



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: 9:55 am • Ingrid Rasmussen, Pastor

RESTING AND RENEWING

Early this spring, my wife and I had the privilege of spending several days with our 5- and 11-year-old nephews while their parents were out of town—two boys we adore, days full of school, hockey games, swim lessons, gym time, parks, and movie night! We are not parents, but spend enough time with our nephews that we were somewhat prepared going into a few days of substitute parenthood. At the end of each day, we were exhausted, and looked forward to resting to prepare for a 6:30 a.m. wake-up so our older nephew would catch his bus. The one thing that we had not considered is that nighttime does NOT equal rest. The first night, I was awakened by a soft tap and sleepy eyes not once, not twice, but **FOUR TIMES**—to change pjs, get a drink, comfort after a nightmare, or re-tuck a little boy in so he could get back to sleep. Precious minutes of school or other activities passed quickly, as I fit in work time, care for our own kitty brood, and prepared for the next activity!

In the midst of their own busy ministry, Jesus and the disciples refocus themselves by going to a deserted place to rest—and are greeted by a crowd of people clamoring to Jesus, to touch even the hem of his cloak. Like busy parents (or aunties!), they too found it difficult to claim time away from responsibilities that are always present. Responsibilities that, truth be told, give life its meaning, which they would not (if pressed) ever give up. Still, Jesus encouraged his disciples to find time for renewal, even if it didn't always work out as planned.

Summer has been full of ministry life, planning worship, nurturing Holy Trinity's communion visitation ministry, rallying with the Poor People's Campaign, participating in several interviews which could lead to my first call in Northeastern Minnesota, and helping to prepare for Pastor Angela's arrival. And gratefully, it has been punctuated by moments of time that seem to stretch endlessly, allowing unique opportunity to recharge: lounging on the boat with family, watching our cats outside on long summer evenings, or sitting on the grass listening to music at Lake Harriet. Rare and precious time indeed.

Being at Holy Trinity has allowed me to further develop and affirm my gifts for ministry, and has allowed me to give back to the congregational community that has walked with me on my journey, from seminary until now. I have witnessed the community support struggling members, been inspired by the vision and passion I have heard in conversations with many HTLC members and groups, and am so excited to see what wonderful new Spirit and energy will emerge when Pastor Angela joins us in ministry!

And through it all, I continue to hear Jesus' invitation to find a deserted place to rest, renew, and prepare to enter once again into the center of active life. Even if it doesn't always work out as planned.

—Meagan McLaughlin

PARENTS' NIGHT OUT AUGUST 3, 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 background check through Holy Trinity.

NINTH SUNDAY AFTER PENTECOST



READINGS

Jeremiah 23:1-6
Psalm 23
Ephesians 2:11-22
Mark 6:30-34, 53-56

ADULT FORUM

10:00 am – in the Library

JULY 22 "Mapping Prejudice Project" Kirsten Delegard

Kirsten Delegard is one of the co-founders of Mapping Prejudice and has a faculty affiliation with the Department of Geography, Environment and Society at the University of Minnesota.

A third generation Minneapolitan, Delegard has written extensively about the history of her hometown on the Historyapolis website. She has been a Legacy Research fellow at the Gale Library at the Minnesota Historical Society and has authored columns for the Southwest Journal.

JULY 29 "Youth Trip to Heifer Ranch" Holy Trinity Youth

Thirteen Holy Trinity confirmation students traveled to Heifer Ranch near Perryville, Arkansas, to be immersed into farming and poverty experiences designed for participants to gain a deeper understanding of the complexities of our world and to think critically about their roles and responsibilities as a global citizen. Come and hear them reflect on their experiences!

FIRST FRIDAYS WITH FRIENDS AUGUST 3, 6:15 P.M.

Captain Paul Rasmussen and the 20s, 30s, 40s group invites you to the August First Fridays with Friends event on the sparkling waters of Lake Nokomis aboard his mighty sailing vessel. Meet at Sandcastle at 6:15 p.m. to start the evening off with a delicious meal/refreshments, live music, and fantastic company. Then sail into the sunset with Captain Paul and help him find a name for his stalwart ship. Sign up in the Community Room or on Facebook by Wednesday, August 1. This event is also coordinated with Parents' Night Out, so sign up in the Community Room to reserve childcare for the evening.

JOURNEY TO PALESTINE AND ISRAEL IN 2019

Pastor Stephanie Coltvét Erdmann from Edina Community Lutheran Church and Pastor Ingrid C. A. Rasmussen look forward to traveling with congregants to Palestine and Israel in 2019! The trip, scheduled for November 6-16, includes time in Tel Aviv, the region around the Sea of Galilee, Bethlehem, and Jerusalem. Cost is \$4,259, which includes airfare, ground transportation, accommodations, most meals, guides, gratuities, and departure taxes. For more information, see the brochure in the Community Room or talk to Pastor Ingrid.

PARISH INFORMATION

PEACE WITH JUSTICE OFFERS LUNCH & MOVIE SUNDAY, JULY 29

Have you ever wondered why the early European settlers felt it was acceptable to dominate and eliminate the native people of North America? Come grapple with the history of the papal edicts and watch the "Doctrine of Discovery" with fellow church members. Sandwich lunch provided at 12:30 p.m. Sign up by July 22.

FALL RETREAT AT ST. JOHN'S ABBEY

The Adult Retreat will be at St. John's Abbey in Collegeville, Minnesota, Friday-Saturday, October 19-20. We'll have wonderful programming and opportunities to connect with one another and with the Benedictine community at St. John's. Cost is \$125. We have individual rooms for 25 people. Sign up in the Community Room.

CONGREGATIONAL PICNIC SUNDAY, AUGUST 5, 4-6 P.M.

The second annual intergenerational picnic will be held Sunday, August 5, at Hidden Falls Park. Plates, cups, utensils, and napkins will be provided. Bring your own beverage and a dish to pass. Games for kids of all ages begin at 4:00 p.m., potluck dinner from 5-6 p.m. Water and watermelon will be provided. Sign up in the Community Room.

LIBRARY NOTES

Have you heard about *The Great American Read*, a project of PBS? They identified 100 of Americans' favorite novels. Meredith Vieira hosted a two-hour special introducing these books (video and list of books available on pbs.org). PBS is encouraging people to read one or more of these books over the summer and to vote (often!) for their top pick. We happen to have 40 of the titles in our church library! They are displayed on the bookcases by the north windows. If you've missed some good reads, pick up one or more at church, then go online to vote. If you want to browse the books on a weekday, just ask a staff member to let you into the library.

REPRESENT HOLY TRINITY AT OPEN STREETS JULY 22

The annual Open Streets festival is on July 22 on Lake Street and down Minnehaha Avenue. We need help handing out 1,000 ears of corn to our neighbors as they walk, cycle, scooter, or skate by. Sign up in the Community Room for a shift or email Meghan Olsen Biebighauser at molsen@htlcmpls.org. We're also looking for volunteers to staff a bike-decorating station, so indicate if you're open to getting crafty and working with that project, too.

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PARISH EVENTS July 22-28, 2018

Sunday	8:45 am	Worship Service with Holy Communion
	10:00 am	Adult Forum
	11:00 am	Worship Service with Holy Communion
	11:00 am-5:00 pm	Open Streets Minneapolis
Tuesday	2:00 pm	Swahili Service
	11:00 am	Worship Readings Discussion
	6:30 pm	Worship/Fine Arts Meeting

MAS Racial Justice Appeal in memory of mother, Ann, by Lyle Steinfeldt

WORSHIP PARTICIPANTS JULY 22, 2018

8:45 AM		11:00 AM	
Rick Liedholm	Assisting Minister	Paul Ramsour	
Rosie Russell, Treva Russell	Acolytes	Linden Kung, Soren Kung	
Jeff Weiss	Crucifer	Jeff Olsen Biebighauser	
Lisa Martens	Communion	Gary Johnson, Linda Jury	
Lisa and Bruce Martens	Altar Guild	Melanie Townsend, Linda Woytasek	
Chris Engen, Sally and David Kohlstedt	Ushers	Donna Scott, George Madich, Ethan Townsend, Dewayne Townsend	
Turid and Dennis Ormseth	Coffee Servers	Linda and Phil Jury	
Joyce Peterson, Gerry Berglin	Counters	Scott Cole, Wayne Vetter	
	Closer	Rod Johnson	

	July 15	Year to date
Financial Report		
Budget Requirements	15,051.92	421,453.85
Budget Receipts	10,022.33	430,648.68
Opening Doors	407.87	62,873.90
MAS Racial Justice Appeal	30.00	777.00
World Hunger	62.00	3,065.00
CTUL	100.00	220.00