.m. with seating at 6:30 p.m. at Sandford Middle School, 3524 42nd Ave. S. You can find more information at:

<https://www.projectsucccess.org/register/musicals/>

### INVITATION FROM PASTOR DOUG

I would like to invite you to consider joining me in leading Holy Trinity's participation in a statewide (and national) faith-based effort to resist authoritarianism. Powerfully led by ISAIAH, a state-wide organization of faith communities, this effort aims to organize tens of thousands of people of faith across Minnesota onto a path of resistance that will include a major march on the afternoon of Palm Sunday and a national mobilization to Washington, DC, on the 4<sup>th</sup> of July.

Join me for *A Light in the Storm: Agenda Launch and Anti-Authoritarianism Strategy Training* from 1:00-6:00 p.m. on **Saturday, December 13**, at the Minneapolis Convention Center. This event will include thousands of people of faith from across the state and will set the path for the next year. I would love to have at least 5 members from Holy Trinity with me for that day, though I know it is a big ask in a busy season. Thanks for considering this invitation!

### VOLUNTEERS NEEDED FOR WEDNESDAY, DECEMBER 17

We are looking for volunteers to help with set up for soup supper on December 17. Sign up in the Community Room.

### SOUP SUPPER AND LONGEST NIGHT EVENING PRAYER SERVICE WEDNESDAY, DECEMBER 17

Please join us on Wednesday, December 17, for soup and mac & cheese from 6:00-6:50 p.m. in the Community Room. Free-will donations are accepted. The community then gathers at 7:00 p.m. for the Longest Night Service of Holden Evening Prayer in the candlelit Sanctuary, where we sing and hear God's story read aloud. Children's Choir and Cantate will rehearse together from 5:45 to 6:30 p.m.

### THURSDAY, DECEMBER 18—ENCORE! AT TURTLE BREAD

Encore! meets monthly at 8:00 a.m. at Turtle Bread (4205 E. 34<sup>th</sup> St.). No sign up necessary. Talk to Pastor David if you need a scholarship.

### THURSDAY, DECEMBER 18, 7:00 P.M.

#### CHRIST BE OUR LIGHT: CHANTING THE PSALMS IN HOPE

We will have our final meeting on Thursday, December 18, at 7:00 p.m. in the Sanctuary. On that evening we will be chanting Psalms 141-150, thus completing what we set out to do last July 16: to sing our way through the entire Psalter. What a journey it has been, and I thank everyone who has taken part in this amazing project! ~ Ann Schrooten

### MIDWINTER CELEBRATION IN LONGFELLOW — DECEMBER 21

Longfellow Rising invites the community to a Midwinter Celebration on Sunday, December 21, from 3:30-5:30 p.m. Together we will welcome the Winter Solstice with light, movement, art, and connection.

The event begins at Holy Trinity Lutheran Church (2730 E 31st St) before continuing in a gentle procession to the Hi Lake mural and onward to the plaza between Moon Palace Books and Pangea World Theater. Along the way, participants can expect song, poetry, shared warmth, and hot beverages. The evening concludes inside Pangea with drinks from around the world.

Most activities will take place outdoors, weather permitting. Please dress warmly and bring anything that helps you move comfortably. If you need support at any point, assistance is available at [longfellowrising@gmail.com](mailto:longfellowrising@gmail.com) or 612-487-8109.

### VOLUNTEERS NEEDED FOR MIDWINTER CELEBRATION

To make this celebration welcoming and smooth for all, we are seeking volunteers for a variety of roles, including:

- Welcoming people as they arrive
- Handing out tea lights
- Leading or tailing the procession
- Traffic monitoring (vests provided)
- Setting up luminaria (paper bags with sand) at the Plaza
- Helping set up the Pangea space and beverage bar
- Serving hot drinks at Pangea
- Cleaning up at the Plaza and at Pangea
- Hauling garbage/compost to receptacles
- Escorting people back to the church if needed

If you can help, please sign up in the Community Room. Your presence helps create a safe, warm, and joyful night for the whole neighborhood. Thank you!

## ~ 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 **Dorothy Kelly**; Kathy Ekwall's friend, **Mark Caffrey**; **Nikki Randolph-Martinez**; **Carol Kelly**; **Mary Petersen**; Mary Petersen's friends, **Jean Ebrahini** and **Lenny Garber**; **Mary Heltsley**; Tre Tellor's mom **Jill**; **Tina** and **Neela**; **Rick Lathrop**; Karen Batdorf's sister **Marie**; **Mike Kelly**; **Josie Tober**.

## SAVE THE DATE

### WEDNESDAY, DECEMBER 24—CHRISTMAS EVE WORSHIP

We will gather for worship at 4:00 p.m. and 9:00 p.m. on Christmas Eve. Please join us for a family-friendly service at 4:00 p.m. featuring members of the Children's Choir and Cantate and a service led by the Adult Choir at 9:00 p.m.

### THURSDAY-FRIDAY, DECEMBER 25-26—CHURCH OFFICE CLOSED

The church office is closed, so that staff can spend time with their friends and families.

### DECEMBER 29-31, JANUARY 2—HOLY TRINITY DELIVERS MEALS ON WHEELS

Holy Trinity volunteers will deliver meals for South Minneapolis Meals on Wheels on Monday-Wednesday and Friday, December 29-31, January 2. Volunteers pick up meals at 11:15 a.m. at Nokomis Square (50<sup>th</sup> St. and 35<sup>th</sup> Ave. S). Meal delivery takes about one hour. Contact Mary Engen to sign up for part or all of the week.

### SUGARCANE SHOWING SUNDAY, JANUARY 18, 11:30 A.M.

Please join us in the Bartsch Room on Sunday, January 18, at 11:30 a.m. for a showing of the award-winning debut feature documentary from Julian Brave NoiseCat and Emily Kassie. *Sugarcane* is a groundbreaking investigation into an Indian residential school. More information to follow. Sign up in the Community Room.

## ADDITIONAL NOTES

### LONGFELLOW SCHOOL REQUEST AND THANK YOU

A sincere thank you to all who donated clothes for Longfellow School, your kindness is greatly appreciated! They have received enough clothes donations, but are looking for assistance with diaper donations (sizes 4, 5, and 6) and mittens and gloves. Donations can be put in a box in the Community Room.

### PASTOR DAVID PREPARES FOR SABBATICAL—DECEMBER 31, 2025-MARCH 25, 2026

Sabbaticals are a benefit extended to all staff at Holy Trinity, and I am grateful for and looking forward to mine! For me this will be a time of leaning into rootedness, connecting with heart languages, and traveling to places where friends and family live. I am sure that this time away will allow me to return re-energized for all the faithful work we do in our community. During my time away, the committees I relate to will be able to call on one of the pastors for their needs. The Children and Family Committee, the Youth Committee, the AMMPARO/Immigration Committee, and the Music in the Garden Committee will relate to Pastor Doug. The Nurturing Relationships Committee, the Caring for Creation Committee, and the Palestine/Israel Committee will relate to Pastor Ingrid.

We are actively interviewing candidates for the Children, Youth, and Family Coordinator position. It is our hope that this new individual will be able to take on the roles of guiding Sunday School teachers, leading Confirmation, and helping during Wednesday evening gatherings. We will update the congregation with pertinent information as we are able.

Thank you for making sabbaticals a priority at Holy Trinity!

### BYSTANDER INTERVENTION TIPS IN MOMENTS OF CONFLICT

Can you remember a time when you witnessed conflict and were confused about how and if you should act? You see a child bullying another child at a playground. You observe racial harassment in a traffic stop. You hear a Spanish speaking neighbor and citizen confronted by ICE. Is it best to keep your distance or try to intervene? There are no easy answers. But there are some options for taking action to consider.

Many community agencies offer training on how to **be** a helpful observer in conflictual situations and, when appropriate, take action to reduce the tensions or harm that can come to a victim. You may want to attend one of these trainings, but even if you can't do that there are steps you can **take** with bystander intervention. One resource is Bystander Observation and the "Five Ds."

The link below offers some tips helpful for bystanders. The link could be useful to you at school, at work, in your family or in your community.

~Holy Trinity Racial Justice Committee

<https://righttobe.org/guides/bystander-intervention-training>

### DATA CENTER PETITION NEEDS YOUR SUPPORT

The rapid proliferation of AI technology requires the construction of massive data centers throughout our country (and the world). What is just becoming evident is the massive drain these centers are on energy and resources. The centers already constructed are using water and electricity equivalent to a quarter of a million households! What a drain on the community and state hosting them.

Third Act Minnesota and a consortium of climate and environmental groups want the state legislature to enact legislation requiring a thorough Environmental Impact Report before centers are approved in Minnesota.

We urge you to sign a petition asking for just that! And we are aiming for at least 10,000 signatures by December 20 when the petition must be submitted to the governor's office.

I will be at the next 3 fellowship hours after worship with more information on this issue as well as the invitation for you to sign the petition. Come and seek me out!

~ Dennis O'Brien



### CHRISTMAS POINSETTIAS

If you would like to sponsor a poinsettia for the altar area at Christmas, please contact the church office (612-729-8358 or [office@htlcmpls.org](mailto:office@htlcmpls.org)). Cost is on a sliding scale from \$0-30. Donate according to your ability. The Christmas Eve bulletins will list the names of sponsors and the loved ones they are remembering or honoring.





## WORSHIP PARTICIPANTS FOR SUNDAY, DECEMBER 14, 10:00 AM

Preacher	Holy Trinity Children and Youth
Presiding Minister	David Larson-Martínez (he/him)
Altar Guild	Ginny Jordan (she/her), Mary Engen (she/her)
Crucifer	Noah Hines (he/him)
Assisting Minister	Bea Martin (he/him)
Communion	Ben Hanson (he/him), Emma Murray (she/her), Will Hansen (he/him), Kris Christians (she/her), Sean Gosiewski (he/him)
Ushers	Chris Engen (he/him), Chuck Jordan (he/him), David Broberg (he/him)
Coffee Servers	Deb Anderson (she/her)
Counters	Deb Helmelt (she/her)
Closer	
Video Operator	Jeff Weiss (he/him)

### THANK YOU TO ALL WHO HELPED WITH THE YOUTH ADVENT BAZAAR LAST SUNDAY!

Over \$3,500 was raised for upcoming youth trips and events. Special thanks to the youth and adult leaders for setting up and helping at the sale, and to all those who donated baked goods, handmade items, or money for the Holy Trinity Youth.

## PARISH EVENTS DECEMBER 14-20, 2025

Sunday, December 14	8:30 AM	Family Coffee Hour
	9:00 AM	Children and Youth Rehearse in Sanctuary
	9:00 AM	Adult Forum in the Bartsch Room
	10:00 AM	Worship Service of Holy Communion
	12:00 PM	Swahili Service
Monday, December 15	6:30-8:00 PM	Adult Choir Rehearsal
Tuesday, December 16	11:00 AM	Worship Readings Discussion
	6:30 PM	Executive Committee
	7:00 PM	Church Council
Wednesday, December 17	5:45-6:30 PM	Children's Choir and Cantate Rehearse
	6:00-6:50 PM	Advent Supper
	7:00 PM	Longest Night Service
	7:00 PM	Gloria Ringers and Jubilation at Becketwood
Thursday, December 18	8:00 AM	Encore! At Turtle Bread
	7:00 PM	Chanting of the Psalms

### 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](#).

