



HOLY TRINITY GATHERS ON THE SACRED LAND OF THE DAKOTA PEOPLE

2730 E. 31st Street Minneapolis, MN 55406 • 612-729-8358 • office@htlcmpls.org • www.htlcmpls.org
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 Silent Retreat; Will God talk to me today?

When the silent retreat came up, I was curious about it and signed up right away. I joked that the reason I signed up was because of a Kevin Hart commercial talking about a silent retreat...partially true, but I did wonder if this is what I needed. The first part of 2026 has been so intense, in many ways. This sounded like a chance to take a breath and calm my mind.

When watching the recommended videos and reading through material from *Pacem in terris* before arriving, there were comments of people's experiences, in varying ways they felt the presence of God. I couldn't help but wonder what my experience would be. If I'm being honest, I'm a spiritual person and believe in God, but not necessarily a religious person. Questions were on my mind, do I believe in God enough, do I know enough about religion, will I be able to experience what some of the others have, maybe I'm expecting too much, or not enough.

We (two others attending carpooled with me) arrived on Thursday afternoon at the retreat. After some great conversation on the drive, it was time to start the retreat and be silent. The hermitage was lovely and had just what was needed. The first evening it took me a bit to get settled, to stop thinking about home, work, and all the things that would still be there when the retreat was done. Finally, before bed my mind started to settle.

I woke up on Friday morning early, before the sun was up and decided to go for a walk, wondering, would God talk to me today?

I walked along the prairie and to the boardwalk, the sun just waking up. I made my way to the single chair at the end as a golden glow came across the water. I sat peacefully, listening to the morning song of crickets, frogs, and birds and watched the silhouette of the trees turn to colors of green and the yellow glow faded into the blue of the sky. A beautiful morning!



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FEAST OF THE HOLY TRINITY

READINGS

Genesis 1:1—2:4a; Psalm 8
2 Corinthians 13:11-13; Matthew 28:16-20

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.

SUMMER ADULT FORUMS WITH PASTOR DOUG

"The Bible from 10,000 Feet"

June 21, July 12, July 26, and August 9
from 9:00 to 9:45 a.m. in the Library

BULLETIN COVER ART

If you would like to submit art to be used for bulletin covers, please sign up in the Community Room. The art can be inspired by readings for the day (sent to you by the office), or it can be something that you choose. Drawings, paintings, photos—all are welcome!

EACH SUNDAY THIS SUMMER—GOT FLOWERS?

Are you a gardener? Or maybe your neighbor is always inviting you to enjoy the flowers they grow? This summer, we're bringing back the tradition of having flowers on the altar table each Sunday. They don't need to be big, fancy, or expensive—just a small offering of beauty from your garden, your windowsill, or the farmers market. Anything you bring will be beautiful. And beauty reminds us of God's marvelous gifts. Sign up in the Community Room to bring flowers for one or more Sundays this season. No need to deliver them in advance; you can place them on the altar table on Sunday morning when you come for worship.

~ 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 **Betty Anderson; Marlene Peterson; Merlin Wells; Wilson Murray; Dorothy Kelly; Carol Kelly; Mary Petersen;** Tre Teller's mom **Jill; Rick Lathrop;** Karen Batdorf's sister **Marie; Josie Tober;** Stella Townsend; all people deeply hurt and affected by ICE activity.

PARISH INFORMATION

I rose and made my way to the groomed path so the next hermit could enjoy the peace of this chair. As I walked along, taking in the vibrancy of the lush, green moss at my feet, I wondered, would God talk to me today?

Walking back to my hermitage, I listened to the birds, watched the squirrels chase around and play, and paused as the chipmunks scurried under some logs, rustling the leaves. Lots of activity to see.

I made a plate of breakfast, an apple, bread, and cheese and a cup of coffee. While settling into the chair on my screened in porch, a rabbit stopped by to join me. She carefully watched me through the screen as she munched on some leaves, not scared, but cautious. I sat still; we watched each other eating our breakfast in silence. A chipmunk bounced pass and the rabbit hopped away. After breakfast, I sat reading for quite some time, listening to the symphony of the wind, the trees, and the birds. I decided a nap was in order, still wondering, will God talk to me today?

Breathing softly, trying to quiet my mind, I dozed a while, only to be awakened by a loud rustling in the leaves at the window. When I got up to look out, it was a turtle, neck stretched out, eyes open wide, looking at me as if to say hello. He nibbled on some grass, gave me one more look, then slowly made his way under the hermitage.

Time for a walk. Casually making my way along the prairie, I pause at the cross, I stood perfectly still, God, will you talk to me today, I thought. The silence and stillness are broken by the chipmunks, again scurrying about and rustling the leaves. I make my way to the second boardwalk. Sitting, again, in solitude, the light of the sun is glistening on the water. Minnows are dashing about below, dragonflies are dancing across the cattails, and a water snake slithers onto the boardwalk and makes its way to the other side, disappearing into the reeds. I move along and continue my walk along the windy prairie path, through the woods, back to my hermitage. Time for a snack and more reading.



Pretty soon the sun started to drop between the trees. I dashed out of the hermitage to the marshy area to watch as the sun as lowered to the landscape. A gardener snake bolted across the path almost as if to jump, I think we startled each other! I see the sun peeking through the trees, shining on the young maple leaves giving them a glow. I watch as it lowers behind some clouds, the sky darkens, then glows again as the sun appears under the clouds, almost to the horizon. Sunbeams bounce between the trees as ducks circle the marsh. Frogs begin to sing, the sun moves lower, almost out of sight. The crickets join the chorus. I make my way back to the hermitage. While making some tea, a deer walks by window out from the evening still. I light a candle and take my tea to the porch. As I sit, I can see a bit of an orange glow. Almost like an ember through the shadow of the trees. My mind is quiet, my body is relaxed, I take a sip of my tea and realize, God did indeed talk to me today.

Through the sights, the sounds, the breeze on my cheek. Through the colors, the textures, the artistry of the landscape. From the golden sunrise, through every critter, every step, every song. Through every thought, feeling, and breath, God spoke to me.

Through all of this, it was not I waiting for God to speak, it was God waiting for me to listen.

A reminder that if we lean into the silence, the sound of our blessings can be heard, God's voice can be heard. God speaks to me, maybe not in one grand gesture, the way I thought it needed to be, but in the way that I can understand, I just need to quiet my mind and listen.

~Kathy Ekwall

THIS WEEK

SUNDAY, MAY 31—HIKE WITH YOUTH AND PR. DAVID AT MINNEHAHA PARK

Join Pr. David and the youth who are going on Christian pilgrimage on the Camino de Santiago after the 10:00 a.m. worship service! We will meet at Sea Salt at 12:00 noon to eat lunch (please bring your own spending money), and then we will then hike two miles on what is considered an easy level of difficulty path. Please sign up in the Community Room so we know who to expect

JUNE 2026—HAPPY PRIDE! AND QUEER FAITH

The Christian tradition is full of queerness, and we get to celebrate it! We invite you to notice the rainbows flying all around the building during this month as well as the ways our preaching and singing will lift up the diversity God has created.

We encourage you to find ways by which to celebrate queerness in our world. There are many opportunities for all ages, sexualities, and life-experiences that can be found at: tcpride.org/pride-festival/. Consider joining the Holy Trinity delegation in the parade, June 28 (sign up in the Community Room). We also invite you to remember that Holy Trinity is a Reconciling in Christ Congregation that has been advocating for the full welcome, inclusion, and equity of lesbian, gay, bisexual, transgender, queer, intersex, and asexual (LGBTQIA+) Lutherans in all aspects of the church and community life. Check out reconcilingworks.org/ric/ as we continue to affirm the place of all people in our community. Happy Pride!

THIS WEEK CONTINUED

JUNE 2026—BOOK GROUP WITH PASTOR DAVID

If you remember reading the “looking ahead” section of the previous seasonal calendar, you will notice that this is a different book than first advertised. During his sabbatical, Pastor David thought lots about his Mexican identity and how it interplays with his pastoral call to a predominantly white congregation and denomination. He invites you to join him in reading Manny Fidel’s *Colored People Time: A Case for (Casual) Rebellion* and engaging in a conversation that will encourage all of us to care better for one another. Copies of the book will be made available in the Community Room, and all are welcome to join our discussion group (date TBD). Let’s learn together!

WEDNESDAY, JUNE 3—QUEERLY BELOVED PRIDE BEER RELEASE AT ARBEITER BREWING

Join us on Wednesday, June 3, from 5:00-9:00 p.m. at Arbeiter Brewing for the release of our second collaboration, a Pride beer, *Queerly Beloved*. This brew is a fruited Hazy IPA with bright mango and pineapple flavors, available both on tap and in an artist-designed can. Later in June we’ll also be offering it in a non-alcoholic version (not available on June 3).

Come for a joyful evening of food, drinks, and community as we kick off Pride month together. CYF Ministry Coordinator Taryn and Pastor David will offer child-friendly activities from 5:00-6:00 p.m. We’ll enjoy music and a dance floor as well! The Bookmobile will also be available from 5:00-8:00 p.m.

Each beer poured that evening will support Prism Organizing Network, a statewide network committed to building power for LGBTQ+ equality by organizing people and resources across Minnesota.

All are welcome—we’d love to see you there!

QUEERLY BELOVED T-SHIRTS

We will be selling Queerly Beloved t-shirts at the release party on June 3 for \$20. We will have a handful on hand and will also be taking orders. All proceeds support Prism Organizing Network, the same organization supported by beer sales. We encourage you to purchase a t-shirt and join us wearing them as we march in the Twin Cities Pride Parade, Sunday, June 28.



THURSDAY, JUNE 4—LONGFELLOW ALTERNATIVE HIGH SCHOOL GRADUATION CEREMONY

Graduation will be held at Longfellow Alternative High School, June 4 at 5:00 p.m. All are welcome to join in the celebration as graduating students receive their diplomas. Reach out to Zoe Martinez for more information.

SAVE THE DATE

SUNDAY, JUNE 7—SUNDAY, JUNE 28—BIKE TO CHURCH MONTH

Ride your bike to church. Don’t forget our newest bike parking station on the lawn in front of the church!

MUSIC IN THE GARDEN SUNDAY, JUNE 7

Join us for music and wood-fired pizza in the garden at 11:00 a.m. (immediately following the 10:00 a.m. service). Watch for details on our musical guests for the day!

WEDNESDAY, JUNE 10—BIKE RIDE WEDNESDAY

All are invited to join members Sheryl Udem, Mary Beth Bierwagen, Pat Libra, and Julie Cahoy for an evening bike ride. Meet at the church at 5:30 p.m. and ride for 10 to 15 miles, including a stop for a bite to eat, a beverage, or ice cream! Sign up in the Community Room. (If it rains, we’ll meet on Friday, June 12.)

SUNDAY, JUNE 14—BIG MEETING SUNDAY

Our monthly Big Meeting continues on the second Sunday of each month following worship. Join us at 11:20 a.m. for conversation, collaboration, and connection as committees and ministry teams gather together in person. A simple lunch will be provided, and we look forward to sharing this time together from 11:20 a.m. to 12:30 p.m.

REGISTER NOW FOR VACATION CHURCH SCHOOL— JUNE 15-JUNE 19

For Kids:

Join us for this year’s [Building Beloved Community](#) South Minneapolis Day Camp, Monday, June 15, through Friday, June 19, from 9:00 a.m. to 4:00 p.m. at Diamond Lake Lutheran Church. As we sing, pray, and listen to stories from Scripture together, our kids will be grounded in the Spirit’s work in building community. Camp is for children entering kindergarten through high school, with a separate middle school track and opportunities for high school leadership with the younger kids. We ask families to pack a lunch from home for each day of camp; snacks will be provided at camp. Register [here](#) for grades K-8, and apply [here](#) as a high school leader.

For Adults:

Day Camp is looking for adult volunteers! If you have a heart for kids and time to serve June 15-19, we would love to have you join us. We need adult volunteers all week from 8:30 a.m. to 4:00 p.m. and a special crew for take down and clean-up on Friday. **We welcome you to sign up for the week, a day, a morning or afternoon, or just a few hours on Friday evening.** Click [here](#) to sign up and indicate your availability!

ADULT RETREAT AT SAINT JOHN’S ABBEY FRIDAY— SUNDAY, SEPTEMBER 18-20

Save the dates and plan to join us at Saint John’s Abbey in Collegeville, MN. This is a retreat for adults of all ages. We’ll have wonderful programming, opportunities to connect with one another, walking trails to enjoy, and opportunities to reflect on spiritual practices. More information for sign up and cost will be forthcoming. If finances are a problem, please contact Pr. David.

WORSHIP PARTICIPANTS FOR SUNDAY, MAY 31, 10:00 AM

Preacher	Doug Mork (he/him)
Presiding Minister	David Larson-Martínez (he/him)
Cantor	Stephanie Sulzbach (she/her)
Crucifer	Noah Hines (he/him)
Altar Guild	Carrie Poster (she/her), Vicki Bergman (she/her)
Assisting Minister	Nicki Hines (she/her)
Communion	Linda Berglin (she/her), Stephanie Cole (she/her)
Ushers	Bob Peschiutta (he/him), Alan Libra (he/him), Chris Amundson (he/him)
Coffee Servers	Kari Kleven (she/her)
Counters	Deb Helmelt (she/her)
Closer	Bob Hulteen (he/him)
Video Operator	Bob Hulteen (he/him)

BLOOMS AROUND THE CHURCH PROPERTY



PARISH EVENTS MAY 31-JUNE 7, 2026

Sunday, May 31	10:00 AM 12:00 PM	Worship Service of Holy Communion Swahili Service
Monday, June 1	5:30	Foundations Course About White Privilege For Men
Tuesday, June 2	11:00 AM	Worship Readings Discussion Knitting Group
Wednesday, June 3	5:00-9:00 PM 6:00 PM	Queerly Beloved Pride Beer Release at Arbeiter 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](#).

