



**HOLY TRINITY**  
EPISCOPAL CHURCH

# TRINITY TRIBUNE

*feel the love!*



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

## Dates to Remember

3	9:00am Women's Group Meeting
10	Annual Fall Bazaar
18	Sweet Shoppe
21	7:00pm Thanksgiving Eve Eucharist
21	Finance Committee & Vestry Meeting

The Holy Spirit is certainly at work among us. This month has seen the Annual Blessing of the Animals and Blood Drive which brings in community members, the Adult Forum on Reclaiming Jesus which led to both Tuesday and Sunday sessions on this timely topic. One of our very own, Ryan Krieger, was married in Duluth on October 13th and preparations are under way for the Annual Holiday Bazaar, a very popular local and regional event. By the time you receive this issue, the North Star Boys' Choir, winner of the 2018 Cruise Festivals Overall Grand Sweepstakes Award, will have sung during our liturgy on October 28, 2108. Special thanks to Francis Stockwell, Director and friend of our growing faith community, for having the Choir sing at Holy Trinity.

Thanksgiving will be celebrated this month and for that reason, I'd like us to focus on being grateful and giving thanks for all the blessings of our lives.

I have a memory of my 6th grade teacher asking us to write a short paragraph describing the things in our lives for which we were thankful. I don't recall any of the specifics of that assignment but I do recall having a *terrible* case of "writer's block." I sat for the longest time just staring at that piece of paper. I couldn't think of a thing for which I was thankful.

## How to Reach Us

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Recalling it now, it seems shocking to me that a 6th grade boy growing up in suburban America, with plenty of food and warm clothes and a comfortable home and a loving family, couldn't think of anything for which he was thankful. I was surrounded by gifts but I didn't recognize them as gifts and so I couldn't begin to express my gratitude for them. I suppose I naively assumed that everyone had food and clothing, a loving family and a comfortable home. I was unaware of how privileged I was to enjoy these things on a daily basis, and simply took them for granted.

I remember that incident when I read Luke 17:11-19. You may want to read it first before proceeding with my article. Here, Jesus meets a band of lepers who beg him to have pity on them. He does and they are miraculously made clean. But of the ten who receive healing, only one returns to give thanks. Only one is aware that he has received a gift that will forever change his life **and only he pauses to acknowledge the giver of this gift and to praise and thank God for his restored health.**

There are two things in this story that I would like to comment on. **The first is to note that there is a *moment of awareness*, a *moment of awakening***, in which this man *discovers* the gift he

has been given. "As they went, they were made clean," the gospel writer tells us, "Then one of them, *when he saw that he was healed*, turned back..." (v. 14-15). We can imagine him looking down at his hands and his feet, seeing the restored and now healthy flesh and suddenly realizing that his terrible affliction was gone! "*When he saw that he was healed...*" When he saw that he had been made whole and realized his disease was gone, when he understood how radically different his life could now be, he turned back to give thanks.

**Gratitude is the awareness that we have been given a gift.** Often it is an awareness that comes upon us in sudden and unexpected ways. We are walking along and suddenly our breath is taken away by the beauty of the autumn leaves or the rays of the sun piercing through the clouds, or the feel of the wind on our face, and we're caught up in the giftedness of the moment. Or we're talking with a friend and suddenly we realize the gift this person has been to us and the tremendous treasure this friendship has been for us. We've been given a gift.

**Gratitude, then, arises out of the awareness that we have been given a gift, that something has come to us from outside ourselves – something unexpected and even undeserved – and our lives have been enriched by it. We feel grateful.**

This awareness can rise in us suddenly and unexpectedly, but it can also be *cultivated*. We can develop our awareness, and learn to *practice* gratitude. Abraham Heschel, a Jewish rabbi and well-known author, talks about *cultivating* an awareness of the wonder of life. He writes,

*The profound and perpetual awareness of the wonder of being has become a part of the religious consciousness of the Jew. Three times a day we pray: 'We thank Thee... for Thy miracles which are daily with us, for Thy continual marvels...' Every evening we recite: 'He creates the light and makes the dark.' Twice a day we say, 'He is One.' What is the meaning of such repetition? A scientific theory, once it is announced and accepted, does not have to be repeated twice a day. (But) the **insights of wonder must be constantly kept alive**. Since there is a need for daily wonder, there is a need for daily worship.*

**Learning to see with eyes of gratitude, becoming more aware of the gifts that surround us on every side, is an ability that needs to be kept alive through constant practice.** "*The insights of wonder must be constantly kept alive.*"

There is not much in our modern culture that encourages this sense of wonder or that leads to gratitude. More often, we are seduced into thinking that we need to *acquire* more in order to be truly happy and fulfilled. Instead of encouraging us to give thanks for the gifts we have been given, the advertising that assaults us each day encourages us to be greedy for more gifts. A steady stream of messages tells us of the many things we *could* own but don't. Our neighbors or co-workers describe to us their latest purchases with a sense of pride and satisfaction, as if these things were proof of their personal importance and worth. If we listen to these voices, we won't feel much *gratitude*. Instead, we'll start thinking we don't have enough and that we need to get more...and more...and more. To nurture a spirit of gratitude and to resist the lure of voices that tells us we don't have enough, takes courage and determination. **Practicing gratitude is a radical act, and can be very counter-cultural.**

Gratitude is the *awareness* that we have been given a gift. But to become *aware* of the gift is not enough. Gratitude moves beyond the recognition of the *gift* to the recognition of the *giver*. And that is what distinguishes the man in our story from the others who were healed; that is what earns him Jesus' praise. Not only does he become *aware* that he has received a great gift (surely the others must have come to a similar awareness), but he *acts upon it*. He returns to seek out the giver of the gift, to express his gratitude, and to offer God praise.

**Gratitude moves us beyond the recognition of the gift to recognize and thank the giver.** In some ways, the gift itself is secondary in importance. What is more important is the exchange that takes place when we express our gratitude. The offering of the gift is only complete when we receive it with gratitude, and when that gratitude is *expressed*. Without the expression of gratitude, something is missing. *"Were not ten made clean?"* Jesus asks the man, *"the other nine, where are they? Was none of them found to return and give praise to God except this foreigner?"*

Don Postema, author of a book entitled, ***Space for God***, tells of his experience of bringing a gift to a birthday party when he was a boy. "The birthday child met me at the door," he says, "grabbed the gift without a thank-you, ran into the room, and threw it among all the other gifts." "Why do I still remember that incident?" he asks. "Because the giving of that gift is not complete over all these years! I never received the thank-you note needed to close the circle and establish a mutual exchange." True gratitude leads us *beyond* the gift itself and unites us with the giver, closing the circle and establishing a mutual exchange.

We Christians proclaim that GOD is the giver of all good gifts. We acknowledge that *all that we have and all that we are* are the result of God's divine goodness and love. GOD is the giver of every good gift: the gifts of nature, the gifts we receive in and through others, even the gift of our own selves.

"To be grateful is to recognize the love of God in everything He has given us," writes Thomas Merton, "and (God) has given us everything":

*Every breath we draw is a gift of (God's) love, every moment of existence a grace... Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder and to praise of the goodness of God. For the grateful person knows that God is good, not by hearsay but by experience. And that is what makes all the difference...*

*We live in constant dependence upon this merciful kindness of God and thus our whole life is a life of gratitude – a constant response to (God's) help which comes to us at every moment.*

**"Our whole life is a life of gratitude."** Even in difficult times there are reasons to be grateful. We are alive. We are loved. We are surrounded by beauty and wonder. And God is near, loving us and supporting us and making a way for us. We know that nothing can separate us from God's love – no circumstance, no power on earth or in heaven, no trouble or hardship – ***NOTHING!*** We are and will be forever loved and held by God!

In addition, many of us can look back on hard times with genuine gratitude for graces received: perhaps we have become stronger through the trials; almost certainly we have learned from them something about ourselves or about life that will help us going forward. We recognize how these trials have changed us, or made us more sensitive to the suffering of others, or helped us to appreciate things we had taken for granted. There is always reason for gratitude, which is why we say in our Eucharistic prayer, *"It is right, and a good and joyful thing, always and everywhere to give thanks to You..."* It is why Saint Paul instructs the Thessalonians to "give thanks in *all* things." He does not ask them to give thanks *FOR* all things, but *IN* all things. Even in darkness, difficulty or despair, Paul found reasons to give thanks and praise to God.

There is a scene in the 16th chapter of the book of Acts in which Paul and Silas were attacked by an angry crowd, stripped and beaten by the magistrates, and finally thrown into prison, with their feet fastened in the stocks (Acts 16:16-24). And we read, "About midnight Paul and Silas were praying and singing hymns to God" (v.25). ***What is it that keeps hope alive in such circumstances?*** It is an unshakable confidence in the goodness and

power of God, which is the expression of *faith*. Expressing gratitude in difficult times is an expression of trust in God, and an acknowledgment that God is present and at work in every time and place, always bringing life out of death, hope out of despair, joy out of sadness – even when we can't see it.

I cannot stress enough how counter-cultural and how radical this practice of “giving thanks to God in all things” really is for anyone. Nor can I overstate how completely it will change our perspective on life. It will not take away every pain or sorrow but it will transform us in the midst of them.

The *Book of Common Prayer* tells us that “the Eucharist is the central act of worship” in the Episcopal Church, and rightly so, because the word ‘eucharist’ literally means “to give thanks.” In the Eucharist, we recall all that God has given us and all that God has done for us as a people. We recall God’s mercies in creation, in the calling of God’s chosen people, in the history of our salvation, in the life of Christ and his Church. And we give thanks, we offer “our sacrifice of praise and thanksgiving,” holding up before God our lives and our work, along with this bread and wine, to be taken up into the mystery of God’s plan for the whole creation.

Do you approach the Eucharist with hearts full of gratitude? Are you *aware* of the gifts that surround you on every side? Have you *awakened* to the gift of your own life, and are you prepared now to offer to God, the Giver of all good gifts, your “sacrifice of praise and thanksgiving”? Are your hearts so full of the wonder of life that you want to cry out with the psalmist, “*What shall I render to the Lord, for all his bounty to me?*”

This is the time, and this is the place. Pray that we are thankful every day for all that we have received – one another at Holy Trinity, our family, friends and others who support us in our daily lives and work.

We will begin our Stewardship Campaign this month. Its theme is **Transforming Generosity**. Pray that each of us gives out of abundance and thanksgiving for all that we have been given. We are by no means overflowing with excess dollars and are in need of your financial support to continue to strengthen the ministries we have in place and to care for our historic building and facility. Thanks very much for your very generous support over the years. God has blessed us with each of you and has brought us many new members.

Don't forget our Annual Holiday Bazaar on Saturday, November 10, 2018. **This is an All Parish event.** We need both **men and women** to participate with set-up, tear-down, contributing baskets, making chili, etc., etc.

Join me on Wednesday, November 21, 2018 for a Thanksgiving Eve Eucharist thanking God and praising God for all we have received in our lives. Have a Holy and Happy Thanksgiving! You are the best and the Holy Spirit is at work in each of you and among us as a growing and dynamic faith community energized and emboldened to love one another by loving Jesus and doing God's work in the world.

Stay well, be good of heart and let go, let God!

Thankfully in Jesus,

Fr. Rob+



**We will meet during Coffee Fellowship time in the back of the Parish Hall. All men and women invited!**

We are looking at offering a Christmas Concert From Around the World on Friday, December 7, 2018, at 7:00 pm. I need volunteers to help me on a Planning Committee.

Fr. Rob

## Coffee Hour Hospitality

The fellowship and treats provided during coffee hour are the results of many people working together. This is a fun and rewarding experience.

Under our current system we have 6 committees. Each committee has a chair that coordinates the scheduling of that committee's members. Each committee is assigned 2 months of the year. Committee members (or pairs) are typically assigned one Sunday for each of the two months. In theory, no member or pair would need to provide treats more than twice a year.

The Coffee Committees, months they serve, and the Chairs are listed as follows:

Committee One - February and November - Chair Gina Cavanna - 320-291-5456

Committee Two - June and August - Chair Joanie Nichols - 763-441-2052

Committee Three - April and September - Chair Gail Weber – 612-850-4250

Committee Four - January and July - Chair Nancy Ingram - 763-412-7131

Committee Five - March and October - Chair Jane Lindenfelser - 612-802-6156

Committee Six - May and December - Jeanne Simonsen - 763-753-9734



We welcome new coffee committee members and the fellowship this brings. The treats do not have to be elaborate and it is not meant to be a meal. Just a little something to have with coffee and conversation.

The committees serving for the months of January, June, July, and August can use extra help. The Committee serving the months of May and December can use another person to pair with another committee member. It is a great idea to work in pairs.

If you would like to try serving coffee treats before committing to being on a committee, we can find a spot for you. Are there certain months that work better for you? Are there certain months that do not work at all? We can make anything work as long as we know what works for you.

Please contact me or another Coffee Committee Chair if you would like to help serve during coffee hour.

Respectfully Submitted,

Joanie Nichols

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**SR. WARDEN****SUE NAGORSKI**

Thanks to everyone who participated in this year's annual Fall cleanup! Not only did we work outside and inside at the Church but our youth participated in the picking up and weeding of our local area sponsored park. Other activities included the preparations of the Quinn rental house for our new tenant. Updates include new kitchen flooring, new Refrigerator and Stove, new carpet on the stairs, all interior painting including ceilings, and new LED ceiling light fixtures in the bedrooms.

It takes a great group effort to wrap up Summer and Fall and move into the busy winter season. But we do it. We truly are a community of Christ.

Thank you to everyone who helped and participated in the very popular animal blessing and blood drive. It was a "Paw" tastic event.

The Hustle and Bustle of the Church Bazaar sets an anticipation for the upcoming Advent and Christmas seasons. As the Woman plan, and families bring in their baskets and baked goods we feel the love of giving that makes our growing church community thrive. It warms my heart and I hope yours also, to see everyone working together in this annual event. All Men and Women are invited to participate in donating or helping with the Bazaar.

The fall activities here at Holy Trinity, set a great example for us as we move into our annual Stewardship Drive. Along with the Giving of time, and heart, your annual Pledges keep us on a good track to financial security and harmony. The ability for the Vestry to responsibly budget is because of your set pledges. We are a beautiful old church and maintenance, updates and improvements are a necessary part of our annual budget process. Thank you for helping to take care of all the needs of our ever growing church community.

Our sign is set and I hope you all can appreciate the blending of old and new. We will be looking at additional brick work next spring to bring a better balance to the pre sized digital screen.

Thank you again, to all who helped make this possible. I hope it proves to be a positive up to date method, for sharing that we are a vibrant and welcoming church, thru digital messaging to the neighborhood and those who travel past.

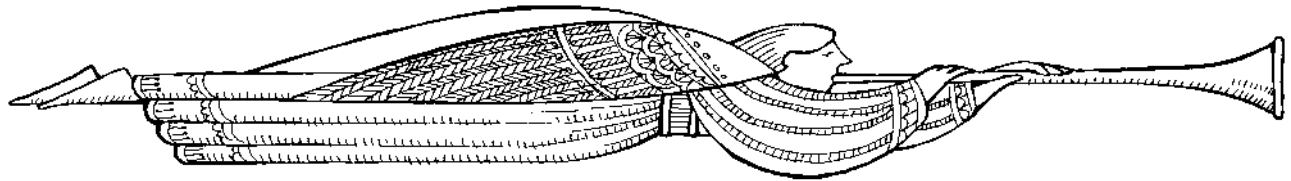
Other notable news from the Vestry includes the planning of a handicap accessible door on the West side Parish hall exterior door. This has been made possible by a member of our church community, who has deep and humble reasons to donate toward this project.

I hope this end to fall and walk into winter finds you and yours in good health and safety and may the peace of God follow us always in our journeys.

Sincerely with the grace of God,

Sue Nagorski

Sr Warden



## **THE ANNUAL HOLIDAY BAZAAR IS THIS MONTH!**

**Saturday, November 10<sup>th</sup> from 9:00 – 3:00**

This is a great opportunity to participate in Holy Trinity's annual fundraiser.

Here are the ways you can take part:

**SILENT AUCTION** - Each year we ask every family (if possible) to donate a "theme basket" for sale at the bazaar. Last year we found that the baskets in the \$25.00 price range sold very quickly so we encourage the same price range (or less) for this year's baskets. Some past ideas for baskets include: gardening; bird lovers; book and bath; tea time; car care; pet pampering; fishing; movie night; baby shower; tool time; chocolate decadence; scrap-booking; kitchen gadgets; etc.

**HOLIDAY GIFT DONATIONS** – Ornaments, bird houses, Christmas Tree Skirts, Holiday decorations, crafts, etc.

**BAKERY SHOPPE** – Cookies are especially popular. Please help if you can.

*Please bring your gift baskets to church by Sunday, November 4<sup>th</sup>*

*The Women's Group will shrink wrap and label the basket for you!*

If you have questions or ideas to share please contact  
Rosemary Sobalvarro at 763-241-5227, Linda Krieger 763-441-7072  
or Kate Hansen at 763-441-6061.

**THANK YOU!**



## Special Blessings to all our November Birthday Trinitarians!

03 – Wesley Gadsden	17 – Matt Krieger
04 – Billie Jo Bishop	21 – Melanie Svoboda
07 – Paula Hall	23 – Megan “Mo” Campbell
12 – Jane Lindenfelser	26 – Lucas Jack Svoboda
12 – Jon Lloyd	28 – Kelley Simmons
14 – Raelyn Jean Krieger	29 – Shirley Isaacson
15 – Wally Kaminsky	

### **Altar Guild**

Gail Weber  
612-850-4250

### **Meals on Wheels**

Call or see  
Cheryl Ecklund  
763-443-8637

### **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

### **Men’s Group**

Call or see  
Ben Bastyr  
763.441.4068

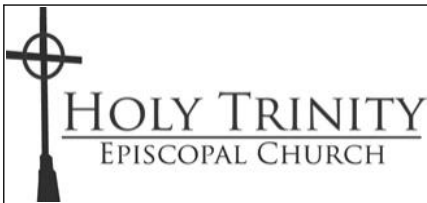
## **Feast Days in November**

4 -



### **Looking Ahead to December:**

12/7 Christmas Around the  
World, Special Christmas  
Concert, 7:00pm.



## Ministry Rota

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

<u>Ministry</u>	<u>November 4</u>	<u>November 11</u>	<u>November 18</u>	November 25, 2018
Greeter:	<u>Jeanne Simonsen</u>	<u>Carl Newberg</u>	Dan Krieger	Deb Krogman
Child Care:	<u>Alex Stewart</u>	<u>Alex Stewart</u>	Alex Stewart	Alex Stewart
Usher:	<u>Wally Kaminsky</u>	<u>Dan Krieger</u>	Dave Raitz	Adrian Russell
Acolyte:	<u>Eric Andersen</u>	<u>Deb Krogman</u>	Jon Lloyd	Wiltie Russell
1st Reader:	<u>Gail Weber</u>	<u>Mary Dare</u>	Ken Schultz	Jane Lindenfelser
2nd Reader:	<u>Larry Brugger</u>	<u>Kate Hansen</u>	Marion Marshall	Gail Weber
Prayers:	<u>Marion Marshall</u>	<u>Sherrill Newberg</u>	Jane Lindenfelser	Kate Hansen
Chalice 1:	<u>Mary Dare</u>	<u>Jane Lindenfelser</u>	Mary Brugger	Scott Svoboda
Chalice 2:	<u>Julie Raitz</u>	<u>Molly Liberto</u>	Linda Krieger	Jane Lindenfelser
Counter:	<u>Deb Krogman</u>	<u>Molly Liberto</u>	Linda Krieger	Jennifer Warner
Coffee:				

### **Our Mission Statement**



**Holy Trinity is a diverse, multi-cultural, growing, dynamic faith community rich in liturgy and music that serves Christ in all persons.**

<b>HOLY TRINITY EPISCOPAL CHURCH</b>			<b>HTEC VESTRY MEMBERS</b>		
Priest-in-Charge	Fr. Rob Cavanna	320-339-4852	Senior Warden	Sue Nagorski	612-868-9263 C
Deacon	Rev. Georgia Steele	651-338-7346	Junior Warden	Tim Ecklund	763-276-1434 H
Parish Admin.	Jen Haag	612-685-6139	Service	Dick Anderson	612-812-2581 C
Director of Music	Bea Bastyr	763-441-4068	Liturgy	Kate Hansen	763-441-6061 H
Head Usher	Dan Krieger	763-441-7072	Education	Molly Liberto	763-742-2692 H
Altar Guild Chair	Gail Weber	612-850-4250	Evangelism	Nancy Lloyd	763-370-9598 C
Women's Group Co-Chairs	Linda Krieger Kate Hansen	763-441-7072	Pastoral Care	Christine Peterson/ Sandy Sisson (temp)	612-968-3445 H
Men's Group Chair	Ben Bastyr	763-441-4068	Treasurer	Jeff Nagorski	763-234-5000 C
Youth	Molly Liberto	763-742-2692	Vestry Clerk	Joyce LeClaire	763-263-7740 C



# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u>All Saints</u>	2	3
4 <u>All Saints /Twenty Fourth Sunday after Pentecost</u>	5	6	7	8	9	10
11 <u>Twenty Fifth Sunday after Pentecost</u>	12	13	14	15	16	17
18 <u>Twenty Sixth Sunday after Pentecost</u>	19	20	21	22 <u>Thanksgiving Day</u>	23	24
25 <u>Last Sunday after Pentecost: Christ the King</u>	26	27	28	29	30 <u>St Andrew, Apostle</u>	

