



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.

Ash Wednesday Sermon 2026 †

O Love that will not let me go.

Those are the first words of the choral piece that I've been playing on repeat for the past several weeks. The lyrics, written by George Matheson, were born out of deep loss, deep personal pain. They speak to the depth of love that finds us when we are most afraid, most unmoored, most uncertain about the future.

It reminds me of a scene that I was witness to a few weeks ago, when a father, who had been wrongfully detained, was released after having been imprisoned by the federal government. I brought him home to his family. And his teenage daughter held him like God holds us—with a love that will not let us go.



Sometimes, on Ash Wednesday, I feel like it's my job to remind us that we are going to die. But we don't need to be convinced, this year, that we are all going to die. The truth is that we have all contemplated that differently these past weeks. The reality has been part of our daily existence in this city. What we need to hear is that whether we live or whether we die, we belong to God. And God holds us with a love that will not let us go.

No paramilitary. No chemical irritants. No imprisonment will stand in the way of God's love. No loss. No grief. No vulnerability. No tyranny will stand in the way of God's love. No—there is nothing, in heaven or on earth, that can disrupt the flow of that energy. Like the palpable power I felt radiating from the memorials created for Alex Pretti and Renee Good, when I stopped back to visit them on Saturday, there is something so unstoppable about God's love—not even death can impede its power.

All week, I've been thinking of marking your heads with ashes. It's a beautiful part of being a pastor. And it's a difficult part of being a pastor. To tell you the truth about your own mortality, and to be reminded of my own. But this year as I draw the sign of the cross on your tender and courageous foreheads, I am imagining that the cross extends around your head and around your body—holding you with a love that will not let you go.

(continued on next page)

FIRST SUNDAY IN LENT READINGS

*Genesis 2:15-17; 3:1-7; Psalm 32;
Romans 5:12-19; Matthew 4:1-11*

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 22 Youth Recital in the Sanctuary

Join us in the Sanctuary or on Zoom as we celebrate the gifts of several of Holy Trinity's young people during our annual recital.

March 1 How Can We Keep from Singing?

Singing in these times of oppression feeds the soul. Songs tell the stories of love of neighbor, civil resistance and connection with each other. Join us March 1st during the Adult Forum to sing songs with Mary Preus and Tom Witt, well-known Lutheran music leaders. Both have released multiple recordings that reflect honoring diversity and justice. No history of singing required - all voices welcome. Sponsored by the Racial Justice Committee.

2025 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.

~ 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 Kathy Ekwall's aunt, **Mickie**; Carol **Berg**; **Darren** and **Sarah**; **Paul Ramsour**; **Merlin Wells**; **Wilson Murray**; **Dorothy Kelly**; **Carol Kelly**; **Mary Petersen**; Tre Tellor's mom **Jill**; **Tina** and **Neela**; **Rick Lathrop**; Karen Batdorf's sister **Marie**; **Josie Tober**; **Stella Townsend**; Angel **Blanco**; all people deeply hurt and affected by ICE activity; the family of **Scott Hendrix** upon his death.

PARISH INFORMATION

The piece by George Matheson, continues with these words:

O Love that will not let me go,
I rest my weary soul in thee;
I give thee back the life I owe,
That in thy ocean depths its flow
May richer, fuller be.

O Joy that seeks me through pain,
I cannot close my heart to thee;
I trace the rainbow through the rain,
And feel the promise is not vain,
That morn shall tearless be.

Tonight, we come forward to receive ashes not because we are unafraid of death, and not because the world suddenly feels steady again, but because we trust the One who holds us through it all. The ashes will mark us as mortal. They will tell the truth about our fragility. But they will also trace the cross upon us—the sign of a love stronger than violence, stronger than grief, stronger even than the grave.

Dear ones: We begin Lent not in despair, but grounded in our deepest belonging. Wrapped in mercy. And held by God—the Love that will not let us go.

~ Pastor Ingrid

WEDNESDAY, FEBRUARY 25—LENT SOUP SUPPERS AND EVENING PRAYER SERVICES

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



- All are invited to partake in the Lenten suppers on Wednesdays from 6:00-6:50 p.m. in the Community Room. Free-will donations are accepted. Our Lenten Suppers are an opportunity for us to build beloved community.

- The community then gathers at 7:00 p.m. for the Service of Evening Prayer, where we sing and hear God's story read aloud. As a part of our Evening Prayer service, each week we will hear a church member or community member share a story from their own life on the theme of "Stories." People of all ages are invited to worship, though we honor that some of our youngest members may need to head home after soup.
- Children's Choir Rehearsal 5:45-6:30 p.m.
- Jubilation Ringers Rehearsal 5:30-6:00 p.m.
- Gloria Ringers Rehearsal 6:00-6:50 p.m.

THIS WEEK

YOUTH RECITAL SUNDAY, FEBRUARY 22, 9:00 A.M.

We celebrate the musical gifts of several of Holy Trinity's young people during our annual music recital in the Sanctuary at 9:00 a.m. on Sunday, February 22. This will serve as our adult forum for the day. All Sunday School students (not including Godly Play) will begin together in the sanctuary in support of the Youth Recital.

TUESDAY, FEBRUARY 24—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).

SOUP SUPPER HELP NEEDED WEDNESDAYS IN LENT, FEB. 25, MARCH 4, 11, 18, AND 25

For each Wednesday during Lent, four households are needed to prepare and serve enough soup for 30 people, one household is needed to prepare 6 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 Wednesday in Lent. Please sign up in the Community Room if you can help.

“WE ENJOY THE OPPORTUNITY TO MAKE SOUP FOR OUR HOLY TRINITY ADVENT AND LENTEN SUPPERS. BREAKING BREAD TOGETHER ALLOWS US TO PRACTICE HOSPITALITY AND BUILD COMMUNITY WHICH IS VERY IMPORTANT TO US.

Soup suppers provide the setting to get to know our fellow congregants better. We also just like to prepare and share healthy soups with others. It nurtures our soul to share a meal and then move on to worship together in the intimate space of evening prayer and reflection. This always helps us break away from distractions in our lives to recenter ourselves in our Creator. It is a great way to end the day!” —Carol (she/her) and David Berg (he/him)

THURSDAY, FEBRUARY 26—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.

THURSDAY, FEBRUARY 26—EXPLORE SPIRITUAL PRACTICES - WINTER SMALL GROUP

Final session for this group meets in the Library at 7:00 p.m.

SATURDAY, FEBRUARY 28—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. This festival, sponsored by Choristers Guild, brings together young singers to grow through the rehearsals with guest directors, and gives choir directors and educators time in workshops and sessions that build their skills. Cantor Phil will be leading a session on vocal techniques for young voices.. The elementary choir (grades 1-5) will work with Jennifer Cadwell while 6th-12th graders will spend time with Paolo Debuque. Morning rehearsals will end with an afternoon concert that is free and open to the public. If your singer wishes to participate in the festival please contact Cantor Phil for registration.

SAVE THE DATE

SOUP SUPPER HELP NEEDED WEDNESDAYS IN LENT, MARCH 4, 11, 18, AND 25

For each Wednesday during Lent, four households are needed to prepare and serve enough soup for 30 people, one household is needed to prepare 6 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 Wednesday in Lent. Please sign up in the Community Room if you can help.

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.

“I’m a Saint Paul resident, scientist, and mom of four (Ray, 19; Sam, 18; Frank, 10; Mona, 9). **ESPECIALLY NOW, FINDING A FAITH COMMUNITY THAT CELEBRATES AND CENTERS ITS THEOLOGY ON RADICAL LOVE OF NEIGHBOR, SEEKING JUSTICE, AND CARE OF OUR WORLD AS EXPRESSIONS OF FAITH HAS BEEN IMPORTANT FOR NOT ONLY MY OWN SPIRITUAL GROWTH, BUT FOR THAT OF MY CHILDREN.** From my first visit to HTLC, we’ve felt accepted and spiritually at home; people put me to work to care for others beyond Sunday at 10:00 a.m., expanding prior thoughts on what it means to seek justice and love our neighbor. In HTLC, we’ve found a community that can help us leverage and grow our existing gifts and strengths, while accepting and building space for our vulnerabilities and limitations as humans.” —Angie Eder (she/her)

YOUNG ADULT MONTHLY SOCIAL WEDNESDAY, MARCH 4

Young adults are invited to join the community meal on the first Wednesday of each month. Following evening prayer, the group will walk to Arbeiter Brewing for fellowship and fun! For further information, please reach out to Dave Herrera.

A DAY ON THE HILL—THURSDAY, MARCH 5

Day on the Hill - Repeal MN Anti-Boycott Laws: MN Statutes 3.226 and 16C.053, deny state contracts to MN companies for exercising their First Amendment rights by boycotting Israel. Join the Palestine/Israel Committee on March 5th for (the second) First Amendment Rights Day on the Hill. We will come together to Register for freedom of speech, tell our stories to legislators, and persuade them to Repeal the Anti-Boycott Law! **The deadline to register for the Free Speech Coalition Day on the Hill is still available.** Register [here!](#) If you register after February 18, we’ll put you on a waiting list and contact you about other ways to get involved. Sign up in Community Room if you want to connect with other Holy Trinity members for this event.

BELLFEST! AT NORTH HEIGHTS LUTHERAN CHURCH SATURDAY, MARCH 7

BellFest! is an annual ringing festival for handbell ensembles and a terrific way to perk up a long Minnesota winter. As many as 35 handbell ensembles (including Holy Trinity’s Gloria Ringers) will gather to ring under the direction of guest conductor Matthew Compton. The repertoire, learned ahead of time, is rehearsed in this massed setting, and a concert for the public is performed at 3:00 p.m. A freewill offering will be collected. All are welcome.

AUGUST 7-11—FAMILY-FRIENDLY BOUNDARY WATERS TRIP

Attention campers, (and aspiring campers). We have been busy planning for HTLC’s annual BWCA canoe trip. This year, our Boundary Waters camping adventure is scheduled for August 7-11 and we can have a group of 18. The 18 spots are filled, but you can put your name on a waiting list if you’re interested and we can let you know if anyone currently signed up has a chance in plans. The total cost is approximately \$175 per person. Scholarships are available. As always, this is a family-friendly trip. Call or email with any questions or for more details. Contact Tom at (612) 616-0507, or jtcahoy@gmail.com.

HOLY TRINITY + ARBEITER BEER COLLAB — VOTE FOR THE NAME!



A special Holy Trinity beer is officially in the works with our friends at Arbeiter Brewing, and we’re working to have it ready in time for Easter! We’re brewing a doppelbock, a classic German lager. In the tradition of the style, the name typically ends in “-ator.” A group of Holy Trinity beer fans helped brainstorm many name options that reflect the congregation and our community. [Click here](#) to vote for your top choice (voting closes this Sunday). This collaboration is part of *Our Deepest Belonging*, a storytelling initiative supported by the Lilly Endowment.



LIBRARY NEWS

Do you ever wake up at 2:00 a.m. wondering about the exact wording of Article III, Section 2 of the U.S. Constitution? Scientists tell us that it is not good to look at screens at such an hour. If you had a paper copy of the document by your bed, you would be set. There are twenty pocket-size Constitutions in the library. Help yourself. And, as always, if you want to browse the library catalogue online (not in the middle of the night), you can go to <https://holytrinitylutheran.library.site/> or scan the QR code.



WORSHIP PARTICIPANTS FOR SUNDAY, FEBRUARY 22, 10:00 AM

Preacher	Doug Mork (he/him)
Presiding Minister	Ingrid Rasmussen (she/her)
Cantor	Paul Rasmussen (he/him)
Altar Guild	Libby Olstad (she/her), Keith Olstad (he/him)
Assisting Minister	Tre Teller (he/them)
Communion	Amy Froiland-Parada (she/her), Andrea Hansen (she/her), Nicki Hines (she/her), Stephanie Cole (she/her), Scott Cole (he/him)
Ushers	Kathy Hollander (she/her), Rod Johnson (he/him), Chris Amundson (he/him)
Coffee Servers	
Counters	Pam Blomgren (she/her)
Closer	Rod Johnson (he/him)
Video Operator	Jeff Weiss (he/him)

Save the date and get a new photo(s) for the church directory!

PHOTOGRAPHER AT HOLY TRINITY SUNDAY, MARCH 1, 9:00 A.M.-12:30 P.M.

All are encouraged to have new photos taken for Holy Trinity directories. A photographer will be available on Sunday, March 1, from 9:00 a.m. to 12:30 p.m. in the Community Room. Appointments are not needed.

PARISH EVENTS FEBRUARY 22-28, 2026

Sunday, February 22	8:30 AM 9:00 AM 9:00 AM 10:00 AM 12:00 PM	Family Coffee Time Children and Youth Education Youth Recital in the Sanctuary Worship Service of Holy Communion Swahili Service
Monday, February 23	6:30-8:00 PM	Adult Choir Rehearsal
Tuesday, February 24	11:00 AM	Worship Readings Discussion
Wednesday, February 25	5:45-6:30 PM 5:45-6:50 PM 6:00-6:50 7:00 PM	Children's Choir Rehearsal Gloria Ringers Rehearsal Soup Supper Service of Evening Prayer
Thursday, February 26	7:00 PM	Spiritual Practices Group

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](#).



PARISH INFORMATION

LOVING EACH OTHER THROUGH THE MESSINESS

Read below about the origami paper box hearts sent to us from friend in Vergina. They will be in a basket in the Community Room on Sunday, please take one.

February 10, 2026

Dear Siblings in Christ,

Grace, mercy, and peace from God our Divine Parent, and Christ Jesus our Lord.

I began making origami heart boxes about 5 or 6 years ago as valentines for my daughter to give out to her classmates at school (she is now 15). Since then, I have made them for Girl Scout's projects, children's sermons, summer camp craft activities, and Sunday school activities. The fact that they are a heart, and you can break them open and find a message and a sweet treat inside lends them to all kinds of uses and theological insights for children as well as adults.

As I read about all that you are doing in resisting and fighting ICE, in fighting oppression, in fighting empire, I wanted to do something to help. So, over the past several weeks, I made 210 origami heart boxes with messages of love and hope on and in them, and Hershey's hugs and kisses inside of them. 105 are for the folks at St. Paul/San Pablo and those they are helping, and 105 are for the folks at Holy Trinity and those they are helping. Distribute them as you see fit.

It is a small thing to do, and I had help from friends and family. I just want you all to know how much other people love and respect all you are doing. We are pulling for you, and want you to know we stand with you. You are giving us all hope. **Thank you, thank you, thank you, thank you!!!** In the midst of the fear, tragedy, anxiety, stress, and terror, you are revealing the Kingdom of God already present amongst us. And I cannot find enough words to express my deep gratitude and my admiration. I also feel deep sorrow for all you are going through. My prayers are with you.

As Valentine's Day is upon us, I think of one of the men who history says was St. Valentine, a bishop in Italy. He supposedly married young couples against the law made by the Emperor, Claudius II. Claudius didn't want young soldiers to be married, thinking they would be better warriors if they remained unmarried, so he made it illegal for them to do so. St. Valentine defied this oppressive law and married the couples in secret anyway. When Claudius learned of it, he had Bishop Valentine beheaded on February 14th. For me, this story resonates even more deeply right now as you resist the unlawful agents of the empire, and continue to do the right, humane, and loving thing anyway, and also suffer murder by the empire because of it.

I chose to send these hearts to your two churches because I read the article in "Faith and Leadership" where you were both interviewed. My friend and fellow Lutheran pastor, Joy Heine, brought it to my attention and suggested sending my heart boxes to you.

Though our hearts break at the violence and cruelty of the few, our hearts are yet full of God's love as we care for and love our neighbors, the many.

In Christ's peace and in much, much, much gratitude and love,

Heidi David-Young

Rev. Heidi David-Young

