



On 28th Avenue between Lake and 31st Streets Minneapolis, MN 55406 • 612-729-8358 • office@htlcmpls.org • www.htlcmpls.org
WORSHIP SERVICES: 8:45 and 11:00 am • CHURCH SCHOOL: 9:45 am • Jay Carlson and Ingrid Rasmussen, Pastors

JOYFUL AND KIND ATTENTION

Excerpt from Sunday's sermon

With all of the anxiety that September often brings for students, teachers, parents, and others, it was an appropriate time for a large portion of the Minnesota Public Radio audience, I imagine, to hear Dr. Amit Sood's speech last Tuesday about stress-free living and better health. He has written a book about the topic, and in it he provides some practical suggestions for living a happier life.

The first one is this: when you wake up in the morning, before you race ahead in your mind to all of the tasks on the day's agenda, take five minutes and think about five people you are grateful for. It's not a difficult project. As you lie in bed, reflect on five important people. Who comes to mind? What are all the ways that person has touched your life? Think about that and say a silent prayer of gratitude. Listen in your mind to the voice of each person. Give him or her a virtual hug in your mind, and send your silent gratitude.

The point of that five-minute exercise is to engage your mind in what he calls "joyful attention." It makes a difference in reducing stress and improving health. It changes how we live each day.

There are other simple tips, too. For example, when you get home, for the first five minutes after arriving, don't try to improve anybody. That may sound pretty simple, but give it a try. If you don't have a partner or other people living in your home, think of your place of work or another community you're part of, even church. When you first arrive, for at least five minutes, don't try to make anyone change anything. When we start with suggestions for doing or being, we give the impression that the other person is bad, not good enough for a relationship. Yes, change and improvement can be good and necessary later, but begin instead with creative and genuine praise. Again, this is about joyful attention. It will make the other person happier, and it will make you happier, too.

Along with joyful attention, Dr. Sood advocates the benefits of what he calls "kind attention." This involves such things as compassion and service to something larger than yourself and forgiveness. As an exercise in kind attention, he says, when you meet someone you are afraid of for some reason or don't especially like, say quietly to yourself, "I wish you well." And then practice *always* looking at others the way you want the world to look at your kids or grandkids or parents or other people you love.

Developing a mindset of joyful and kind attention, it seems to me—one of acceptance and compassion—is much more complicated than just a five minute morning practice. It is really difficult.

I think that is something that the Gospel today affirms. Life together in community, in relationship with other people, can be really hard. Life together may itself even be a source of stress for us. There's no way around it.

The point of this Gospel passage is not really discipline, as it is often assumed. The point is reconciliation. Jesus is deeply concerned about our relationships with one another, and the way we interact and live with one another here and now matters. So the steps here are not just a means to remove someone from a community; they are methods for restoring relationship. If it is not successful, then consider that person to be as a Gentile or a tax collector, Jesus says. But then remember that those are exactly the types of people Jesus spent much of his time with. Reconciliation is still and always the goal.

Why is this so important? Well, science can show that it matters for our personal health and happiness. But our participation (*cont.*)

FOURTEENTH SUNDAY AFTER PENTECOST

In today's second reading Paul questions why we judge one another, since we all stand before the judgment of God. Yet we do sin against one another, and Jesus' challenge that we forgive seventy-seven times reveals God's boundless mercy. When we hear the words of forgiveness in worship and sign ourselves with the cross, we are renewed in baptism to be signs of reconciliation in the world.



LESSONS

Genesis 50:15-21
Psalm 103:1-13
Romans 14:1-12
Matthew 18:21-25

ADULT FORUM

10:00 am — In the library

SEPTEMBER 14 "A report on the findings of the Kairos study" Council President Jeff Olsen Biebighauser and Council Members

We are nearing the end of the Listening Phase with Kairos and Associates, which has included two congregation-wide surveys and over sixty interviews. The adult forum will be an opportunity to review what we have learned and think about the relationship between our facilities and our ministry.

SEPTEMBER 21 "Reflections on teaching English to villagers in Nicaragua" — Keith Olstad

Rural Nicaragua—beautiful setting with gracious, hard working people—offers a very different life than our context in urban Minnesota. Keith Olstad offers photos and journal reflections on two months of living with poor families in the Miraflor reserve while teaching basic English in the coffee-producing northern Nicaraguan mountains.

in community helps us not only to live better but to experience abundant life. It is in community with other people, where we try to be loving (sometimes failing and sometimes succeeding) that we learn how loving God is toward us. We are reminded that God is always faithful and seeking reconciliation.

Jesus gives some practical tips for restoring relationships and maintaining community. Speak the truth. Bring in others if necessary. Be persistent. But more than these practical tips, Christ says, "I will be with you. I will be faithful and loving and persistent in relationship with you. I am with you always." This is good news that we must never stop learning about. The task of learning is lifelong, and it's not just a matter of learning more doctrine or historical facts. It's not just about head knowledge. We are learning more about who we are and how much we are loved and valued—each one of us. We can learn through practicing compassion and forgiveness with others. We can learn by being courageous enough to share our own lives—both our strength and struggles. In all of these ways of learning together, God is present for each one of us with both joyful and kind attention. Thanks be to God.

— Jay Carlson, Pastor

PARISH INFORMATION

MESSAGE FROM TIM BUENDORF

Thank you all for all for such a wonderful celebration and send-off on Sunday, August 24. It's been a great privilege to serve as Interim Organist at Holy Trinity this past year. My family and I were warmly welcomed into this community and it was great to be here. Thank you for your support, kind words, cards and gifts, but mostly, thank you for being the faith community that you are. I wish you all the best in the time ahead and have nothing but fond memories.

HOLY TRINITY CAMPING TRIP

Intergenerational camping weekend, Sept. 19-21, at Nerstrand Big Woods group camp. All are welcome! Talk to Pastor Jay or Theresa Rian for more information.

CONVERSATION ABOUT BUILDING CHANGES

All are encouraged to join the Church Council at 7 p.m. on Thursday, September 18, to discuss future building modifications and how they could enhance the ministry of Holy Trinity.

MINNESOTA MEAL

This year's Minnesota Meal will be on September 21 at 12:30 in the Bartsch room. Bring a dish to share featuring Minnesota-grown foods and join us. Dylan Bradford-Kesti of the Land Stewardship Project will share his work on urban agriculture, food justice and food access issues and will be joined by a leader from their partner, Hope Community Inc., a Phillips Neighborhood garden project.

END OF SUMMER GATHERING ON FRIDAY, SEPTEMBER 12

We will gather in the Rain Garden to celebrate the end of summer at 6:30 p.m. on Friday, September 12. There will be ice cream and special music, including Longfellow's bluegrass band, Ivory Bridge. That evening, we will also unveil the latest boiler video, which celebrates the completion of the project.

ADULT RETREAT

Sign up by September 26 for the mono-tasking retreat in Frontenac, MN, October 10-11. For more information, see Pastor Ingrid.

Jay Carlson and Ingrid Rasmussen, Pastors
Office phone: 612-729-8358

U.S. Postage Paid
Periodical

THE COMMUNITY CHURCH USPS 77-060
POSTMASTER: Send address changes to The Community Church, c/o Holy Trinity
2730 E. 31 St. Mpls., MN. 55406. Published weekly by Holy Trinity Lutheran Church.
612-729-8358. Periodicals postage paid at St. Paul, Minnesota. Pastors Jay Carlson,
Ingrid Rasmussen

PARISH EVENTS September 14-20, 2014		
Sunday	8:45 am	Worship Service with Holy Communion
	9:30 am	Confirmation 9:45 Sunday School
	10:00 am	Adult Forum
	11:00 am	Worship Service with Holy Communion
	12:15 pm	ELCA Youth Gathering Meeting in Library
	2:00 pm	Swahili Service
Tuesday	11:00 am	Text Study
Wednesday	4-6:00 pm	Fare for All Express
	5:30 pm	Choir Supper
	6:00-7:00 pm	Youth Choirs
	7:30 pm	Adult Choir
Thursday	8:00 am	Encore/Turtle Bread
	7:00 pm	Building Plan Forum with Church Council
Friday	7:00 pm	Camping at Nerstrand Big Woods

Gift for organ renovation in thanks and praise for music by Bob Wetzler
Special gifts in memory of **Ron Peterson** by Maurice Berger, Lois/Paul Eid, Mary Lindell, Nancy Madich, Carole Schneiders, Chris/Mary Engen, Maddy Mann, Connie Adams, Dale/Carol Bosch, Kathy Hollander/Rod Johnson, George Madich, Randy/Joy Nelson, Heather/Jess Olson, Marlene Peterson, Sharon West, Sandra Thornby, Sheldon/Marge Torgerson, Gary Johnson, Ann Schrooten/Dawn Wiczorek, Paul/Kris Christians, Judi/Lee Kampinen

WORSHIP PARTICIPANTS September 14, 2014		
8:45 AM		11:00 AM
Ingrid Rasmussen	Preacher	Ingrid Rasmussen
Jay Carlson	Presiding Minister	Jay Carlson
Linden Kung, Oskar Jensen	Acolytes	Josie Hines, Marianna Hefte
Liz Rudrud	Assisting Minister	Nikki Hines
Josh Becker	Crucifer	Wayne Vetter
Chris/Mary Engen	Communion	Laura Bolstad, John Sulzbach
Shelly Grimes, Ann Neuendorf	Altar Guild	Dick/Betty Pittelkow
Bob Peschiutta, David/Sally Kohlstedt	Ushers	Dennis/Lynda Nordholm, Jeff Olsen Biebighauser, Joshua Combs
Shelley Grimes	Coffee Servers	Tom/Kari Klevens
Annie Hines, Pam Blomgren	Counters	Wayne Vetter, John Sulzbach
	Closer	Rod Johnson