



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.

Pilgrimage Reflections

A group of six post-confirmation youth and three adult chaperones have recently returned home to Minneapolis from a pilgrimage to Santiago de Compostela, Spain. As one of the adult chaperones on the trip, I am full of gratitude for having had this experience alongside Will Hansen, Ben Hanson, Noah Hines, Bea Martin, M.A. Martin, Peter Weiss, Sophie Breen, and Dewayne Townsend IV. I encourage everyone to take the time to reach out to at least one (or all!) of the pilgrims and ask them about their own personal experiences on the Camino pilgrimage because the trek is lived differently by each individual pilgrim. For me, this pilgrimage brought along lessons of it not being about me, a reminder that I have a place of belonging at Holy Trinity, and a desire to grow into who God is calling me to be.

As I type this, I have just gotten back to my church office from the physical therapist that was referred to me by an urgent care doctor I visited immediately after worship on Sunday. You see, I experienced knee pain on the Camino that did not allow me to complete a full pilgrimage. I began to notice discomfort after the first day of hiking but did not give it much thought. On the second day, I was the slowest of the group, but still completed the day's hike. On days three and four I could only walk to the halfway point over the course of five hours, while everyone made it to the day's finish line. This reality made me feel sad about not being able to keep up with the group and irritated at my body for "failing" me.

On the first day I waited for a taxi to pick me up at the halfway point, I received texts and phone calls from all of my fellow HTLC pilgrims. My heart was warmed, and my spirits lightened by their care and concern for my well-being, and I realized that the pilgrimage was not about me. The pilgrimage was about inviting the post-confirmation youth into life journeys that invite the Holy Spirit to stir in them and lead them along the Way of Jesus. I was simply there as a facilitator, having done two Camino pilgrimages in the past myself. At that moment, my mentality shifted, and I leaned into the joy of observing all that was clicking into place for our youth. I reveled in their joy at supertime as they told me of the funny, difficult, and boring moments of their days. I basked in their reflections of what their faith means to them during prayer time and in side conversations. My pastor heart swelled as I leaned into being a facilitator for our youth's pilgrimage.

This lesson ties into the second gift that this pilgrimage brought to me: I have a place of belonging at Holy Trinity. Over the past

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TWELFTH SUNDAY AFTER PENTECOST

READINGS

Isaiah 56:1, 6-8; Psalm 67;

Romans 11:1-2a, 29-32; Matthew 15:10-28

PREPAREDNESS TRAININGS—AUGUST 16, 23, AND 30

First session this Sunday, August 16, 11:00 a.m.

Bartsch Room.

With all that we have collectively experienced in recent times, concern for the midterm elections is reasonable. We are seeing the arrests and intimidation of people registering others to vote in Ohio; illegal pressure put on state officials to turn over voting rolls; peaceful protesters being arrested under terrorism charges; and more. If you are concerned, know you are not alone. But we can be proactive together to prepare for what happens before *and after* the elections in November. Join other Holy Trinity members for a series of three trainings on Sundays August 16, 23, and 30 immediately after church in the Bartsch Room. Lunch will be provided August 16.

~ Concerning People ~

Lord who healed the sick, we ask for your compassion and healing for all who suffer in body, mind, or spirit, and those who suffer fear and uncertainty. We bring before you especially **Ron Duty**, hospitalized this week; **Olive Murray**, recovering from a broken wrist; Donna Heyer's grandson, **Jeremy**; **Senem Yumsak**; **Ayhan Yumsak**; **Aysel Yumsak**; **Marlene Peterson**; **Merlin Wells**; **Dorothy Kelly**; Mary Petersen's friend, **Barb Nygaard**; Tre Tellor's mom **Jill**; Karen Batdorf's sister **Marie**; **Josie Tober**; **Stella Townsend**; **Mary Gunderson's partner**, having surgery this month; the family and friends of **Pat Lundquist**, who died this week.

August 22, 11:00 a.m. Memorial Service for Herb Hanson
10:00 a.m. Visitation, Lunch following the service.

October 24, 2:00 p.m. Memorial Service for Rick Lathrop
Coffee and sweet treats following the service.

If you'd like to help with either memorial service, please sign up in the Community Room or contact the church office.

PARISH INFORMATION

twelve months I have wondered and wondered and wondered if I actually have a calling to being a pastor (the jury's still out, personally). I have struggled with this calling for a variety of reasons and tend to focus on all the mistakes I make. However, this pilgrimage allowed me to see a tiny bit of the arc that is ministry: we point to the seed that the Spirit has sown in individuals, we trust that God waters them through our work, and then we watch them grow into what Jesus makes of them. As I observed our youth, I noticed that they are kind, thoughtful, faith-filled, fun young adults who will soon go out into the world and share Good News that God is Love. This brought a deep sense of satisfaction of knowing that there is a place for me in ministry at Holy Trinity.

In conclusion, the lessons that this pilgrimage to Saint James' Cathedral in Spain gifted me this time around were more about who God is calling me to be. This trip was a reminder that it is not always about me, and that because of that, God is busy at work using all that I bring to the table and making a feast for others. I am content, and my heart is full. Thank you all for supporting our post-confirmation youth, and the ministry I get to do among you!

~Pastor David

Our trip to Spain was one of the best experiences in my life. Everything about it was amazing: the food, the people, the scenery, the churches. I had a lot of fun hiking and I felt really accomplished when we finally made it to Santiago. I really enjoyed learning about the culture and it was crazy to think about how many pilgrims had walked the Camino before us. This was an unforgettable trip and I am very grateful for the opportunity that Holy Trinity gave us.

~Will Hansen

I am extremely grateful to have had the opportunity to go to Spain with Holy Trinity. I enjoyed the long walks and good conversations throughout those walks. I also enjoyed seeing a different culture and trying their food, my favorite food was croquetas and my favorite city was Santiago de Compostela. At the end of each day the group got to sit down and have good conversations about our faith. Overall, I had a great time trying new things and building relationships and I am very grateful for this experience.

~Ben Hanson

When I reflect on my time in Spain three different things come to mind. The first takeaway that I realized was that language is arguably the most important thing that humans have ever invented, and speaking more than one is a strength that every person should strive to have. The second thing that I was reflecting on is that religion can be whatever a person wants to take from it. I think that with this way of thinking it makes religion a lot more open-ended and might invite people who would otherwise not be able to think about what benefits they can receive from the religion of their choice. The third and final big takeaway that I found from traveling to Spain is that I want to see the world. The number of different cultures and lifestyles that people live is intriguing to me and I would love to see as many as I can.

~Noah Hines

I am eternally grateful for the amazing experience I got to enjoy as I walked the Camino de Santiago in Spain. On this journey, I had the meaningful opportunity to explore how Christianity shows up in my life and communities through pondering and discussing tough questions. It was exciting to observe how God shows up in individuals, communities, food, and nature. Throughout the entirety of my pilgrimage, I was struck by the beauty and kindness of the people and world around me. I was offered food on the trail and taught how to play cards by strangers, approached by animals, and awed by rolling hills and grand cathedrals. I also enjoyed learning about new cultures and trying new foods like pulpo a la gallega and paella. Overall, I am really thankful for this life-changing experience.

~Bea Martin

I am really grateful for having had the opportunity to walk the Camino de Santiago with the Holy Trinity group. It was very fun and educational. I really enjoyed walking every day, and admiring the beautiful Spanish countryside. I loved trying lots of new foods and meeting new people on the walk. This was one of the best trips I've ever been on and I am very thankful to Holy Trinity for the experience.

~M.A. Martin

Spain was full of beautiful views and amazing food. It was a delight to get to know all of my fellow pilgrims better. It was fun to see how all the distance we walked accumulated into 114 kilometers. The city of Santiago was beautiful. The center of the city was full of tiny ice cream shops and beautiful buildings. This trip was an incredible experience.

~Peter Weiss

I so appreciated the opportunity to deepen my connection with our Holy Trinity community through traveling with the youth to Spain. What an impressive group of youth! They were up for jumping onto the trail after a full day of travel, trying lots of new foods, and hiking intense miles with positive energy (and minimal blisters!). My favorite parts were seeing the stunning Spanish countryside, drinking freshly squeezed orange juice every morning, and our evening reflections about faith.

~Sophie Breen

We hear it every week, that faith is a journey. For me this was most evident just after I finished confirmation and headed out into the world. In preparation for this trip, I spent a lot of time recalling the milestones on my faith journey, most of which occurred when I was about the age of my fellow Camino pilgrims. Each day we discussed big questions of faith: If God is so powerful why is there so much evil in the world? How do you handle instances when there are conflicts between empirical observations and stories present in the bible? How does your faith manifest in your life? This trip in a foreign land where we struggled with heavy packs across countless river valleys is, in many ways, a metaphor of one's faith journey. Although unlike our Camino pilgrimage which ended in the beautiful Praza do Obradoiro in the shadow of the spires of the Cathedral of Santiago de Compostela, our faith journey continues as we deal with the joys and sorrows that punctuate our lives. As our adult youth leave the faith incubator that is Holy Trinity and march boldly into a world full of contradictions, I hope that our conversations of how we think about these big questions will help prepare them to keep their faith intact and use it to fuel their desires to do God's work in our broken world.

~Dewayne Townsend

PARISH INFORMATION

Enjoy photos from the Camino trip!



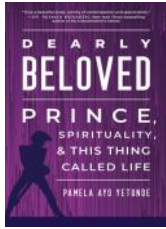
MINNEHAHA SCOOP MEET-UP

A fun time was had at Minnehaha Scoop Wednesday night!



THIS WEEK

AUGUST 2026—BOOK GROUP WITH KATHY EKWALL



Kathy invites you to join her in exploring the spiritual side of Prince through the book *Dearly Beloved: Prince, Spirituality, and This Thing Called Life* by Pamela Ayo Yetunde. She will host two in-person discussions, Tuesday, August 25, and Monday, August 31. Sign up and pick up books in the Community Room.

TUESDAY, AUGUST 18—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).

THURSDAY, AUGUST 20—ENCORE! AT TURTLE BREAD

Encore! meets monthly on the third Thursday of the month at 8:00 a.m. at Turtle Bread (4205 E. 34th St.). There is no agenda. Breakfast goes simply get to know one another. No sign up necessary.

SAVE THE DATE

SUNDAY, AUGUST 23—CLOSE OF SUMMER PICNIC AT WABUN PARK

As summer begins to wind down, Holy Trinity families will gather for an afternoon of fun, food, and fellowship at the Wabun Picnic Area (4655 46th Ave. S.) in Minnehaha Falls Park. Join us after worship, beginning around 11:30 a.m., and bring a dish to share for the potluck meal. Sign up in the Community Room.

THURSDAY, AUGUST 27—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.

FRIDAY, AUGUST 28—PARENTS' NIGHT OUT

We are bringing back Parents' Night Out! Enjoy a few hours to yourselves while the kids get an evening of fun! Registration is a free will donation, which will support Confirmation student leaders who attended the Be the Neighbor trip to Arkansas in mid-July. Children must be potty-trained, and caregivers are welcome to drop off and pick up their child(ren) at any point between 5:30 and 8:30 p.m. Snacks will be provided. Register on Realm or sign up in the Community Room.

SUNDAY, AUGUST 30—SUMMER POP-UP CHOIR

Our final Pop-up Choir of the summer! Everyone is welcome, from those who can't commit to weekly rehearsals during the school year but have always wanted to sing to those who have sung in the choirs for years. (Family and friends who are visiting are also welcome!) Rehearse at 9:00 a.m. in the sanctuary for the 10:00 a.m. worship service. No preparation needed! This will be an intergenerational pop-up choir offering music accessible to both young and old.

TUESDAY, SEPTEMBER 1—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.

WEDNESDAY, SEPTEMBER 2—YOUNG ADULT MONTHLY SOCIAL

Young adults are invited to meet at Arbeiter Brewing at 6:00 p.m. on the first Wednesday of each month for fellowship and fun! For further information, please reach out to Dave Herrera.

NEW MEMBER ORIENTATION SUNDAY, SEPTEMBER 13

We at Holy Trinity believe that community is integral to faith, which is why we invite interested persons to consider membership in this congregation. Over breakfast and coffee, those interested in membership will have the opportunity to learn more about one another and about Holy Trinity's mission and ministry. There are no prerequisites; all are welcome. We already have a wonderful group forming! Please speak with one of the pastors or sign up in the Community Room if you intend to come.

SUNDAY, SEPTEMBER 13—FAITH FORMATION AND ADULT FORUM KICK OFF

Sunday School, Confirmation, and Adult Forums begin today! We invite families to register children for Faith Formation classes through Realm as we continue updating our data systems. Godly Play (pre-K) and Trinity Village (grades K-5) meet in the second-floor Education Suite, while Confirmation students (grades 6-9) gather in the fourth-floor Sky Room. Weekly Adult Forums also begin at 9:00 a.m. in the Library. Watch for more details in the Fall 2026 Seasonal Calendar. There is no cost to participate in education programs.

SUNDAY, SEPTEMBER 13—RENEWAL SUNDAY CELEBRATION ON THE LAWN

We invite everyone to join us for food, face painting, and games on the front lawn at 11:00 a.m. (immediately following the 10:00 a.m. service). There will be a bounce house, food from one of our neighboring Lake Street restaurants, and more. It promises to be fabulous. All are welcome!

OCTOBER 15-18 MEA WHITE EARTH RESERVATION TRIP

The Adult Education team is looking into an educational trip to the White Earth Reservation over MEA weekend, October 15-18. We are working with the Rev. Dr. Mark Olson, pastor and community developer working both with the ELCA and the Episcopal Diocese of MN, who would facilitate the trip and help us organize much of our time while there. This would likely be a joint event with St. Paul's Episcopal Church of Duluth. We still have considerable planning to do and will share more details later, but it would be helpful to get a sense of interest. We would likely share transportation up (perhaps rental vans) and would stay at the Shooting Star Casino while we are there. If you are interested, please indicate your interest by filling out this form <https://forms.gle/FC1cX6nFw3mTHaEb7> or signing up in the Community Room ASAP. Email Pastor Doug (dmork@htlcmpls.org) with questions though more information will be coming soon.

WORSHIP PARTICIPANTS FOR SUNDAY, AUGUST 16, 10:00 AM

Preacher	Ingrid Rasmussen (she/her)
Presiding Minister	Ingrid Rasmussen (she/her)
Crucifer	Rick Liedholm (he/him)
Cantor	Stephanie Sulzbach (she/her)
Altar Guild	Anne Beschnett (she/her), Josh Becker (he/him)
Assisting Ministers	Margaret Kelly (she/her)
Communion Servers	Abs Trewin (they/he), Deb Anderson (she/her), Kaitlin Scott (she/her), Zoe Martinez (she/her)
Ushers	Chris Amundson (he/him), Ginny Jordan (she/her), Chuck Jordan (he/him)
Coffee Servers	Pat Farris (she/her)
Counters	Annie Hines (she/her)
Video Operator	Jan Mehlhoff (she/her)
Closer	Roberta Shaw (she/her)

BACKPACKS FOR LONGFELLOW SCHOOL

School is approaching, time for backpacks for Longfellow School. Please pick a sturdy backpack since many use them as a diaper bag. Here is the supple list: 3 spiral notebooks and folders, pens, pencils, pencil sharpener, highlighters, markers, colored pencils, scissors, hair ties, comb and or hairbrush, lip balm, baby wipes, and water bottle.

The filled backpacks are needed by Friday September 4th. Please drop them off on Zoe's porch. 3321-32nd Ave So or the church office. Thank you so much for bringing joy to these moms starting the school year!

ADVENT DEVOTIONAL WRITERS NEEDED

We're once again creating an Advent devotional booklet featuring daily reflections written by Holy Trinity members and friends. If you'd like to contribute, we invite you to write a 300- to 400-word reflection on the theme of newness. To participate, please sign up in the Community Room. Reflections may be typed or handwritten and are due to the church office by November 1.

PARISH EVENTS AUGUST 16-22, 2026

Sunday, August 16	10:00 AM 11:00 AM 12:00 PM	Worship Service of Holy Communion Preparedness Training Swahili Service
Tuesday, August 18	11:00 AM 6:30 PM 7:00 PM	Worship Readings Discussion Executive Committee In-Person Church Council In-Person
Thursday, August 20	8:30 AM	Encore! at Turtle Bread
Saturday, August 22	11:00 AM	Herb Hanson Funeral

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](#).

