



TRINITY TRIBUNE  
*feel the love!*



**February 2018** FROM OUR PRIEST-IN-CHARGE THE REV. DR. ROB CAVANNA

#### Dates to Remember

9	6:00pm Newcomers' Dinner
11	162nd Annual Meeting/Pot Luck Luncheon/Shattuck-St. Mary's Boys' Choir
14	7pm Ash Wednesday Valentine's Day
21	11:30am Mid-Week Lenten Eucharist
28	11:30am Mid-Week Lenten Eucharist
3/7	11:30am Mid-Week Lenten Eucharist
3/14	11:30am Mid-Week Lenten Eucharist
3/17	11:30am-1:30pm Feed my Starving Children at Coon Rapids
3/21	11:30am Mid-Week Lenten Eucharist
4/8	Visitation of our Bishop Brian for Reception of People into The Episcopal Church and Confirmation of Confirmand Class and Reaffirmation to Jesus Christ

#### How to Reach Us

Address	1326 4th St. Po Box 65 Elk River, MN 55330
Office Hours	Wed/Thurs/Fri 9:00-:200pm (Sept-May)  Clergy office hours Wednesday 10:00—12:00
Phone	763.441.5482
E-mail	office@holylrinityelkriver.org
Website	holylrinityelkriver.org

Lent begins on Ash Wednesday, February 14, 2018. Please start YOUR Lent off the right way by participating in the Ash Wednesday liturgy at 7:00 pm.

Do you love Lent? I do but a lot of folk don't have all that much affection for the season. Many Christians have come to think of it in negative terms; however, Lent is not about hair shirts, solemn countenances and the like. Rather, it is a positive, strengthening, enriching spiritual experience and if you want to grow in your love of God and your neighbor, then Lent is for you! Here are five things to do with single-mindedness this Lent which if you do them will give you a clearer vision of the Risen Christ, come Easter.

#### FASTING & ABSTINENCE

The biggest problem we moderns in the 21st century have with fasting and abstinence is one of confusion; that is, we don't really understand them. The priest gets up and talks about what they mean, and when he's done, people are more confused than they were when he started. So, here's a simplified elucidation of fasting and abstinence: Abstinence lowers the quality of food (usually by not eating meat) and fasting lowers the quantity, and usually means not more than a light breakfast, one full meal, and one half meal daily each fast day.

The rule is to "keep it smaller and simpler." Smaller portions of food, and simpler menus. Don't eat so much during Lent. Not because you necessarily have to lose weight but because the practice will give you strength in your spiritual life by weakening the attractions of the sensate pleasures. Fasting makes the waistline shrink and the heart get larger and abstinence makes the heart grow fonder.

Indulge in both fasting and abstinence during Lent, and you will have a clearer vision of the Risen Christ come Easter.

#### PRAYING

For the forty days of Lent, start and end each day with prayer. Read Morning and Evening Prayer in the Book of Common Prayer. Dust off that old grace you used to say before eating - spend some table time in quiet reflection and prayer instead of chattering and chomping or looking at your phone or I Pad. Pray daily making sure you indulge in all the qualities of Christian prayer - adoration, thanksgiving, petition, penitence, and invocation.

Pray daily and you will have a clearer vision of the Risen Christ, come Easter.

#### BIBLE READING

Do this daily, also and if you haven't availed yourself of reading the Daily Office of morning and evening prayer, you are missing out on the opportunity the Church has given you for daily study and reading of Holy Scripture. There's

solace, insight, encouragement, grace and a whole lot more in scripture and that can't be said about any other book in your library. The Good Book is precisely that and those who read it daily learn how to be good - godly - themselves.

You can read the Bible daily. We have numerous Bibles at Holy Trinity. Just ask me to borrow one.

Read scripture daily and you will have a clearer vision of the Risen Christ come Easter.

## CORPORATE WORSHIP

Corporate worship is a basic Christian duty. Our prayer book puts it succinctly, telling us that part of our bounden duty is to worship God every Sunday in his Church. Doing so brings us understanding, strengthens our faith, gives us hope, fills us with encouragement, and gives us the first-hand experience of being loved by God - and that gives us the ability to love others more fully. There is nothing we can do on Sunday morning that is more important than being in God's House and being fed by His grace-filled presence in the Blessed Sacrament.

Make a commitment not to miss one single Sunday in God's House this Lenten season. Jesus told us to *this do*, (Luke 22:19; 1Cor 11:24-25) so let's do it together, every single Sunday and you will have a clearer vision of the Risen Christ, come Easter.

## WORKS OF MERCY

The final step is to, as the prayer says, do all such good works as ... [God] ...has prepared for us to walk in. There are fourteen 'works' which enable us to put our faith in Christ into action in our life. They are both spiritual and temporal and are as follows: (you may not be able to do all of them but do those you can do).

### Spiritual Works Of Mercy

(1) converting the sinner, (2) instructing the ignorant, (3) counseling the doubtful, (4) comforting the sorrowful, (5) bearing wrongs patiently, (6) forgiving injuries, (7) praying for the living and the dead.

### Corporal Works Of Mercy

(1) feeding the hungry, (2) giving drink to the thirsty, (3) clothing the naked, (4) harboring the stranger, (5) visiting the sick, (6) ministering to prisoners, (7) burying the dead.

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Finally, and no doubt most importantly, let your Lenten lapses and failures - whatever they may be serve only to increase your dependence upon God. None of us will do all we want to do during Lent. That's the human condition. The point is not to get a good grade; the point is to increase your capacity to love God and your neighbor.

After all, Lent is a time to learn how to love - God's way - once again. That's the whole point of the season!

Have a Holy and Blessed Lent! Look in this Newsletter for the date of the Lenten Retreat! You will want to avail yourself of this special opportunity to pray, meditate and reflect on your life and its direction. Stay well, be good of heart and let go, let God!

Your faithful servant in Christ,

Fr. Rob+

## WHY DO WE KNEEL DURING THE SEASON OF LENT?

Kneeling during parts of the liturgy during Lent is in stark contrast to what we have been doing since Easter which has been standing for most of the service including even The Confession. Standing signifies that we are Resurrection people and we had just gone through the season of Lent and Holy Week. During Lent, we will be kneeling more than usual because:

- **Kneeling denotes reverence and humility.**
- **Lent is a time of introspection and reflection.**
- **It is common across the Episcopal Church to kneel during the season of Lent.**
- **Kneeling is optional and if you prefer to sit you may do so.**
- **Kneeling is prayerful as many kneel in prayer on first coming into church.**

Kneeling is part of who we are as Episcopalians – Sit to learn and listen, stand to sing and praise and kneel to pray especially for penitential prayer.

## Looking Ahead: February and March Highlights

February 3, 2018	<b>9am Women's Group</b>
February 9, 2018	<b>Newcomers' Dinner, 6:00pm</b>
February 14, 2018	<b>7:00pm Ash Wednesday Holy Eucharist/Valentine's Day</b>
February 21, 2018	11:30am-12:00pm Lenten Eucharist
February 28, 2018	11:30am-12:00pm Lenten Eucharist
March 7, 2018	11:30am-12:00pm Lenten Eucharist
March 14, 2018	11:30am-12:00pm Lenten Eucharist
March 17, 2018	11:30am-1:00pm Feed My Starving Children
March 21, 2018	11:30am-12:00pm Lenten Eucharist
March 25, 2018	The Sunday of the Passion: Palm Sunday, 10:00am
March 28, 2018	11:30am-12:00pm Lenten Eucharist
March 29, 2018	Maundy Thursday, 6:30pm, Agape Dinner and Holy Eucharist
March 30, 2018	Good Friday Liturgy, 7:00pm
March 25, 2018	10:00am Palm Sunday Holy Eucharist
April 1, 2018	10:00am The Sunday of the Resurrection: Easter Day



## Why Shop At Fare For All?

Fare For All is OPEN TO EVERYONE and is a non-profit, community-supported program. The more people who participate, the more savings are passed on to customers.

There is no need to register in advance. Fare For All accepts cash, credit, debit, and EBT cards.

## What's for sale?

Produce Pack - \$10: Typically includes four varieties of fresh veggies & four varieties of fresh fruits.

Mini Meat Pack - \$11: Typically includes 3-5 assorted meat items. This package is usually Pork-Free.

Combo Pack - \$20: Save an extra \$1 by combining the Produce & Mini Meat Pack (see above).

Mega Meat Pack - \$25: Typically includes 7-9 frozen meat items.

Hot Buys - In addition to the above packages, we offer one Meat and one Produce item as an a la carte special.

\*Watch for our Holiday Packs in November and December!\*

## LENTEN RETREAT TO BE HELD ON MARCH 3, 2018

A Community Wide Lenten Retreat/Quiet Day for Men and Women will be held on Saturday, March 3, 2018, 10:30 am to 1:00 pm. There will be a series of meditations and reflections as well as some thought provoking videos during this special half Quiet Day. Sign up on the desk next to the office. Bring a friend or neighbor. What better non-threatening way to introduce someone to our growing and dynamic faith community!

For women come to the **Women's Group at 9:00 am and participate in the retreat** following the meeting. Fr. Rob will be leading and facilitating the various sessions of the retreat. Please see him with any questions.

## WON'T YOU START YOUR LENT ON ASH WEDNESDAY, FEBRUARY 14, 2018, 7:00 PM?

Ash Wednesday marks the beginning of the season of Lent. Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline.

Ash Wednesday emphasizes two themes: our sinfulness before God and our human mortality. The service focuses on both themes helping us to realize that both have been triumphed through the death and resurrection of Jesus Christ.

During Ash Wednesday liturgies, the priest will lightly rub the sign of the cross with ashes onto the foreheads of worshipers. The use of ashes as a sign of mortality and repentance has a long history in Jewish and Christian worship. Historically, ashes signified purification and sorrow for sins.

It is traditional to save the palm branches from the previous Palm Sunday service to burn to produce ashes for this service. Sometimes a small card or piece of paper is distributed on which each person writes a sin or hurtful or unjust characteristic. The cards are then brought to the altar to be burned with the palm branches. The ash cross on the forehead is an outward sign of our sorrow and repentance for sins. SEE YOU ON WEDNESDAY EVENING!





## LITURGY

### 10:00AM HOLY EUCHARIST

February 4th	10:00am Holy Eucharist
February 11th	10:00am Holy Eucharist
February 18th	10:00am Holy Eucharist
February 21st	11:30am Lenten Holy Eucharist
February 25th	10:00am Holy Eucharist
February 28th	11:30am Lenten Holy Eucharist

### Contemporary Ensemble and Sr. Choir Rehearsal

Feb. 1st	6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal
Feb. 9th	6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal
Feb. 16th	6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal
Feb. 23rd	6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal

## Make a Joyful Noise!

Contemporary Ensemble & Senior Choir rehearsals began in September. This year our rehearsals are on Thursdays: Contemporary Ensemble at 6:30pm, and Senior Choir at 7:30pm. Making music is lots of fun! Come join us!

Any questions? Call Bea at:  
763.441.4068.

### *Special Blessings to all our February Birthday Trinitarians!*

01 – Tim Ecklund	26 – Scott Svoboda
23 – Nel Luebesmier	27 – Audra Keener
24 – Sally Lubrant	29 – Jan Bentley
26 – Dawn Moyer	

#### **Our Mission Statement**

Holy Trinity is a diverse and multi-cultural community which listens to God's word and does God's work. Wherever you are in your journey, you are welcome here!



Altar Guild

Gail Weber  
612-850-4250

Meals on Wheels

Call or see  
Cheryl Ecklund  
763-276-1434

Senior Choir  
and Contemporary  
Ensemble Singers and  
Musicians

Call or see  
Bea Bastyr  
763.441.4068

Chalice  
Bearers  
Acolytes

Contact the Church office

Feed My Starving  
Children

Entire Parish  
Contact the Church office

### **Women's Group**

Call or see  
Linda Krieger  
763-441-7072  
Kate Hansen

### **Men's Group**

Call or see  
Ben Bastyr  
763.441.4068

### Feast Days

Feb. 2nd	The Presentation of Our Lord Jesus Christ in the Temple
Feb. 5th	The Martyrs of Japan, 1597
Feb. 6th	Titus, Bishop and Confessor, 1st Century
Feb. 10th	Scholastica, Virgin and First Benedictine Nun, 543
Feb. 13th	Absalom Jones, Priest 1818
Feb. 14th	Ash Wednesday
Feb. 24th	St. Matthias, the Apostle



# HOLY TRINITY EPISCOPAL CHURCH

## Ministry Rota

If you are unable to fill your volunteer position, please make your own substitution and leave word with the office. Thank you!

Altar Guild	Joanie Nichols and Kate Hansen				
	Feb. 4th	Feb. 11th	Feb. 18th	Feb. 25th	
Greeter	Shar Baughman	Daryl Herrmann	Jane Lindenfesler	Carl Newberg	
Child Care	Alex Stewart	Alex Stewart	Alex Stewart	Alex Stewart	
Usher	Larry Brugger	Dave Raitz	Ben Bastyr	Wally Kaminsky	
Acolyte	Matt Krieger	Jon Lloyd	Deb Krogman	Matt Krieger	
Reader 1	Gail Weber	Ken Schultz	Jane Lindenfesler	Carl Newberg	
Reader 2	Jane Lindenfesler	Kate Hansen	Mary Brugger	Rosemary S.	
Prayers	Marion Marshall	Linda Krieger	Larry Brugger	Sherrill Newberg	
Chalice 1	Scott Svoboda	Molly Liberto	Scott Svoboda	Mary Brugger	
Chalice 2	Marion Marshall	Julie Raitz	Larry Brugger	Julie Raitz	
Counter	Linda Krieger	Molly Liberto	Deb Krogman	Jennifer Warner	
Coffee	Sweet Shoppe	TBD	Sign-up for Soup in Lent	Sign-up for Soup in Lent	
Psalm	Psalm 147:1-12, 21c	Psalm 50:1-6	Psalm 25:1-9	Psalm 22:22-30	
Lesson 1	Isaiah 40:21-31	2 Kings 2:1-12	Genesis 9:8-17	Genesis 17:1-7, 15-16	
Lesson 2	1 Corinthians 9:16-23	2 Corinthians 4:3-6	1 Peter 3:18-22	Romans 4:13-25	
Gospel	Mark 1:29-39	Mark 9:2-9	Mark 1:9-15	Mark 8:31-38	

### HOLY TRINITY EPISCOPAL CHURCH

Priest-in-Charge	Fr. Rob Cavanna	320-339-4852
Deacon	Rev. Georgia Steele	651-338-7346
Parish Admin.	Pam Toven	218-259-6882
Director of Music	Bea Bastyr	763-441-4068
Head Usher	Dan Krieger	763-441-7072
Altar Guild Chair	Gail Weber	612-850-4250
<b>Women's Group</b>	Linda Krieger	763-441-7072
<b>Men's Group</b>	Ben Bastyr	763-441-4068
Youth	Molly Liberto	763-753-6898

### HTEC VESTRY MEMBERS

Senior Warden	Dan Krieger	763.441.7072 H
Junior Warden	Tim Ecklund	763.276.1434 H
Service	Dick Anderson	612-812-2581 C
Liturgy	Kate Hansen	763-441-6061 H
Education	Molly Liberto	763.753.6898 H
Evangelism	Sue Nagorski	612.868.9263 C
Pastoral Care	Christine Peterson	612-968-3445 H
Treasurer	Jeff Nagorski	763-234-5000 C
Vestry Clerk	Gina Cavanna	320-291-5456 C