



HOLY TRINITY
EPISCOPAL CHURCH

TRINITY TRIBUNE

feel the love!

March 2018

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

Dates to Remember

3	9:00am Women's Group 10:30am-1:00pm Lenten Quiet Day/Retreat 10:30am-1:00pm
11	2pm-4pm Open House for Dawn Moyer's 90th Birthday
17	Feed My Starving Children Ministry team Day 11:30am-1:30pm
19	Feast of St. Joseph
25	Palm Sunday
29	Maundy Thursday Agape Dinner 6:30pm
30	Good Friday 7:00pm
31	Holy Saturday

How to Reach Us

Address	1326 4th St. Po Box 65 Elk River, MN 55330
Office Hours	Wed/Thurs/Fri 9:00-2:00pm (Sept-May) Clergy office hours Wednesday 10:00—12:00
Phone	763.441.5482
E-mail	office@holytrinityelkriver.org
Website	Holytrinityelkriver.org

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.



LENTEN THEME- RENEWAL: WALKING IN NEWNESS OF LIFE

February has been filled with many wonderful happenings. We held our Annual Ministry and Business Meeting on February 11, 2018, and hosted the newly formed Boys' Choir of the **Shattuck-St. Mary's School** in Faribault under the direction of Peter Schleif. The Choir enhanced our liturgy with their beautiful singing. Shattuck-St. Mary's is an Episcopal boarding prep school and thanks to our Bishop Prior we were able to have the Choir sing at Holy Trinity. The day was really fantastic with a very meaningful 162nd Annual Meeting. Special thanks to Dan Krieger who served as Senior Warden for three years and to Gina Cavanna who served as Secretary/Clerk of the Vestry for two years. Congratulations are in order for our new Senior Warden, Sue Nagorski, and Nancy Lloyd who was elected to serve on the Vestry in the ministry of Evangelism. Thank you to everyone for making 2017 yet another "banner year! Your dedication, commitment and generosity are very much appreciated.

In the February issue of the **Tribune**, I wrote about Lent and five things you could do during Lent to bring you closer to God. I'd like to focus this month on **Lent also being a time of hope.**

Lent has traditionally been a time to reflect on the death and resurrection of Jesus, to fast and to change one's life direction as needed. It is also a time to do good works to bring healing and hope to our world. The forty days before Easter are a symbol of the time Jesus spent in the wilderness before his crucifixion. In addition to going deeper within, **it can also be a time to live and preach hope**, especially in times of darkness, despair and loneliness which many people experience in our time. The basis of our hope is the great love God shows for us at all times especially through the life, suffering, death and resurrection of Jesus for our salvation.

During Lent, we are invited to search deeply within our minds and hearts and to look at our own hopes for our own lives and for our world. People often ask: **"How can we have hope in times like these?"** If we watch TV or read the daily paper or get our news from social media, there are endless stories of abuse and neglect, of children dying of hunger and disease, threats of more wars, and great lack of respect in civil discourse and shattered hopes and dreams for many families.

Often out of this chaos, we see people reaching out in care and compassion, working to change systems and structures that dehumanize and sharing their resources with those most in need. The students of the Stoneman High School in Parkland, Florida, are reaching out and speaking up about ending school violence. We can rely on God's promise to redeem us from all our iniquities and to never let us walk alone. **We know that where God is,**

there can always be hope! Lent can be a time when we listen more deeply to hear and respond to the voice of God within and around us. Jesus prayed in his deepest agony and it gave him strength to continue the journey. Daily prayer is so essential in our lives as Christians.

How can we promote and preach hope?

We can do this by believing that even in the darkest times, God's hand will always hold and support us. It is believing that there is something **new**, something more behind the dark cloud that will bring **sunshine** to our lives. Hope is in the waiting and expecting. We never give up even when there seems to be no visible sign that things could or will be better. Isaiah 43: 2 tells us "When you pass through waters, they will not swallow you up. When you go through rivers, they will not sweep over you." As we journey with Jesus, we all experience life's challenges and difficulties. **We have the power of the Spirit and are sent to reflect God's healing, forgiveness and hope to all whom we meet. We reflect on God's dream for our own lives and for our world and see how we can contribute to making that dream a reality. No matter what the challenges, nothing is impossible with the power and grace of God!**

I often think of a conversation with a faith-filled African -American woman who called me recently. She has experienced much pain and suffering in her life. She said: "I wake up every morning and give thanks to God for whatever the day will bring. I know that God's outcome will be the best outcome. I walk through the day with confidence, trust and hope." She is a witness to living a hope-filled life. It's not easy but it's better to hope than to give into pessimism and negativity.

During Lent, I'd like us to open our minds and hearts to the transforming power of God's presence and grace. We need to be very intentional about it. We need to try to empty ourselves of our self-righteousness and pride and see how we can respond to God's call in new ways by placing ourselves in God's hands. Through God's transforming power we will bring deep hope into our own lives and our world. Our prayer this Lent should be: **Loving God, may we be your partners in hope this Lent and always.** Our theme this year is **Renewal: Walking in Newness of Life.** Living a life of hope and trust in God will give us the transforming power of grace and love that we will share with others in all our daily endeavors. Pray that this Lent we are personally renewed and transformed to be God's messengers of hope in a very troubled world.

In order to begin this Lent in a most meaningful way, sign up for the **Lenten Retreat** on March 3, 2018, 10:30 am to 1:00 pm. If you're in need of some "quiet time" or you need some new direction or purpose in your life, give yourself a spiritual lift by participating in this special **Lenten Retreat for Men and Women.** You will find yourself renewed and refreshed by the alone time you're giving yourself to be with the Holy One!

I did want to mention the weekly Lenten Eucharists on Wednesday during Lent. They begin at 11:30 am and are over by noon so you can get back to work and your other afternoon commitments. Recharge your spiritual batteries by practicing this special Lenten devotions. Join me too for a Ministry Day at **Feed My Starving Children** headquarters in Coon Rapids on March 17, 2018, 11:30 am to 1:30 pm. Sign up on the table near the office. We need more volunteers and wear your Holy Trinity shirt!

Please remember too that **Holy Week** beginning with **Palm Sunday** on March 25, 2018, is a good way for all of us to "journey together" with Christ through this holiest of weeks. Please join me on **Maundy Thursday**, March 29, 2018, for a most rewarding and fulfilling fellowship time in the **Annual Agape Dinner and Eucharist.** We will also have a special liturgy this **Good Friday** at 7:00 pm on March 30, 2018. You won't want to miss it.

My prayer for you this Lent is that you are able to go deeper into your knowledge and love of God. I highly recommend the daily meditation readings from either the Society of St. Andrew booklet with its theme of walking in newness of life or the ERD (Episcopal Relief & Development) booklet with its theme on children.

Be renewed and walk in "newness" of life this Lent, stay well, be good of heart and let go, let God!

Yours in the crucified Christ,

Fr. Rob+

DEACON

THE REV. DEACON GEORGIA STEELE

I have been in personal discernment for a couple months about how my energy and time is gifted to those around me in both my faith communities. With the Holy Spirit nudging me, I then consulted with other deacons and Karen Olsen at ECMN. All arrows seemed to be pointed to the idea that my ministry at St. Martin's in Fairmont after 4 years is winding down.

I then wrote a letter to our Bishop requesting to be assigned at Holy Trinity full time. He gladly has done so! So I will be ending at St. Martin's on Pentecost 2018, giving myself a month breathing room, and beginning full time here at Holy Trinity in July 2018. I am so excited !!! I believe God has great things in store for us as we walk the road together !!

Blessings,

Deacon Georgia

SR. WARDEN

SUE NAGORSKI

I am writing this today as your new Senior Warden. I am humbled that you have selected me and will continue to pray for guidance in this position of service to you at Holy Trinity. I hope that you will find me approachable with your ideas and/or concerns as we continue to grow in faith and community together.

I have been honored to serve on the vestry with Dan Krieger, outgoing Senior Warden. Many thanks to him for his dedication and service to all of us here. He has, and will continue to be, a great mentor to me.

Welcome to Nancy Lloyd who will be taking over the duties of Evangelism on the Vestry and Joyce LeClair, who will be our new clerk. Many thanks to Gina Cavanna for all her work as our outgoing Clerk.

We had a very well attended annual meeting after our wonderful service with the Shattuck-St Mary's Boys' choir. Thank you, to all who brought food for this event, and all of those who helped in set up, serving and clean up!

I hope that everyone has had a chance to read the handout and supporting documents from this meeting.

If you did not attend or receive an annual meeting packet please let us know and we can leave one in your church mailbox or send one out.

I look forward to working with the Holy Trinity Vestry to conduct the business of our Church community. Our next meeting is March 18, 2018.

Sincerely with the Grace of God,

Sue Nagorski

SERVICE

DICK ANDERSON

Hi to everyone,

Just before Ginny and I left for Arizona, I stopped at the park board and turned in the application for clean-up at River Side Park. We have been cleaning it for the last few years. This past fall our Sunday School kids have been helping.

Good job kids and thanks so much. I also found out that Cub Foods will not have a brat stand this summer, so will be looking for other opportunities.

Blessings

Dick Anderson

EVANGELISM

NANCY LLOYD

Greetings, fellow Trinitarians! I am your newest Vestry member and my position is evangelism! As such, I had the pleasure of hosting the 2017-2018 New and Returning Member's dinner!

On February 9, 2018 we had a very festive ham dinner. Many thanks to Sue Nagorski and Linda Krieger who helped plan and execute the event. Sue was instrumental in the planning and made some of the food for the event. Linda was in on the planning as well, and did all the decorating for the event, including bringing her own china!

I reflected back on last year's event, when Jon and I were newcomers. I can't believe that it has only been that long as our feeling of belonging is so strong. That is the culture of Holy Trinity. When we were planning the party, we discussed whether we should place a vestry member at the tables of the newcomers. It made me realize that they didn't seem new at all! They had so been welcomed and assimilated in the congregation that they had made friends and I hope felt at home.

Also to be thanked for their considerable contributions are Jeff Nagorski, sommelier. Did you know that he makes the delicious wines that he shares? And a huge shout out to Deb Krogman and Jon Lloyd who did all the clean up! What job that was!

Many blessings to our new and returning members and all the rest! So thankful to be a part of a community that makes members feel so welcome!

NANCY LLOYD

LITURGY

KATE HANSEN

The Liturgy Committee (Fr. Rob, Bea Bastyr and I) met to discuss Lenten Liturgies. This year's Lenten Theme is **Renewal: Walking in Newness of Life**. Because Lent is a time for daily devotion, we also encourage you to use the Lenten Devotions / Meditation booklets which Father Rob provided as a tool for deepening your connection to Jesus during the season of Lent.

Would you like to expand your Lenten experience by participating in a midweek service? Join Father Rob for the Wednesday Eucharist at 11:30 each week during Lent. It is a very intimate and meaningful service.

May this Lent be an especially holy time for you.

Blessings and Love,

Kate



SPECIAL LENTEN QUIET DAY/RETREAT/SPIRITUAL SPA for MEN AND WOMEN

LENTEN THEME: **Renewal - Walking in Newness of Life**

Saturday, March 3, 2018, 10:30 am to 1:00 pm. Snacks provided. Free will offering. **10 REASONS YOU NEED THIS HALF QUIET DAY:**

- 1) Life in Christ requires the same kind of vigilance, preparation and training that an individual undertakes as an athlete.
- 2) You need **calm** in your life where God is at the center.
- 3) You will be able to renew and **deepen** your faith.
- 4) You need to be something greater than yourself. This quiet time will help you discern the direction of that "something greater."
- 5) You need to give God a chance to convince you of his desire for your friendship.
- 6) You will experience the unbelievable love and generosity of God towards you and all persons.
- 7) You will understand what it means for your life that God wants to be friends with you.
- 8) You will understand how to offer yourself totally to God through your gifts and talents.
- 9) You will learn how to welcome Jesus into your life as a friend and learn how to trust him.
- 10) Lent will be more meaningful to you because you took this short time to think about yourself, your life, its purpose and direction.

SIGN UP ON THE SHEET ON THE TABLE NEXT TO THE OFFICE. It will be the best 2 and 1/2 hours of your year!

HOLY WEEK AND EASTER SERVICES SCHEDULE

Sunday, March 25, 2018, PALM SUNDAY WITH **PROCESSION AND PALM FRONDS**, Holy Eucharist and Sunday School, 10:00 am.

Wednesday, March 28, 2018, **Wednesday in Holy Week**, Holy Eucharist, 11:30 am to Noon.

Thursday, March 29, 2018, MAUNDY THURSDAY LITURGY, **AGAPE DINNER WITH HOLY EUCHARIST AND STRIPPING OF THE ALTAR**, 6:30 pm

Friday, March 30, 2018, **GOOD FRIDAY SERVICE WITH HOLY COMMUNION**, 7:00 PM

Sunday, April 1, 2018, **RESURRECTION/EASTER SUNDAY, FESTIVE CHORAL EUCHARIST**, 10:00 am. Mark your calendar for these important happenings in March and April. **Bring the entire family!** Child care available.



**Please sign up for the Lenten Soup/Bread luncheon
for Sunday fellowship hour!!**

Many volunteers are still needed.

Sign up is on the table in the Narthex.

The Reconciliation of a Penitent or Confession is available especially in Lent and for those of you wanting to confess **serious sins** that have been **troubling one's conscience** for a while. The secrecy of a confession is morally absolute for the confessor and must under no circumstances be broken.

See page 446 of the Book of Common Prayer for details. Please see Fr. Rob to discuss set up a convenient time.

FEED MY STARVING CHILDREN MINISTRY DAY



When: Saturday, March 17, 2018, 11:30 am to 1:30 pm

Where: Feed My Starving Children Headquarters, 401 93rd Avenue NW, Coon Rapids

What: Packing Food for Hungry Children (Lenten discipline: Work of Mercy)

Wear: Comfortable clothes and Holy Trinity Shirt (if need one we have extra for sale).

Sign-up: On the table next to office



What is the Good Book Club? The Good Book Club is an invitation to all Episcopalians to join in reading the Gospel of Luke and the Book of Acts during Lent-Easter 2018. Episcopalians will start reading Luke on Sunday, February 11 and read a section of Luke's

Gospel every day through the season of Lent. The entire season of Easter will be devoted to daily readings from the Book of Acts. Already, individuals, congregations, and organizations have committed to being a part of the Good Book Club, and we hope you'll join the journey too!

Why read the Bible? People who read scripture with an open heart grow in faith through their encounter with the sacred stories of the Bible. We know this to be true in our personal experiences — and we have research to back it up. RenewalWorks, a Forward Movement research-based initiative, has data from nearly half a million participants that identify scripture engagement as a key catalyst for spiritual vitality in congregations and for individuals. In other words, if you want to grow and strengthen your faith, reading scripture is the perfect exercise.

Why Luke and Acts? We love sequels, and Luke-Acts provides a wonderful two-part narrative. Luke tells the wondrous story of Jesus' birth, ministry, teaching, death, and resurrection. Acts picks up where Luke leaves off and tells the story of the earliest disciples through the lens of Peter and Paul and the real star of the show — the Holy Spirit. Written by the same author, the books are accessible, and the story is a page-turner!

How will it work? Forward Movement has created a set of daily readings to divide Luke and Acts into 50 days each. Each day, participants will read a few verses of Luke or Acts. Readers of *Forward Day by Day* can easily follow along, with Luke and Acts guiding the reflections during Lent-Easter 2018.

Will there be other resources? Yes! In addition to *Forward Day by Day*, Forward Movement offers the Bible Challenges series, A Journey with Luke and A Journey through Acts, with theological reflections written by faith leaders from around the world. Forward Movement also will provide a free, downloadable discussion guide for groups. Further, many partners are working with Forward Movement to create resources to support you on your journey in the Good Book Club. These resources will include videos, podcasts, blogs, and study guides for all ages.

How much does it cost? The Good Book Club is free. You can download the reading list and read Luke and Acts for no charge. Several resources created for this project will be free, while others will have a cost. You'll pay only for the resources you wish to purchase.

Who is doing this work? The Good Book Club is an initiative of Forward Movement. In addition, many partners from across the church are joining in the project. Partners include The Episcopal Church, The Center for Biblical Studies, Episcopal Church Women, Acts 8, ChurchNext, Episcopal Church Foundation, and many others. Visit the partners page to see the full list—and keep checking as we expect to add more.

What are the next steps? You can sign up to receive updates. Please tell as many people as possible about this invitation to a transforming encounter with scripture!

How else can I support this work? Most importantly, please pray for those committed to reading scripture and for the success of the Good Book Club, that it transforms lives and, indeed, our whole church. If you would like to financially support Forward Movement or one of the other partners that are creating free resources, please consider making a generous donation. You can donate to Forward Movement online, and many of the partners have donation pages on their websites

LITURGY

10:00AM HOLY EUCHARIST

March 4th	10:00am Holy Eucharist
March 11th	10:00am Holy Eucharist
March 18th	10:00am Holy Eucharist
March 25th	10:00am Holy Eucharist
March 29th	6:30pm Maundy Thursday Agape Dinner
March 20th	7:00pm Good Friday

Contemporary Ensemble and Sr. Choir Rehearsal

March 1st	6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal
March 8th	6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal
March 15th	6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal
March 22nd	6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal

Special Blessings to all our March Birthday Trinitarians!

03 – William Simmons	20 – Jeanne Simonsen
05 – Megan Nagorski	21 – Wiltie Russell
10 – Ione Nichols	26 – Linda Krieger
12 – Larry Brugger	26 – Daryl Herrmann
20 – Nevaeh Sheck	

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:

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

March 19th	The Feast of St. Joseph
March 25th	Palm Sunday
March 29th	Maundy Thursday
March 30th	Good Friday
March 31st	Holy Saturday





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	Gail Weber and Scott Svoboda					
	March 4	March 11	March 18	3/25 Palm Sunday	3/29 Maundy Thurs.	3/30 Good Friday
Greeter	Marilyn Bina	Gina Cavanna	Jeanne Simonsen	Nancy I./ Nel L.	Deb Krogman	Jane Lindenfelser
Child Care	Alex Stewart	Alex Stewart	Alex Stewart	Alex Stewart	TBD	TBD
Usher	Larry Brugger	Dave Raitz	Dan Krieger	Wally Kaminsky	Gary Wedl	Ben Bastyr
Acolyte	Jon Lloyd	Matt Krieger	Deb Krogman	Matt Krieger	Deb Krogman	Deb Krogman
Reader 1	Gail Weber	Larry Brugger	Carl Newberg	Gail Weber	Ken Schultz	Jane Lindenfelser
Reader 2	Jane Lindenfelser	Kelly Simmons	Daryl Herrmann	Rosemary S.	Daryl Herrmann	Mary Brugger
Prayers	Marion Marshall	Kate Hansen	Sherrill Newberg	Mary Brugger	Linda Krieger	Larry Brugger
Chalice 1	Molly Liberto	Scott Svoboda	Mary Brugger	Jane Lindenfelser	Molly Liberto	Scott Svoboda
Chalice 2	Marion Marshall	Julie Raitz	Molly Liberto	Julie Raitz	Julie Raitz	Linda Krieger
Counter	Linda Krieger	Jennifer Warner	Molly Liberto	Ann Wedl	Deb Krogman	Linda Krieger
Coffee	Hall's	TBD	TBD	TBD	Agape Dinner	n/a
Psalm	Psalm 19	Psalm 107:1-3, 17-22	Psalm 51:1-13	Psalm 31:9-16	Psalm 116:1, 10-17	Psalm 22
Lesson 1	Exodus 20:1-17	Numbers 21:4-9	Jeremiah 31:31-34	Isaiah 50:4-9a	Exodus 12:1-4, (5-10), 11-14	Isaiah 52:13-53:12
Lesson 2	1 Corinthians 1:18-25	Ephesians 2:1-10	Hebrews 5:5-10Psalm 31:9-16	Philippians 2:5-11	1 Corinthians 11:23-26	Hebrews 10:16-25
Gospel	John 2:13-22	John 3:14-21	John 12:20-33	Mark 14:1-15:47	John 13:1-17, 31b-35	John 18:1-19:42

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
Women's Group Co-Chairs	Linda Krieger Kate Hansen	763-441-7072
Men's Group	Ben Bastyr	763-441-4068
Youth	Molly Liberto	763-753-6898

HTEC VESTRY MEMBERS

Senior Warden	Sue Nagorski	612-868-9263 C
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	Nancy Lloyd	763-370-9598 C
Pastoral Care	Christine Peterson	612-968-3445 H
Treasurer	Jeff Nagorski	763-234-5000 C
Vestry Clerk	Joyce LeClaire	763-263-7740 C