



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.

REFLECTIONS FROM THE 2026 FAMILY RETREAT

Two weeks ago, eight families spent an unstructured retreat weekend at Camp St. Croix in Hudson. This annual event has become a steadily growing, cherished tradition for families that participate. Included in the festivities of the weekend were scaling a climbing wall, hiking down to the river, team building games, and the annual dance party. Keep reading for some reflections on the weekend:

"I feel like my kids have grown up at this family retreat over the years. They look forward to it every single year. They'll choose this family retreat over almost any other activity. This is our chosen family. I love just sitting around talking with other adults while the kids parent themselves or are co-parented by a dozen caring adults. It's really touching to see the big kids care for the little kids and the little kids refer to the big kids as "my new friends!" We had a couple of new families with younger kids join the family retreat this year, and I'm so glad. It's how my family was able to really cement ourselves into the fabric of Holy Trinity and find our people. And I hope these young families at their first family retreat felt that way too." - Katie Schroeder



"We've been attending Holy Trinity's family retreat for over 10 years and look forward to it each winter. It's really fun to spend some unstructured relaxing time with other parents - some that we've known forever and some that we've only just met in passing on Sunday mornings and are getting to know better. The kids love having the independence to play all day with friends and have one long slumber party. It's fabulous that this tradition has grown to include more families each year." - Meghan Olsen-Biebighauser

(continued on next page)

SECOND SUNDAY IN LENT READINGS

Genesis 12:1-4a; Psalm 121; Romans 4:1-5, 13-17; John 3:1-17

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 1 "How Can We Keep from Singing?" Mary Preus and Tom Witt

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 in the Bartsch Room 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.

March 8 "The Way It Looks from Here" Pastor Ingrid Rasmussen

So much is happening at Holy Trinity these days, it's hard to keep up! Come hear what's emerging in and through our congregation, ask questions, and join the conversation. Whether you've been at Holy Trinity for decades or are just getting to know us, you are warmly invited to partake of this time of reflection and visioning.

~ 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; Marlene Peterson;** Marlene Peterson's friend, **Lynn Fagant; 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;** and all people deeply hurt and affected by ICE activity.

PARISH INFORMATION

“As a newcomer to the family retreat and to Holy Trinity, it was beautiful to witness the unstructured time that allowed for friendships to bloom and deepen, and I really saw how these families become each other’s chosen family. The older kids took the younger kids under their wings and really made an effort to make everyone feel included. Meanwhile, adults were able to relax with other parents and get to know each other better with the comfort of having many eyes looking out for the kids when they needed a grown-up’s help. It is such a gift to be part of the community here.” - Taryn Meyer

Enjoy photos some photos from the retreat!



THIS WEEK

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 Library. Breakfast will be served. There are no prerequisites; all are welcome.

TUESDAY, MARCH 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).

TUESDAY, MARCH 3—KNITTING GROUP

Knitters (and crocheters!) are invited to bring their knitting or crochet projects to Holy Trinity on the first Tuesday of each month at 1:30 p.m. All are welcome to join in for needlework and conversation. For more information, contact Liz Blood.

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.

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.

WEDNESDAY, MARCH 4—LENT SOUP SUPPER AND EVENING PRAYER SERVICE

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. Our Lenten Suppers are an opportunity for us to build beloved community.

“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)

- 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.

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! **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.

SAVE THE DATE

DAYLIGHT SAVING TIME BEGINS SUNDAY, MARCH 8

Set your clocks ahead one hour when you go to bed on Saturday so you’re not late for church on Sunday!

HIGH SCHOOL YOUTH OPEN DISCUSSION AND WELCH VILLAGE OUTING, MARCH 8

On March 8 high school youth are invited to join John Buzza in the community room for open discussion at 9:00 a.m. Then after church, youth will head off for ski/snowboarding fun at Welch Village, returning by early evening. Please contact Nicki Hines if your youth wants to join the outing.

BIG MEETING SUNDAY, MARCH 8

Committee meetings are shifting to in-person gatherings on the second Sunday of each month. After worship, we’ll hold a Big Meeting beginning at 11:20 a.m., with a simple lunch provided. We look forward to the joy and connection of being together in person from 11:20 a.m. to 12:30 p.m.

EXTRA NEWS THIS WEEK

PASTOR INGRID REMAINS DEEPLY ROOTED AT HOLY TRINITY

Pastor Ingrid was recently nominated for election as bishop in the St. Paul Area Synod. The list of ten nominees was published online last weekend, and, like many of you, she learned of the nomination when it was made public, as nominees are not contacted by the synod office in advance. While she is honored by the kindness and confidence of those who nominated her—and grateful for the many strong and faithful leaders across the synod—she has chosen not to move forward in the process. Pastor Ingrid remains deeply rooted in her call to this community, especially as we continue recovering from the challenges of recent years, resisting forces that diminish human dignity, strengthening relationships, telling powerful stories, and living more fully into the world God envisions for us.

HOLY TRINITY + ARBEITER BEER COLLAB — AND THE WINNER IS...

The people of Holy Trinity have spoken — and our first beer with Arbeiter officially has a name: **Liberator!** Thank you to everyone who participated in the naming survey.

Brewing day kicked off on Tuesday, and the Doppelbock is now happily on its way to becoming beer. We're also excited to share that we're partnering with local mutual aid artist Sean Lim to design the logo and can artwork — a collaboration that reflects our neighborhood's spirit at this moment in time.

Mark your calendars for an early April launch party! More details soon.

Enjoy some pictures from brew day!



NEW ALTAR PARAMENTS FOR LENT

These new Lenten paraments for Holy Trinity Lutheran Church in South Minneapolis were created from traditional Tanzanian batik fabric generously donated by members of the MN Swahili Christian Congregation, who have shared Holy Trinity's space for over twenty years. The vibrant printed textile, rich with movement and symbolism, brings a meaningful expression of shared ministry and cultural connection into our worship life during Lent. The set includes an altar cloth, pulpit cloth, and three stoles.

Led by artist (and Holy Trinity member) Sharon Englund, the project was a true collaboration. Fiber artist Carol Hancuh helped launch the work (with help from Sarah Gannett) with careful ironing, measuring, and design exploration, while Betsy Shannon contributed the cross motif for the back of the collars and the detailed black stitching that frames it. Because of the printed design, each piece required patient stretching, aligning, cutting, and re-sewing. The paraments are stabilized, lightly padded, and lined in black, with two stoles featuring a purple fish-print lining and the third a subtle purple bubble print—thoughtful details that complete a set rooted in craftsmanship, community, and shared faith.



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.

EASTER LILIES

If you'd like to sponsor a lily in honor of a loved one who is still living or in memory of a loved one who has died, please contact the church office (office@htlcmpls.org / 612-729-8358). The names of the sponsors and the loved ones they are remembering will be listed in the Easter bulletin. We ask that you donate between \$3-\$20 per lily, depending on your ability. You may pay by check, cash, or by clicking on the Donate button on our website (htlcmpls.org) to donate electronically.

WORSHIP PARTICIPANTS FOR SUNDAY, MARCH 1, 10:00 AM

Preacher	Ingrid Rasmussen (she/her)
Presiding Minister	Doug Mork (he/him)
Crucifer	
Altar Guild	Ginny Jordan (she/her), Mary Engen (she/her)
Assisting Minister	Kris Christians (she/her)
Communion	Andrea Hansen (she/her), John Buzza (he/him), Will Hansen (he/him)
Ushers	Chris Engen (he/him), Chuck Jordan (he/him), Paul Poster (he/him)
Coffee Servers	Joy Nelson (she/her), Ann White (she/her)
Counters	John Sulzbach (he/him)
Closer	Bob Hulteen (he/him)
Video Operator	Bob Hulteen (he/him)

**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 MARCH 1-8, 2026

Sunday, March 1	8:30 AM Family Coffee Time 9:00 AM New Member Orientation (Library) 9:00 AM Children and Youth Education 9:00 AM Adult Forum in the Bartsch Room 10:00 AM Worship Service of Holy Communion 12:00 PM Swahili Service
Monday, March 2	6:30-8:00 PM Adult Choir Rehearsal
Tuesday, March 3	11:00 AM Worship Readings Discussion 1:30 PM Knitting Group
Wednesday, March 4	5:30-6:00 PM Jubilation Ringers Rehearsal 5:45-6:30 PM Children's Choir Rehearsal 6:00-7:00 PM Gloria Ringers Rehearsal 6:00 PM Soup Supper 7:00 PM Lenten Evening Prayer Young Adult Monthly Social

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 pocket sized prayer shawls sent to us from fiends in Milwaukee, WI. They will be in a basket in the Community Room on Sunday, please take one for yourself or to share.



**MOUNT CARMEL
LUTHERAN CHURCH**

8424 West Center Street, Milwaukee, WI, 53222

Holy Trinity Lutheran Church
2730 E 31st Street
Minneapolis, MN 55406

Dear Brothers and Sisters in Faith,

During these challenging times, we are holding you all in our thoughts and prayers.

In addition to our prayers, we are sending you these pocket prayers shawls as a physical reminder of God's and our support.

Blessings,
Lee Fohman
Mount Carmel Prayer Shawl Ministry
(January 2026)

