



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

BEGINNING WITH GRATITUDE

Dr. Amit Sood, who teaches at the Mayo Clinic School of Medicine, wrote a book a few years ago called *The Mayo Clinic Guide to Stress-Free Living*. It is based on his two decades of work in the field and the latest brain research, and in it Dr. Sood provides some practical suggestions for living a happier life.

His top suggestion is 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. As you lie in bed, reflect on all the ways that person has touched your life. Think about when you first met them. Imagine that they are very happy right now. Listen in your mind to the sound of their voices. Then give them a virtual hug in your mind, and say a silent prayer of 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.

He offers other suggestions, too. Along with joyful attention, Dr. Sood advocates the benefits of what he calls "kind attention." This involves things such 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." You don't have to say it out loud; in fact, you probably shouldn't or you'll start getting funny looks. Just say it to yourself, 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 kind attention—one of acceptance and compassion—is much more complicated than just a five-minute morning practice. It is really difficult. And it certainly does not mean ignoring the troubling realities of the world, or that we cannot disagree or challenge people or seek changes in society. But beginning with gratitude is a discipline worth practicing. It changes us and how we go about the rest of what we do.

Likewise, our Stewardship Sunday this past week was rooted in gratitude. Participants discussed at their tables what they were thankful for in the ministry of Holy Trinity, reflecting on the people, the programs, and the emphases of our congregation. In worship we gave thanks to God for signs of grace in word, sacrament, and the community of saints that surrounds us. Our commitments of giving for God's work through Holy Trinity then flows out of this gratitude. Many Holy Trinity members filled out pledge cards and volunteer opportunity sheets. If you haven't completed these forms yet, please find them in the Community Room at church and return them as soon as you can.

There are many sources of stress and worry in our lives—even during Thanksgiving week. Still, my hope is that each of us will find moments for gratitude. May our generous and faithful service flow from giving thanks.

—Jay Carlson, Pastor

FIRST SUNDAY OF ADVENT

The new church year begins with a wake-up call: Christ is coming soon! In today's readings both Paul and Jesus challenge us to wake from sleep, for we know neither the day nor hour of the Lord's coming. Isaiah proclaims the day when God will gather all people on the holy mountain and there will be no more war or suffering. Though we vigilantly watch for the promised day of salvation, we wait for what we already have: Christ comes among us this day as the word and meal that strengthens our faith in the promises of God.



READINGS

Isaiah 2:1-5

Psalm 122

Romans 13:11-4

Matthew 24:36-44

ADULT FORUM

10:00 am—in the Library

NOVEMBER 27 "Healing Creation: The Human Vocation and Christian Witness"
Dennis Ormseth

Scripture is concerned with our relation to natural habitat from beginning to end. Indeed our relationship to creation is of equal importance as our relationship to God. What does this mean for a Lutheran congregation and its witness in our time and place?

DECEMBER 4 "Christmas Hymn Sing"
David Sims, Cantor

Please join us in the sanctuary for a joy-filled hymn sing.

HOLIDAY SHARING WITH LONGFELLOW SCHOOL DEC. 9, 3-4 P.M.
Holiday Sharing with the Longfellow teenage moms and their children will take place on December 9 from 3:00-4:00 p.m. at Longfellow School. Eleven students still need to be adopted for gift-giving this holiday season. If you are unable to join us on December 9, your gifts will be delivered to the school and shared with your student. Please sign up in the Community Room by Sunday, November 27.

POINSETTIAS FOR CHRISTMAS

If you'd like to buy a poinsettia for the altar area at Christmas, please call the church office. \$14 each.

DEMONSTRATE YOUR THANKFULNESS THIS SEASON

Every year Holy Trinity anticipates and relies on a year-end increase in contributions that help support the work of the church. This holiday season, please consider making an additional contribution to Holy Trinity or to our special appeals, Refugee Resettlement Program and ELCA World Hunger. To donate online, visit htlcmpls.org and locate the link to the giving page.

PARISH INFORMATION

MEALS ON WHEELS

Holy Trinity will be delivering meals for South Minneapolis Meals on Wheels the week of December 5-9. Volunteers are needed to deliver meals for 1-5 days. Meals are picked up at Nokomis Square delivery area (50th St. and 35th Ave. S.) at 11:15 a.m. Delivery takes 1½ hours. Sign up in the Community Room or call Mary Engen.

ADVENT SOUP SUPPERS AND EVENING SERVICES

All are invited to partake in the Advent soup suppers on Wednesdays, November 30 and December 7, 14, and 21, from 6:00-6:45 p.m. in the Community Room. Soup and bread are provided; free-will donations are accepted. The community moves downstairs at 7:00 p.m. for the Service of Evening Prayer in the Bartsch Room. This year's Advent theme is "For the Healing of Creation."

PARENTS' NIGHT OUT FRIDAY, DECEMBER 2, 6:00-9:00 P.M.

Adults and youth work together caring for HTLC children while their parents go "out" from 6:00-9:00 p.m. Sign up in the Community Room to help with childcare or to save a spot for your kids in the nursery. Volunteers must complete a simple background check through Holy Trinity.

THE ENNEAGRAM: CONTINUING THE CONVERSATION

This series of three classes held from 6:30-8:30 p.m. on January 24, 31, and February 7, will deepen your knowledge of the Enneagram, an ancient and powerful map that sheds light on the motivation behind your behavior. Back by popular demand, Kate Ostrem of 9 Open doors will guide us as we explore how the Enneagram can be applied to our daily lives and increase the compassion we have for ourselves and those we love. If it's not possible for you to attend the first class, come to the others anyway. The church office has a handout that can help you start to identify your type and we can catch you up at the next class. Cost for the series is \$20; scholarships are available. Sign up in the Community Room by December 18. ****Please note: we need 20 participants to go ahead with this class.**

FIRST FRIDAYS WITH FRIENDS DECEMBER 2

The 20s, 30s, 40s group invites you to an evening of eating and coloring, beginning at 6:30 p.m. at Laura Bolstad's house. Don't color? Come, eat, and watch others color. This event is being coordinated with Parents' Night Out so caregivers can drop off their child(ren) at the church for the evening. Sign up in the Community Room by November 27.

Office phone: 612-729-8358
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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 St, Paul, MN 55406.

PARISH EVENTS November 27-December 3, 2016

Sunday	8:45 am	Worship Service with Holy Communion	
	9:45 am	Sunday School	
	10:00 am	Adult Forum	
	11:00 am	Worship Service with Holy Communion	
	12:00 pm	Gloria Ringers	
Tuesday	2:00 pm	Swahili Service	
	11:00 am	Worship Readings Discussion	
Wednesday	5:30 pm	Trinity Singers	
	6:00-6:45 pm	Advent Soup Supper	
	6:00 pm	Youth Choirs	
	7:00 pm	Evening Prayer Service in Bartsch Room	
	7:45 pm	Adult Choir	
	Friday	6:00-9:00 pm	Parents' Night Out
		6:30 pm	First Fridays with Friends

Special Gifts in memory of Gerry Werth by Linda/Gerry Berglin, Marge/Sheldon Torgerson, Deb Sodt, Judi/Lee Kampinen, Liz Blood, Kathy Hollander/Rod Johnson, Sandra/Richard Westby
Refugee Resettlement Fund by Lois Eid
World Hunger by Lois Eid and in memory of Cory Bryan by Susan/Shawn-Barry

WORSHIP PARTICIPANTS NOVEMBER 27, 2016

8:45 AM		11:00 AM	
Jade Masiee, Tevy Nou	Acolytes	Marianna Hefte, Kayden Nordby	
Shelley Grimes	Crucifer	Troy Davison	
Andrew R. K. Johnson	Assisting Minister	Lynda Nordholm	
Nicole Hines, Joyce Peterson	Communion	Allison Johnson, M. Olsen Biebighauser	
Lisa/Bruce Martens	Altar Guild	Carol Lane, Josef Fortier	
Bob Peschiutta, Chris Engen, Anton Werth	Ushers	Deb Sodt, Alan Libra, Riley Conway, Kathy Ohler	
Nancy Madich, George Madich	Coffee Servers	Kris Christians, Katy Benson	
Dennis Nordholm, Chuck Jordan	Counters	Pam Kildahl	
	Closer	Deb Sodt	

Financial Report	November 20	Year to date
Budget requirement	14,432.69	678,336.54
Budget Receipts	27,180.93	635,528.49
Opening Doors	2,033.37	325,561.34
Refugee Resettlement	40.00	1,571.00
World Hunger	580.00	6,469.68