



HOLY TRINITY GATHERS ON THE SACRED LAND OF THE DAKOTA PEOPLE

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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.

## Loving Each Other Through the Messiness

A few weeks ago on a Saturday morning, Pastor Ingrid posted a portrait her sweet and talented daughter had drawn of her and commented that she keeps showing her that love is the only way through this. That statement made me think of my sabbatical. Since being back, I haven't had much time to reflect, as the actions of ICE had already started creeping into the city. How I spent my time seemed irrelevant. But as I read Ingrid's post, I was looking at the tattoo on my wrist... the word love over the top of messy red ink and that reminded me that how I spent my time was relevant.

While on sabbatical, I road tripped through all 48 contiguous states, visiting state capitals. Early in the trip, while at the capital in Dover, Delaware, I met a Native American woman who worked there named Jan Running Dove. She is a descendant of the two tribes that welcomed the first Europeans to America. We talked for quite a while. She told me about her mom, who had passed a few years ago and these "love" notes she would send to people. She told me about her brother (Bruce Little Drummer) who had recently died unexpectedly. She shared that he brought some of their tribe into the capital to dance for the House and Senate. She encouraged all of them to get up and dance, but she said if they weren't willing to do that, they had to at least hold hand across the aisle, they did. When the presentation was done, the governor asked if there was anything he could do for their tribe, her brother said, with a big smile, "yes, give us our land back." She said they all laughed, but they all recognized that it is a serious issue. Before I left, we talked more about her mom and the love notes, she showed me pictures of her brother and other meaningful photos. In those moments, we shared some deep and meaningful truths about ourselves, the current political climate, but most importantly, we shared love. That set the tone for the rest of my sabbatical. I left there feeling inspired and uplifted by this woman's courage and resilience. The phrase we must love each other through the messiness stuck in my head.

I found so many examples of love while on my journey. When I arrived at the capital in Connecticut, it was evening and there was music on the plaza, families and children were dancing and listening among unhoused neighbors, sharing joy and love. The day I visited the Vermont Capitol it was pouring, on a Sunday afternoon, the building was

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## PRESENTATION OF OUR LORD READINGS

*Malachi 3:1-4; Psalm 84: 2-3, 5-6, 9-10;  
Hebrews 2:14-18; Luke 2:22-40*

## 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.

**February 1 "Let's Repeal Minnesota's Anti-Boycott Law"**

**MN BDS Community Presenters**

**Rev. John Darlington and Sanna Towns**

The MN BDS Community (Boycott, Sanctions, Divestment) has worked with fellow organizations and faith communities to address Israel's oppressive occupation of Palestine and apartheid against Palestinians. A particular grievance of our community is the MN Legislature's passage of a 2017 law restricting vendors in contracting with the state, specifically disallowing boycotts of Israel. What is at stake? Our First Amendment rights of freedom of speech, freedom of protest! Attend the Adult Forum, learn about the two Repeal bills in the Senate and the House, and find out how you might contribute to this effort.

**February 8 Pancake Breakfast (no Adult Forum today)**

## ~ 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 **Darren and Sarah; Paul Ramsour; Merlin Wells; Wilson Murray; Dorothy Kelly; Nikki Randolph-Martinez; Carol Kelly; Mary Petersen;** Tre Teller's mom **Jill; Tina and Neela; Rick Lathrop;** Karen Batdorf's sister **Marie; Mike Kelly; Josie Tober; Stella Townsend; Angel Blanco;** all people deeply hurt and affected by ICE activity.

closed. I debated on getting out of the car to walk around, but I did. I met 3 same sex couples that had made the trek from different parts of the country to visit the first state to enact same-sex marriage through a vote of the legislature rather than through a court ruling.

I visited the Martin Luther King Jr. memorial in Washington D.C, where the words "Out of a mountain of despair, a stone of hope" are inscribed. I stopped at the Nation's capital, despite the National Guard occupation there, I talked to "No Kings" demonstrators. I briefly joined a rally as an observer across from the White House, demonstrators chanting and holding signs. I stopped in New York at the 911 memorial and observed as loved ones hugged and touched the name of someone they had lost. I watched one woman carefully and prayerfully touch each name as she walked along the memorial. I found myself in Oklahoma at the Oklahoma City Bombing memorial standing in front of a tile wall, reading messages and pictures children had made the tiles, showing love and support.

When driving through Missouri, I was able to visit the grave of a friend for the first time who died in a car accident in 1985 when we were just 14. I found where her mom now lives and stopped to see her and other family members.

All of these examples of love inspired me to get a tattoo while on my journey, the one I described, the one in the photo. The lettering is the handwriting of Jan Running Dove's mother from her love notes. The messy red ink beneath is the reminder that life is messy, love is messy, all of it is messy and we must love each other through the messiness.



In the past weeks, even months, amidst the chaos and heart-break, we have seen so many signs of love. I've taken calls and read emails from all over the country, even from other countries of people offering support, prayer, and love.

A mother of a 2<sup>nd</sup> grader in Colorado called, her daughter put together care packages for kids that may be scared, kids whose parents may have been taken by ICE, kids that need to know someone cares, they are shipping those care packages to HT to distribute. Some of our own youth donated their allowance money to the Immigration Justice Fund. Members are dropping off baked goods for the staff. Strangers are sending stacks of cards for the pastors and congregation offering words of gratitude, encouragement, and support. Someone sent pastor Ingrid a stack of Penzeys Hug Blankets. Random neighbors are dropping off donations of money, groceries, clothing, offering translation services, cleaning services, and more. What does loving each other through the messiness look like? This, all of this! And that is what gives me hope. Hope that we can find a better way, hope that we can understand, it doesn't have to be this hard, hope that families can be reunited, hope that no more life needs to be lost. Love is the only way forward. Let's continue to love each other through the messiness.

~ Kathy Ekwall

## THIS WEEK

### AARP TAX AIDE—FEBRUARY 2-APRIL 8

AARP Tax Aide will again be available at Holy Trinity to provide assistance with 2025 tax preparation for seniors and low-income taxpayers. Tax assistance is available at Holy Trinity on Mondays and Wednesdays beginning Monday, February 2, 2025, and running until Wednesday, April 8. The procedures necessary to receive tax assistance will be the same as those used in 2025. The steps to take are described below. You will need an appointment to have your tax documents prepared at Holy Trinity. Call **612-567-2368** between the hours of **9:00-11:00 a.m. or 1:00-3:00 p.m. Monday through Thursday**. Please have your 2024 tax return available.

### TUESDAY, FEBRUARY 3—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 4—MEAL, OPEN GYM AND ENSEMBLE REHEARSALS

- Community Meal (5:00-6:00 p.m. in the lunchroom)
- Supervised open gym (6:30-8:00 p.m.)
- Jubilation rehearsal (5:45-6:30 p.m.)
- Children's Choir rehearsal (5:45-6:45 p.m.)
- Gloria Ringers rehearsal (6:30-8:00 p.m.)

Whether or not you're involved in music-making, the weekly meal and gym time are open to all and have become a beloved part of our shared life together. You're invited to come enjoy good food, connect with others, and simply be part of the community. Some parents also gather at Arbeiter Brewing during this time for conversation and connection over a beer or non-alcoholic drink. You're welcome to join there too! For more information on ensemble and solo opportunities, please reach out to Cantor Phil Radtke.

### HOLY TRINITY X ARBEITER COLLAB—JOIN US FEBRUARY 4 FOR KICKOFF

With so much happening right now, we know many of us are longing for opportunities to gather, connect, and create something together. On **Wednesday, February 4, from 6-7 p.m.**, Holy Trinity is kicking off an exciting new collaboration with **Arbeiter Brewing** as part of our Our Deepest Belonging, aka Lilly Grant project. We'll gather at Arbeiter to meet their head brewer, learn about the brewing process, and begin dreaming about a Holy Trinity beer to be brewed for Easter, with ideas for a Pride beer to follow. This is an informal gathering—no brewing knowledge required! We have space for about 15-20 folks, so RSVPs are encouraged. Sign up by talking with Dave Herrera, or add your name on the sign-up sheet in the Community Room. We'd love to have you be part of the beginning of this fun and meaningful partnership.

## SAVE THE DATE

### FEBRUARY 2026: BOOK GROUP WITH PASTOR INGRID

This season, our whole congregation is invited into a transformative book study on *The Power of Bridging: How to Build a World Where We All Belong* by John A. Powell. Drawing from years of research and community practice, Powell offers a hopeful, practical vision for healing divides and nurturing belonging in a fragmented world. Together, we'll explore what it means to "bridge" across differences and try simple, meaningful actions that strengthen connection in our daily lives.

Across the region, thousands of people have already joined this growing movement through the Bush Foundation's book club, and we're excited to add our voices to the conversation. Whether you're eager to deepen relationships, strengthen our communal life, or practice new ways of engaging across difference, this study will offer inspiration and tools for the journey. Copies of the book have been provided by the Bush Foundation and distributed to Holy Trinity members. A few extra copies are available in the Community Room for friends and visitors who'd like to join the book read.

### PANCAKE BREAKFAST SUNDAY, FEBRUARY 8

We are holding the annual pancake breakfast from 8:30 a.m. to 12:00 p.m. this day. Confirmation students and their families will host the event. This will be a fundraiser for youth service/learning/fun trips. Tickets are \$10 and will be on sale at the Annual Meeting, as well as at the door on the day of the event. Please consider volunteering!

### BIG MEETING AFTER WORSHIP SUNDAY, FEBRUARY 8

Curious about getting involved at church? Join us for Big Meeting Sunday on February 8. After worship, we'll gather in the Bartsch Room for lunch and committee meetings from 11:20 a.m.–12:30 p.m. (lunch provided). Everyone is welcome—whether you're on a committee already or simply interested in learning more. The first 10 minutes will include a shared congregational update, followed by committee conversations. Big Meeting Sundays happen on the second Sunday of each month.

### HOLY TRINITY DELIVERS MEALS ON WHEELS FEBRUARY 9-13

Holy Trinity volunteers will deliver meals for South Minneapolis Meals on Wheels Monday-Friday, February 9-13. Volunteers pick up meals at 11:15 a.m. at Nokomis Square (50<sup>th</sup> St. and 35<sup>th</sup> Ave. S.). Delivery takes about one hour. Contact Mary Engen to sign up for part or all of the week.

### THURSDAYS, FEBRUARY 12 AND 26—EXPLORE SPIRITUAL PRACTICES – WINTER SMALL GROUP

Are you looking to deepen or refresh your spiritual life this winter? Join us for a four-week small group exploring a variety of spiritual practices—simple, grounding ways to connect more fully with God in everyday life.

Led by Grace Basler and Julie Cahoy, this group will meet every other Thursday in January and February. Meeting Dates: January 15, January 29, February 12, February 26.

Each session will include time for reflection, sharing, and trying out a different practice together. Whether you're new to spiritual practices or hoping to grow, all are welcome.

### FAMILY RETREAT AT HUDSON YMCA IN HUDSON, WISCONSIN, FRIDAY-SUNDAY, FEBRUARY 13-15

Join us for a weekend of rest, renewal, and family-friendly fun with church members of all ages!

Sign up in the Community Room by January 28. The cost is \$50 per person, but there are scholarships available! Simply chat with Pr. Doug. You will be expected to drive yourselves, but carpooling can be arranged!

### SILENT RETREAT AT PACEM IN TERRIS THURSDAY-SATURDAY, MAY 14-16

Cost: \$280 (includes a basket of breads, cheese, and goodies to eat in your hermitage)

Participants will experience gentle structure for prayer, sitting or walking meditation, journaling, and unhurried rest. Free from small talk, eye contact, and digital interruption, retreatants often discover moments of unexpected grace. To participate, participants need to arrive by 4:00 p.m. on Thursday, May 14. *We have space for one more participant; sign up in the Community Room.*

### REGISTRATION FOR CAMP WAPO SUMMER CAMP OPEN

Camp Wapo Summer Camp registration opens January 15. Lake Wapogasset Lutheran Bible Camp (Camp Wapo) is an ELCA-affiliated camp in Wisconsin that has provided a positive camp experience for many Holy Trinity kids. As with most partner organizations, Holy Trinity does not design the curriculum or program, and elements may not always perfectly align with all of Holy Trinity's theological commitments.

Holy Trinity has reserved guaranteed spots for January 15–February 15. After February 16, any unused spots will be released to the waitlist and general public. Reserved weeks and spots:

- Wapo Youth (completed grades 4–9): August 2–7, 2026 (8 spots)
- Wapo Seeds (completed grades 1–3): August 7–9, 2026 (5 spots)

To register for the correct week and program, please use our church-specific registration link (active January 15):

<http://lwlbc.com/holytrinity-mpls>

New this year, Camp Wapo is piloting an optional all-gender housing option for campers in the same age group. Families who choose this option will have their camper placed in a cabin with peers of the same grade grouping, regardless of gender. Traditional boys' and girls' cabins will remain available. All-gender housing is opt-in only and must be selected during registration.

Questions? Contact Katie Schroeder.

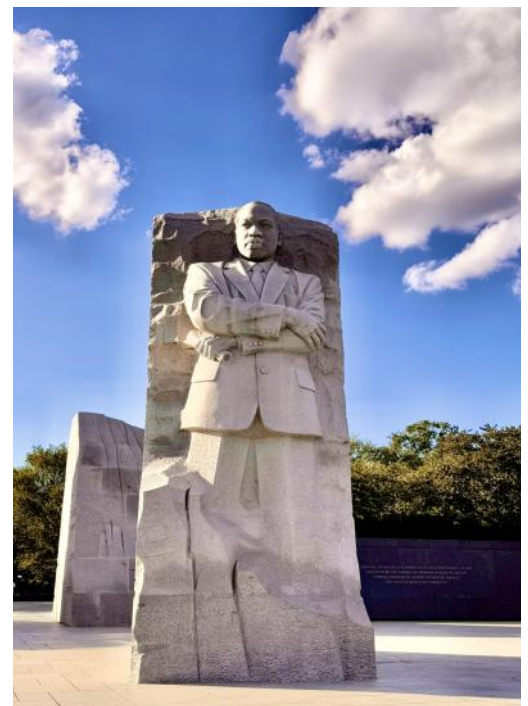
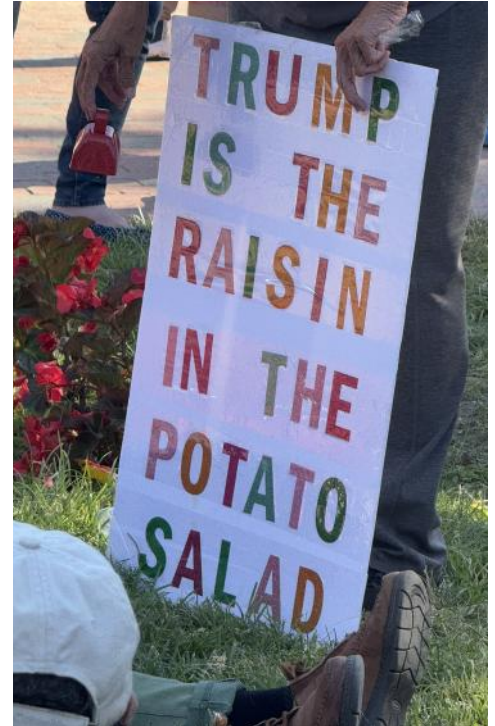
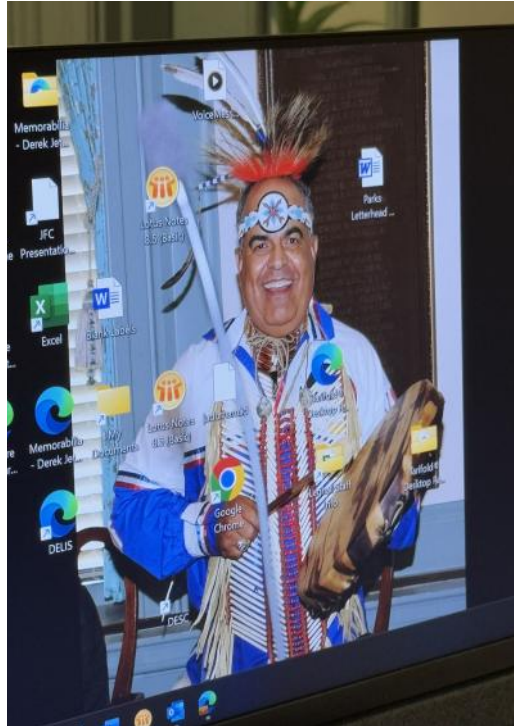
### WEDNESDAY, FEBRUARY 18—ASH WEDNESDAY AT 6:00 P.M.

As the days slowly lengthen, we begin the holy season of Lent. The ashes we receive on our foreheads remind us that we, along with all of creation, are dependent on God's grace. A service with the imposition of ashes will be held in the sanctuary at 6:00 p.m. Please note: We will not have a soup supper tonight; those will begin next week. We are moving Ash Wednesday worship one hour earlier so that our younger members can participate more easily. The Adult Choir will share music at the 6:00 p.m. worship service.



# PARISH INFORMATION

## A FEW PHOTOS FROM MY JOURNEY





## WORSHIP PARTICIPANTS FOR SUNDAY, FEBRUARY 1, 10:00 AM

|                           |   |
|---------------------------|---|
| <b>Preacher</b>           | Doug Mork (he/him)  |
| <b>Presiding Minister</b> | Ingrid Rasmussen (she/her)  |
| <b>Guest Oranist</b>      | Brad Althoff (he/him)   |
| <b>Cantor</b>             | Cathy Alpizar (she/her)   |
| <b>Altar Guild</b>        | Anne Beschnett (she/her), Josh Becker (he/him)                                |
| <b>Crucifer</b>           | Tom Skold (he/him)  |
| <b>Assisting Minister</b> | Carol Masters (she/her)   |
| <b>Communion</b>          | Deb Anderson (she/her), Linda Berglin (she/her),<br>Kathy Hollander (she/her) |
| <b>Ushers</b>             | Helen Norheim (she/her), Paul Poster (he/him),<br>Rod Johnson (he/him)        |
| <b>Coffee Servers</b>     | Connie Adams (she/her),<br>Mary Beth Bierwagen (she/her)                      |
| <b>Counters</b>           |   |
| <b>Closer</b>             | Rod Johnson (he/him)  |
| <b>Video Operator</b>     | Jan Mehlhoff (she/her)  |

### NEW MEMBER ORIENTATION SUNDAY, MARCH 1

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 sign up in the Community Room if you intend to come.

## PARISH EVENTS FEBRUARY 1-8, 2026

|                       |   |  |
|-----------------------|---|--|
| Sunday, February 1    | 8:30 AM<br>9:00 AM<br>9:00 AM<br>10:00 AM<br>12:00 PM                   | Family Coffee Hour (in the Community Room)<br>Adult Forum<br>Youth Education<br>Worship Service of Holy Communion<br>Swahili Service |
| Monday, February 2    | 6:30-8:00 PM  | Adult Choir Rehearsal  |
| Tuesday, February 3   | 11:00 AM<br>1:30 PM   | Worship Readings Discussion<br>Knitting Group  |
| Wednesday, February 4 | 5:00 PM<br>5:45-6:45 PM<br>5:45-6:30 PM<br>6:30-8:00 PM<br>6:30-8:00 PM | Choir Families Meal<br>Children's Choir<br>Jubilation Youth Handbell Ensemble<br>Gloria Ringers<br>Supervised Gym Time               |

### 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](#).

