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Ingrid C. A. Rasmussen, Angela T. Khabeb, and Doug Mork, Pastors

## COMMUNITIES OF CALLING:

### *LECTIO DIVINA (READING SCRIPTURE)*

*Group Description: Come join us for Lectio Divina. Lectio is reading scripture not to study it but to open ourselves and listen carefully to what God is saying to each of us personally in this moment. We will read short passages repeatedly as a group, listen, and share as we choose what we heard. Finally, we will share a snack and get to know each other better. We hope to leave each session with friendship and a word from God.*

Our Communities of Calling small group practices Lectio Divina together regularly. We had one session in person before the Covid lockdown began. Kathy Howe explained that she'd found Lectio Divina to be a meaningful way to listen to the Holy Spirit and share it with others. Dennis O'Brien studied it and added history and academic knowledge for the group. We tried it that first night and agreed to keep meeting. Since then we've met on Zoom every two weeks.

Each meeting we greet each other and check-in on our health and well being. We open with prayer, then begin.

#### **Our ritual:**

The rotating leader chooses a short Bible passage.

The passage is read aloud three times by different people. Between each reading we sit quietly for 3-5 minutes listening for a word, a phrase, a thought that God was speaking to each one of us in that moment.

At the end of the reading and listening, we share, if we choose, what we heard, what we were comforted by, what we were called to do, and which words we will take with us on our journey. In these moments we learn to know and love ourselves, each other, and God. The Holy Spirit is there.

#### **Lectio Divina—Ginny Jordon**

"Wherever you are in your journey of faith" are words we hear every Sunday morning. Holy Trinity is a wonderful, supportive, energetic community, but we are reminded our own journey of faith is personal.

I signed up for Lectio Divina with a vague notion of what it was. Now I really look forward to our quiet, meditative, thoughtful Zoom time every two weeks, especially as the world changes around us. The five of us are glad to be at Holy Trinity, but we have each been members less than 6 years. We met each other through Lectio Divina.

I feel that a strength of Lectio Divina is that it could be done by someone meeting Jesus and the scriptures for the first time as well as someone like me who has been a Lutheran for 73 years and finds something new in familiar words. I can do this a long time.

(Continued in next column)

## FIFTH SUNDAY AFTER PENTECOST

### READINGS

Jeremiah 28:5-9; Psalm 89:1-4, 15-18;  
Romans 6:12-23; Matthew 10:40-42

#### **Deep Calling Deep—Dan Reese**

I have recent history of finding meaning in contemplative prayer groups. Over time, Kathy and I shared our experiences and our desire for such groups again.

Much to my delight, this winter she told me of the Lectio Divina focus group beginning here at Holy Trinity. So the group began. Now every other week we practice together on Zoom.

What magnificent, intimate connections and fellowship has sprung forth in just a short time. Each session we pray the Ancient Practice of Praying the Scriptures, quieting, contemplating silently, meditating, listening, and then sharing. This is repeated for the entire prayer meeting.

My goal, and, I think, the group's conscience, is to learn to intensely pray in meditation, deeply enter that place, ground my contemplation solidly, and move toward an intense love and celebration of the Word, and, most importantly, having communication with the One who calls us "Friend."

Deep calling Deep. Finding, entering, what Richard Rohr calls our "True Selves." For me, FINALLY learning how to SHUT UP AND LISTEN! I am learning to let God have the first word.

#### **Lectio Divina—Sandra Hisakuni**

When the opportunity to join the Lectio Divina group arose, I was thrilled. I became a member of Holy Trinity a few years ago, but was still not connecting with other members in a meaningful way other than smiling and sharing the peace during worship.

Although we meet via Zoom, I cannot begin to tell you how grateful I am for this solid rock of spiritual support I have come to depend upon. Because of the incredibly trying time this has been, it has been such a source of comfort to join my siblings in Christ to read scripture and to listen to what the Holy Spirit is telling us. We read, talk, pray, listen, laugh, and, speaking for myself, leave with a newfound insight and a sense of the peace that only Jesus gives. In gratitude and lovingkindness, thank you for this group!!

#### **HOLY TRINITY IN THE NEWS**

- Almanac, Minnesota Public Television: "Food Insecurity"  
<https://www.tpt.org/almanac>

## PARISH INFORMATION

### Q AND A WITH BRUCE AXELROD

**Interview conducted by Elena Vaughn for the *Longfellow/Nokomis Messenger***

On the back of Bruce "Uncle Bubba" Axelrod's shirt reads a Cesar Chavez quote: "The people who give you their food give you their heart." A self-described "Buddhist Jew-boy who loves Jesus" from the Bronx, Bruce has been a resident of Trinity Apartments for five years, but has loved Holy Trinity Lutheran Church for thirty. Bruce gave the Messenger an inside look at life in the immediate aftermath.



#### **What has your experience been during this time?**

"I love our community, the diversity and people and struggle. We've been at ground Zero with the fires, and we support the Black Lives Matter (BLM), a lot of us, and we believe that there's been perpetrators from the outside setting the fires. We don't believe BLM would destroy the community. We love all the energy and people coming in and helping us. It's been very healing."

#### **What have been some of the harder parts of this experience?**

"It's been traumatic being here, we're still afraid at night. We've been afraid every night for our building burning, but we're here to stay. We're about struggle and peace and justice and making the world a better place for everybody, no matter who you are."

#### **How does your personal experience affect your view of the recent uprisings?**

"I've been in the streets against the United States Government...since I've been 17 years old. I wanna see systemic change. I wanna see the racism treated in this country. I ain't against the police, I ain't against no one, but when you're hurting people and killing people, that's no good. I wanna see our tax dollars used for something besides making war. I wanna see it being used for education, for roads, for better lives, for affordable housing. We work so hard and we ain't got time for our children or ourselves cuz we're so busy, and it shouldn't be that hard to make do."

### ADULT FORUMS RESUME JULY 12

#### **Work: Burden or Gift? Punishment or Opportunity?**

Adult Forums resume on Sunday, July 12, at 9:30 a.m., when Pastor Doug Mork will engage us on Zoom for a two-part series. The link to Zoom will be provided next Sunday in the Community Church. This is the first of a number of series that will be offered throughout the summer.

In the first session we'll think a bit about God's intent for our work lives, especially through the lens of portions of the Creation story, the Jubilee, and perhaps another key biblical narrative or two. In the second, we'll consider the ways in which work gets distorted, and we'll listen to some of the prophets throughout scripture as they call us back. Both sessions will have time for discussion and will wrap up with an hour.

### PASTORAL CARE

Please don't hesitate to contact us with pastoral care emergencies (Church Office: (612) 729-8358; Pastor Angela: (612) 248-9121; Pastor Doug: (612) 310-5752). We will do our best to care for you from a distance. Please contact one of the pastors if your household is suffering because of COVID-19 or the effects of social unrest; we have resources to help.

### DIALOGUES ON RACE DISCUSSION SERIES BEGINS JULY 1

Please join members from the Racial Justice Committee and Doctrine of Discovery Task Force for a discussion series based on the short book *Dialogues on Race*. The book consists of seven distinct chapters from diverse writers covering issues around race, the Bible, whiteness, African American and Native American experiences in the U.S., the role of women in racial justice movements, and more. The bi-weekly series will discuss one chapter each session. The introduction and first chapter will be discussed Wednesday, July 1, from 7:00 to 8:00 p.m. To join, login or call Zoom ([zoom.us/312-626-6799](https://zoom.us/j/312-626-6799)) and enter the meeting ID (946-5996-7496) and password (245827). If you would like a copy of the book at no charge to you, email Randy Nelson ([rmelson1941@yahoo.com](mailto:rmelson1941@yahoo.com)). All Holy Trinity members and friends are welcome to participate.

### WORSHIP LINK FOR SUNDAY, JUNE 28

The worship video for this Sunday, June 28, can be found here: <https://vimeo.com/433146571>. This week is the Fourth Sunday after Pentecost. We invite you to find bread or crackers, wine or grape juice (or any morsel of food and sip of liquid) in your house and celebrate Holy Communion with all of us.

### BIG MEETING NIGHTS JULY 2 AND 7

Big Meeting nights in July are Thursday, July 2, and Tuesday, July 7. If your committee plans to meet one of those nights, please let Pam know ([pwetterlund@htlcmpls.org](mailto:pwetterlund@htlcmpls.org)/651-398-7980).

### SCHEDULE FOR DONATIONS & DISTRIBUTIONS JUNE 29-JULY 3

#### **Monday, June 29**

10:00 a.m. to 2:00 p.m.—receive donations

12:00 p.m. to 2:00 p.m.—distribution (food boxes and household supplies)

#### **Wednesday, July 1**

10:00 a.m. to 2:00 p.m.—receive donations

12:00 p.m. to 2:00 p.m.—distribution (food boxes and soap/shampoo)

#### **Friday, July 3**

10:00 a.m. to 2:00 p.m.—receive donations

12:00 p.m. to 2:00 p.m.—distribution (food boxes, diapers, wipes, and maxi pads)

### CONCERNING PEOPLE

We celebrate with **Paul, Ingrid, and Solveig**, as they welcome baby **Lars Anders** into their family.