



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

DIGITAL DISTRACTIONS

We're trying a new experiment in my house. From dinnertime until the kids' bedtime, we're going to leave all cell phones alone on the counter. We've decided that unless they ring, there's really no reason for us to pick up our phones for at least these couple of hours each evening. We want some time to be intentionally present with one another, without unnecessary distractions. It's a small thing, but it's still an experiment that we take on with some hesitation. Ask me how it's going after a couple of weeks. The truth is that it's not easy to put together two phoneless hours in a row. There are good reasons for picking them up—check the weather forecast before laying out clothes for the morning, catch up on the day's news, send a note to a friend. But each of these things is a distraction from being present to the moment and each other. Besides, a quick check of the weather can so easily turn into a quick scroll through a Facebook feed or a dive into some interesting blog post.

Andrew Sullivan wrote not long ago in New York Magazine about the problem of digital distraction in our lives today. I recommend the whole article, but here's an excerpt:

Not long ago, surfing the web, however addictive, was a stationary activity. At your desk at work, or at home on your laptop, you disappeared down a rabbit hole of links and resurfaced minutes (or hours) later to reencounter the world. But the smartphone then went and made the rabbit hole portable, inviting us to get lost in it anywhere, at any time, whatever else we might be doing. Information soon penetrated every waking moment of our lives.

And it did so with staggering swiftness. We almost forget that ten years ago, there were no smartphones, and as recently as 2011, only a third of Americans owned one. Now nearly two-thirds do. That figure reaches 85 percent when you're only counting young adults. And 46 percent of Americans told Pew surveyors last year a simple but remarkable thing: They could not live without one. The device went from unknown to indispensable in less than a decade. The handful of spaces where it was once impossible to be connected — the airplane, the subway, the wilderness — are dwindling fast. Even hiker backpacks now come fitted with battery power for smartphones. Perhaps the only "safe space" that still exists is the shower.

Am I exaggerating? A small but detailed 2015 study of young adults found that participants were using their phones five hours a day, at 85 separate times. Most of these interactions were for less than 30 seconds, but they add up. Just as revealing: The users weren't fully aware of how addicted they were. They thought they picked up their phones half as much as they actually did. But whether they were aware of it or not, a new technology had seized control of around one-third of these young adults' waking hours.

There are huge benefits to having easy and constant access to all the world's information, but there are surely drawbacks, as well. What do we give up through our addiction to cell phones? How are our relationships suffering due to our distraction? What does this all mean for our lives of faith?

Toward the end of his article, Sullivan concludes, "If the churches came to understand that the greatest threat to faith today is not hedonism but distraction, perhaps they might begin to appeal anew to a frazzled digital generation." His point is well taken. Our bodies and our souls need sabbath—a rest from hurried distractions, a quiet time for reflection and gratitude.

Of course, distraction is not just an issue exclusive to cell phones or to one generation. You may have other things that draw your attention too often, whether TV, food, sports, or countless other things. I'll keep working on putting down the phone at home. And together as a church community we'll keep carving out spaces each week for being present in relationship and prayer.

—Jay Carlson, Pastor

TWENTY-SECOND SUNDAY AFTER PENTECOST

Pray always. Do not lose heart. This is the encouragement of the Christ of the gospel today. Persistence in our every encounter with the divine will be blessed. Wrestle with the word. Remember your baptism again and again. Come regularly to Christ's table. Persistence in our every encounter with the divine will be blessed.



READINGS
Genesis 32:22-31
Psalm 121
2 Timothy 3:14-4:5
Luke 18:1-8

ADULT FORUM

10:00 am

OCTOBER 16 "Building Dedication"

With thanks to God and the congregation's generous gifts, the east entrance has been renovated to improve the building's accessibility, hospitality, and safety. Join us between services to meet a few of the skilled people who helped us with designing and constructing the project, and help us dedicate it to God's mission in the world.

OCTOBER 23 "Welcoming New Members"

The congregation is invited to come and boldly welcome new members at 10:00 a.m. in the Community Room. We'll hear from two current members who will offer reflections on what it means to be a part of this community of faith. We'll also be introduced to the many people joining this congregation.

MINNESOTA MEAL SATURDAY, OCTOBER 15, 5:30 P.M.

Each year we come together to feast and share a meal of locally grown food at the Minnesota Meal. Plan to attend and bring your favorite dish to share on Saturday, October 15, at 5:30 p.m., in the Community Room. In addition to the camaraderie and food sharing, we will hear a presentation by Howasta Means, chef at the Minneapolis American Indian Center. Confirmands are encouraged to attend with their sponsors.

JOHNSON SYMPOSIUM NOVEMBER 4-5, 2016

Register now for the seventh annual Johnson Symposium on Faith & Society as we welcome Rev. Dr. Wil Gafney, Associate Professor of Hebrew Bible at Brite Divinity School in Fort Worth, Texas, on Friday, November 4, 7:00 p.m., and Saturday, November 5, 8:30 a.m. Register online or use the registration form on the brochure, found in the Community Room.

ADVENT DEVOTIONAL

We will be creating an Advent devotion booklet featuring daily reflections written by Holy Trinity members and friends. If you are interested in writing a 300- to 400-word reflection on the daily lectionary texts, please sign up in the Community Room. Typed or handwritten reflections are due to the office (htoffice@htlcmpls.org) by November 6.

BUILDING DEDICATION SUNDAY, OCTOBER 16, 10:00 A.M.
NEAR THE NEW EAST ENTRANCE

PARISH INFORMATION

SILENT WITNESS ON IMMIGRATION TUESDAY, OCTOBER 18

In August, the ELCA Assembly passed the AMMPARO refuge strategy, asking the church to witness to conditions affecting children and families being forced out of El Salvador, Guatemala, and Honduras by violence. In the last 2+ years, over 200,000 of these very refugees have flowed over our southern border. The vast majority don't find legal representation and so face deportation. Consider joining the Interfaith Coalition on Immigration in a silent witness (with signs, large photos, a handout, and a prayer circle), in front of the Immigration Court/Federal Building at Fort Snelling on Tuesday, October 18, 11:30 a.m.-12:30 p.m. Contact Joy Nelson for more information.

ADOPT YOUR CURB AND STORM DRAIN FOR WATER QUALITY

In October, the Peace with Justice Committee will have compostable leaf bags in the Community Room for you to rake the leaves and sticks from your curb and storm drains. Minneapolis residents can also sign up to adopt your storm drain, cleaning out trash, sticks, and leaves year round. Leaves and organic debris from streets and sidewalks often contain phosphorous, nitrogen, and soil, and can flow through storm sewers into lakes and streams. (minneapolismn.gov/publicworks/stormwater/adoptadrain)

KINSHIP DINNERS FRIDAY AND SATURDAY, OCTOBER 28 & 29

Twice a year the Nurturing Relations Committee organizes kinship meals, which allow members to dine together and learn about each other in the warmth of someone's home. We choose dates around the time that we receive new members so that we can invite these newest branches of God's living tree to a gathering soon after their arrival. The meals are for anyone interested in a more intimate gathering of people from church. Sign up in the Community Room.

PROPERTY WORK DAY SATURDAY, OCTOBER 29

Our property needs a little extra TLC as the weather changes. Come and help us with raking and bagging, weeding and trimming. We'll work from 8:30 a.m.-noon. Sign up in the Community Room by October 23.

ALL SAINTS SERVICE SATURDAY, OCTOBER 29, 4:00 P.M.

On Saturday, October 29, we will gather in the Bartsch Room at 4:00 p.m. to remember those sinner-saints who have died before us. This service will attend to the full range of emotions that accompany the loss of beloved friends and family members. Please join us as we grieve together, sing together, pray together, and celebrate love together. Worshipers are invited to bring a picture of their loved one(s); these saints will surround us in worship.

Office phone: 612-729-8356
Jay Carlson and Ingrid Rasmussen, Pastors

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THE COMMUNITY CHURCH (USPS 777-060)
Mpls MIN 55406. Periodicals postage paid at St. Paul, Minnesota
POSTMASTER: Send address changes to The Community Church, c/o Holy Trinity Lutheran Church, 2730 E. 31 Street, Mpls, MN 55406.

PARISH EVENTS October 16-22, 2016

Sunday	8:45 am	Worship Service with Holy Communion
	9:45 am	Sunday School
	10:00 am	Building Dedication
	11:00 am	Worship Service with Holy Communion
	12:00 pm	Worship Leaders Training
Monday	12:00 pm	Gloria Ringers
	2:00 pm	Swahili Service
	6:00 pm	Executive Committee
Tuesday	7:00 pm	Church Council
	11:00 am	Worship Readings Discussion
Wednesday	6:00 pm	Youth Choirs
	7:30 pm	Adult Choir
Thursday	8:00 am	Encore! at Turtle Bread
	6:00 pm	New Member Class

World Hunger by Kari/Tom Kleven, Lynda/Dennis Nordholm, and in appreciation of Sandra Thornby's service to the Holy Trinity Library by Kathy Ohler
Refugee Resettlement by Kari/Tom Kleven
Disaster Relief by Stephanie/John Sulzbach

WORSHIP PARTICIPANTS OCTOBER 16, 2016

8:45 AM		11:00 AM
Amelia Waddick, John Waddick	Acolytes	Sam Kleven
Josh Becker	Crucifer	Wayne Vetter
Rick Liedholm	Assisting Minister	John Sulzbach
Linda Berglin	Communion	David Krig, Alan Libra
Dianne Mascher, Bev Peschiutta	Altar Guild	Libby/Keith Olstad
Bob Peschiutta, Chris Engen, Samantha Waddick	Ushers	Mike Mann, M. Olsen Biebighauser, George Christians
Pat/Alan Libra	Coffee Servers	Juliann Rohn, Nicholas Ellison
Chris Engen, Pam Blomgren	Counters	Pam Kildahl, Gary Johnson
	Closer	Vicki Mann

Financial Report	October 9	Year to date
Budget requirement	14,432.69	591,740.38
Budget Receipts	20,551.83	556,068.32
Opening Doors	4,683.37	282,776.78
Disaster Relief	500.00	1,850.00
World Hunger	95.00	5,537.68