

On 28th Avenue between Lake and 31<sup>st</sup> 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 and Angela Khabeb, Pastors

# **BLESSED BY COMMUNITY**

SAD came early this year. I usually get it as winter depression, but it struck me early in the summer. I blame a lot of it on to the political situation, which has a lot of folks like me cringing at what is going on. But I also had a bunch of smaller things that were getting to me as well, and it felt like SAD coming on.

I asked my doctor if I could start on Zoloft early, instead of waiting for fall, and he agreed. Unfortunately, I got side effects that were driving me into the ditch. And I was feeling generally out of it for too long a time. I finally decided I needed to make a trip to the doctor's office to get more help. I mentioned this to Pastor Ingrid, telling her I was waiting for my niece to get back from her travels. But Ingrid felt I shouldn't wait until whenever that might be, so she (Ingrid) took me to the doctor. A week later, Ingrid also took me to the hospital for another matter that needed attention. Slowly I began to come out of my summer funk. All the heat and humidity (especially the humidity!) was not helping, and as it has let up, so have my depression symptoms.

I'm 86 now and have felt I shouldn't be driving myself around on busy roads, so I have restricted myself to a "comfort zone" around the neighborhood. Ingrid has helped to connect me with Holy Trinity members who can help to get me to follow-up appointments. I've come to refer to all the help I've gotten from Holy Trinity people, such as Gerry Berglin and Deb Sodt, as "HTLC's Uber Service." I've always been a self-reliant person, so I am having to learn to accept help with graciousness and gratefulness.

Having grown up as a "PK" (preacher's kid) in South Minneapolis (Dad was pastor of Salem Lutheran on 28th & Lyndale for 41 years from 1928-1969), and later graduating from the seminary, I was well acquainted with many of the pastors and life of our synod and felt more on the "clergy side" than on the "congregational side" of church life. And with the special musical abilities God blessed me with, and with other special interests, I always felt somewhat off to the side of the community around me.

After joining Holy Trinity about 25 years ago my sense of belonging has increased considerably. With people like Pastor Ingrid, Gerry Berglin and Deb Sodt to gladly help me get along as I get up in years, I realize that I only know most of Holy Trinity members by sight, many by name, but that has been it essentially. Spending one-on-one time with some of them has been a great experience, and generates a real sense of community. I hope to continue on that way! Thank you and God bless you all.

—Bob Wetzler, Holy Trinity member

## TWENTY-SECOND SUNDAY AFTER PENTECOST



READINGS Isaiah 53:4-12 Psalm 91:9-16 Hebrews 5:1-10 Mark 10:35-45

ADULT FORUM 10:00 am

### OCTOBER 21 New Member Welcome

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 delightful current members, Rod Johnson and Kathy Howe, who will offer reflections on what it means to be a part of this community of faith. We'll also be introduced to those choosing to join this congregation.

### OCTOBER 28 My Life Story, My Faith Story

As part of our ongoing commitment to sharing our narratives of faith, today we hear from one of our members, Donna Goodlaxson. Come and hear Donna tell her life story, her faith story!

### LESSON

it's hard for me to say thank you to a whole community of people who did so much for me when i was ill whose names i still have difficulty with and there are still a lot of names i don't know but i did learn a fundamental lesson by enduring recent events all of you at Holy Trinity are my friends i treasure your friendship

thank you

## PARISH INFORMATION

## FAITH AND FAMILY MATTERS SERIES CONTINUES OCTOBER 28

Dr. David Walsh has emerged as one of the world's most trusted authorities on parenting, family life, and the impact of technology and translating brain science into everyday practice. Participants will meet on the last Sunday of each month (with the exception of December and May), to discuss the book written by Dr. Walsh entitled *No: Why Kids of All Ages Need to Hear It and Ways Parents Can Say It.* Sessions will take place during the education hour (10:00-10:45 a.m) in the Bartsch Room. These sessions will be facilitated by Holy Trinity member Mike Mann.

### PROPERTY WORK DAY SATURDAY, OCTOBER 27, 8:30 A.M.-NOON

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 or call the church office. In case of inclement weather, the work day will be Saturday, November 3.

### **CELEBRATION OF LIFE**

There will be a gathering on Sunday, October 21, to celebrate the life of Holy Trinity member John Goring, who died on August 30. Please call the church office for details.

ALL SAINTS SUNDAY NOVEMBER 4--CALL FOR PHOTOS The observance of All Saints reminds us that the baptized people of God, living and dead, are the body of Christ. The Community Room will serve as a gathering place between services on November 4 to remember those saints who have gone before us. There will be tables to place photographs of loved ones to be remembered by the community. Small cards will be available to write your loved one's name and a brief attribute by which they may be remembered. Photographs may be delivered to the Community Room at church Monday through Friday between the hours of 9 a.m. and 3 p.m.

beginning October 29 and on Sunday morning, November 4.

### SPECIAL APPEALS FOR 2019

The Financial Stewardship Committee invites suggestions for Holy Trinity's special appeals for 2019. Suggestions should be submitted to one of the standing committees of the church, who wil vet the organization or cause to ensure that it aligns with Holy Trinity's mission and that it is qualified for 501(c)3 status by the IRS. The committee should submit the proposed appeal to the Financial Stewardship Committee by December 10. If you have any questions, please contact Vicki Mann in the church office.

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PARISH EVENTS October 21-27, 2018				
Sunday	8:45 am	Worship Service with Holy Communion		
	9:55 am	Sunday School		
	10:00 am	Adult ForumNew Member Welcome		
	11:00 am	Worship Service with Holy Communion		
		Swahili Service		
	6:00 pm	2nd Sunday Suppers (rescheduled from Oct. 14)		
Tuesday	11:00 am	Worship Readings Discussion		
Wednesday	5:30-8:00 pm			
-	5:30 pm	Choir Family Supper		
	6:00 pm	Children's Choir		
	6:45 pm	Cantate!		
	7:30 pm	Adult Choir		
Friday-Saturday		Kinship Meals (various times & locations)		
Saturday	TBD	Confirmation Cookie Baking at Holy Trinity		
	8:30 am	Property Work Day		
	6:00 pm	Confirmands Dinner with Pastors		

Worship and Fine Arts in honor of Judi Kampinen's birthday by Margaret Peterson

WORSHIP PARTICIPANTS OCTOBER 21, 2018				
8:45 AM		11:00 AM		
Sally Kohlstedt	Assisting Minister	Stella Townsend		
Emma Murray, Wilson Murray	Acolytes	M. A. Martin, Bea Martin		
Lisa Martens	Crucifer	Emily Davison		
Pam Blomgren	Communion	Zoe Martinez, Dennis Ormseth		
Lisa Martens, Bruce Martens	Altar Guild			
Bob Peschiutta, Marcea Mariani, DeWayne Townsend	Ushers	Meghan Olsen Biebighauser, DeWayne Townsend, Tracey Baubie, Deb Anderson		
Luann Kibira, Josiah Kibira	Coffee Servers	Sharon Englund, Rob Englund		
Annie Hines, Bob Peschiutta	Counters	Gary Johnson, Donna Heyer		
	Closer	Rod Johnson		
Financial Report Budget Requirements Budget Receipts Opening Doors World Hunger	October 15,051 14,530 272 20	.92 617,128.85 .33 587,672.46		