



**HOLY TRINITY**  
EPISCOPAL CHURCH

# TRINITY TRIBUNE

*Feel the love!*



**March 2019**

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

## Dates to Remember

- 2 9am Women's Group  
10am West Metro Mission Area
- 6 6:45am to 8:00am Ashes to go, Elk River Northstar Terminal  
7pm Ash Wednesday Holy Eucharist
- 9 5pm Guardian Angels Annual Gala, Courtyards at Andover
- 13 11:30am Lenten Eucharist
- 16 9:30am-12pm Lenten Quiet Half Day for Men and Women
- 17 Vestry Meeting follows Coffee Fellowship
- 19 Feast of St. Joseph
- 20 11:30am Lenten Eucharist
- 25 The Annunciation of our Lord
- 27 11:30am Lenten Eucharist
- 29 6pm Newcomer's Dinner NO FEE

## How to Reach Us

Address	1326 4th St. PO Box 65 Elk River, MN 55330
Office Hours	Wed/Thurs/Fri 10:00am-2:00pm
Fr Rob's Office Hours	Wednesday 10:00am-12:00pm
Phone	763-441-5482
E-mail	office@holytrinityelkriver.org
Website	Holytrinityelkriver.org
Twitter	Robert Cavanna
Facebook	www.facebook.com/ HolyTrinityElkRiver

## LENTEN THEME: WALKING TOGETHER WITH JESUS

**Before I went on vacation in January, there wasn't much snow on the ground and returning on February 11th there was a lot of snow on the ground and it's been snowing on and off ever since that time. The record breaking snow hasn't hampered our ongoing worship and ministries. On February 17, 2019, we participated in our 163rd All Parish Annual Meeting. Tim Ecklund and Kate Hansen were thanked for their years of ministry serving on the Vestry along with each of you who has been engaged in one ministry or another and who have generously supported both the mission and ministries of Holy Trinity in the world. Special thanks to Sue Nagorski for her dedicated year as Senior Warden and to those individuals who were elected to serve on the Vestry: Gary Wedl as Junior Warden and Daryl Herrmann as your Liturgy representative on the Vestry as well as Sandy Sisson in Pastoral Care.**

Thanks also to Molly Liberto as our Sunday School Director, Sandy Sisson who filled in for Christine Peterson in Pastoral Care, Dick Anderson in Service and Nancy Lloyd in Evangelism. Much appreciation to Joyce LeClaire for being Secretary to the Vestry **and to Jeff Nagorski for his "behind the scenes" work as Treasurer. Without this terrific team and all of you, we wouldn't be the growing and dynamic faith community that we are today. Thank you again for your time, talent and treasure all year long.**

The Lenten Season will begin on March 6, 2019, with Ash Wednesday. I hope that you will begin your Lent by participating in the liturgy of the day and Holy Eucharist at 7:00 pm. I know that **it's a sacrifice to come in the evening but it will be well worth your while.** I am also offering ashes to the Northstar commuters at 6:45am at the Northstar Terminal in Elk River. Watch for coverage in the Elk River Star News.

**For this month, I'd like to focus on repentance and what that actually means for you and me. It's not exactly a popular topic but one which will lead us to "new things" in our lives. I'd like to use Psalm 51 as it is prayed in the Ash Wednesday liturgy:**

*...Create in me a contrite heart, O God,  
and renew a right spirit within me.  
Cast me not away from your presence  
and take not your holy Spirit from me.  
Give me the joy of your saving help again  
and sustain me with your bountiful Spirit...*

"Create in me a contrite heart, O God..." The English word, "contrite," comes from the Latin, *contritus*, which means "thoroughly crushed." The energy around the word "contrite" is not a prayer that our heart be broken. It's already happened. Contrition is a state you realize: **"I'm just crushed."** If you've ever said that or felt that – **"I'm just crushed."** – because of something sad or bad that has happened in your life, you will understand the essence of contrition. It's just that contrition is feeling crushed from the inside out. You are not just the victim; you are also the culprit. Contrition is the dawning of regret or remorse about something you know to be wrong in your life.

To pray for a contrite heart is asking for two things. First, that we be given a like-new heart. The prophet Ezekiel in 36:26 says, "A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh." Contrition is not a heart bypass procedure. Contrition is a heart transplant, a like-new heart. Secondly, to pray for a contrite heart is asking for God's aid in our new heart's being broken open with compassion and compunction for the needs of the world that surrounds us, a world that God so loves.

There's a word for this heart-transplant procedure, a word that shows up repeatedly in the Scriptures and in the vocabulary of the church: repent. Repentance is centered in the heart, the heart symbolizing the center of who we are. Repentance is how we cooperate and participate in what God, the Great Physician, is doing in this heart procedure. Repentance comes from our realization how we had it wrong: something we have done or left undone, said or left unsaid, and we know it to be wrong, regrettably. Our need to repent may come from a realization about an interaction we had which we now see and admit was not right. Our interaction was mistaken, or mean, or unkind, or fueled by our jealousy, or by our covert spirit of revenge. Or our sense of need to repent may come from an attack we brazenly made on someone out in the open, or in the secret recesses of our heart. Our sense of need to repent may come from an ignoble habit how we have navigated life, a pattern of life that may have snowballed out of control. **Repentance comes from the searing awareness how we've been in the wrong.** Our need to repent comes from the inside out. Repentance is fueled by regret and sorrow. Repentance is both better *and* worse than you might imagine.

Repentance is a constant theme during the season of Lent. It's as if to say we must be prone to get it wrong on a regular basis, in small and big ways. During Lent we begin our liturgy with a confession of sin. We did not first take a survey here in the community, asking whether any of us had need for the making a confession of sin. Show of hands? No. Rather, we just move ahead with the confession, presuming that all of us here are in need of making our confession. **It's the presumption that all of us arrived aware that somehow, somewhere, with at least someone, we've missed the mark,** gone astray, and that realization is weighing upon us, perhaps imprisoning us. *That's* why repentance is worse than you might imagine. Repentance points to such a pervasive problem in life: getting it wrong, in big ways and small ways... and the realization we need to change our ways. That's the bad news. The Gospel is bad news **before it's good news!**

The good news is this is what Jesus is all about. Jesus presumes we're like lost sheep needing to be rescued on a regular basis. Jesus has come to seek and to save the lost, and that's talking about us, most every day. C. S. Lewis says that repentance is not something God demands of you before God will take you back and could let you off the hook. **Repentance is simply a description of what going back is like. That's the good news coming out of the bad news.** Repentance is an intervention. Jesus presumes our need to be rescued; Jesus provides for us the way.

Here's a suggestion how the bad news/good news of repentance could figure into your daily life. It's a daily practice you could incorporate into all the days of Lent. It might even become habitual, a *good* habit, that you carry on in life. My suggestion is what Ignatius of Loyola, the 16th century founder of the Jesuits, encourages on a daily basis, **what he calls "the manifestation of conscience" or "manifestation of consciousness."** Sometime before the close of the day, turn around and look back on your day. Rehearse your day as you navigated from one thing to the next.

1. Give thanks to God for the enormous privilege of being alive, and for so much good that surrounds and fills your life. Take nothing for granted. Express your thanks to God as you remember what was good that transpired in the course of your day. What was good that you took in through your senses, through your interaction with people and with the other creatures of life. Give thanks for your own gifts, and abilities, and creativity you tapped in the course of the day. Give thanks for the amazing goodness of the day.
2. Look where you missed the mark. In your interactions with other people – passing strangers or people whom you know, perhaps know well – where did you get it wrong? What you said or left unsaid, did or left undone, what was going on publicly or going on privately in your own head: where did you get it wrong? Include your relationship with your own self. We can be our own worst enemies. You might be aware of some event, some interchange as you look back on the day where you were out of sync with yourself, where you were dismissive of yourself, where you broke your own integrity, and you know it, regrettably.

Repentance is not a spiritual callisthenic that we initiate. Repentance happens at **God's initiative and with our awareness and our collaboration: God operating** and we co-operating.

I shared a conversation with a man who came to talk about his life. A lot of good things going on. And then some bad things. Some of the bad was in troubling interactions where, as he said, he had blown it. More troubling to him were his character flaws: **certain ways he habitually acted and interacted. And it wasn't right, he knew it. He said, in his despair, "I'm trapped. I don't think I'll ever change." Lots of sorrow; quite a few tears. "I don't think I'll ever change," he said again in despair. And he asked me what I thought. I told him he had chosen the wrong religion. Christianity, at its core, presumes both that we need to change *and* that we can change. That's Jesus' message to us all, and it comes at his initiative and with his power to make it possible. We need to change, and we can. And that's the fuel of repentance and it's something I'm in touch with on a daily basis: both the need and the grace to change. If you feel stuck and presume you cannot change, I beg to differ.**

Here's what could be a Lenten discipline for you for the upcoming days of Lent. Practice **this review of the day, what I've already suggested, reviewing where you are** grateful, and where you missed the mark that day. And then take Jesus at his word. Repentance is to claim Jesus' promise he is intent upon creating in each of us a new heart, a new way in a new day how we relate to our own self, and to others, and to God: with a free, open, compassionate, generous heart. Repentance is necessary or our heart will harden because life is so hard, if left to our own devices.

Pray for the grace to enable repentance, this new-heart procedure, and then one other suggestion. Repentance needs a companion. Following Jesus is not a solo act. Repentance comes from the inside out; repentance is enabled by the outside in. We need help, all of us do, to be able to claim what Jesus promises. Find a soulmate. Pray

for a soulmate who can incarnate what Jesus promises: someone you trust, who can beam God's light, and life, and love onto you. This person could be a friend, a neighbor, a partner, a fellow Trinitarian, a spouse, a mentor, a therapist, a sponsor... someone who can help you wrap your heart around what Jesus intends for you: a new heart, **someone who can beam God's light, and life, and love onto you, the fruit of repentance.** You are worth it.

We will continue more of this inner work of the soul on Saturday, March 16, 2019, 9:30 am to noon. This Lenten Quiet Half Day is open to men and women. Our theme for Lent is Walking Together with Jesus. Please sign up for this "spiritual spa" day, so to speak. We will have quiet time during it, time for prayer and mediation and videos on topics which will help you deepen your faith.

During Lent, we will be offering Lenten Mid-Week Eucharists every Wednesday at 11:30 am. We begin promptly at 11:30 and end at 12:00 pm so you can either get back to work or continue on with your other tasks of the day.

Holy Week is the holiest week of the year. Resolve to participate in all the liturgies of the week beginning on Palm Sunday, April 14, 2019 and continuing on Maundy Thursday, April 18, 2019, in our Annual Agape Dinner and Eucharist. As usual, we will have an interactive special liturgy on Good Friday, April 19, 2019. These are opportunities for you to bring a friend or neighbor to these special and unique worship services. A number of you did just that last year.

My prayer for you is to have a Holy Lent, one in which you get to know God deeper through walking together with Jesus! The meditation booklet you will be given through Episcopal Relief & Development will be a great help in growing closer to Jesus this Lent. I hope you read it everyday.

May Jesus create a clean heart and right spirit within you and stay well, be good of heart and let go, let God!

Your faithful servant in Christ,  
Fr. Rob†

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## SERVICE

DICK ANDERSON

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As I write this March news letter I am hoping the snow storms are over, we have had enough for this year. The new members dinner has been moved to March 29th, hope the date works for everyone. If you remember please bring an item or two for the food shelf as CAER is always in need. Hope to see you in Church.

Blessings, Dick Anderson

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**JOIN DEACON GEORGIA AND ME FOR SUNDAY LENTEN SMALL  
GROUP GATHERINGS ON THE WAY OF LOVE.**

**WE WILL DISCUSS THOSE PRACTICES WHICH WILL HELP US LEAD A  
CHRIST CENTERED LIFE!**

**Brief planning session- Sunday, March 3, 2019 after the Eucharist!**

**Men and women are invited and welcome. No pre-requisites needed.**

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Please join Guardian Angels Senior Services for  
their 17th Annual Gala

## "Enchanted Garden"

Saturday, March 9, 2019, 5:00pm

Courtyards of Andover: 13545 Martin Street NW, Andover

Step into a preview of spring and enjoy cocktails,  
appetizers, games, prizes and silent action.

Gourmet dinner to follow.

For more information contact: Pat Hackman at  
phackman@ga-er.org or 763-635-5476

## FEED MY STARVING CHILDREN MINISTRY DAY



When: Saturday, April 6, 2019, 1:30 pm to 3:30 pm

Where: Prairie View School, 12220 80th St. NE, Otsego, MN 55330

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

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

Sign-up: On the table next to office. This is a MobilePack event sponsored by River of Life Church.

## March Highlights

March 2, 2019	<b>9:00am Women's Group and 10as West Metro Mission Area</b>
March 6, 2019	7:00pm Ash Wednesday Holy Eucharist
March 13, 2019	11:30am-12:00pm Lenten Eucharist
March 17, 2019	Vestry Meeting Follows Coffee Fellowship
March 20, 2019	11:30am-12:00pm Lenten Eucharist
March 22, 2019	11:30am-12:00pm Lenten Eucharist
March 29, 2019	<b>6:00pm Newcomers' Dinner,</b>

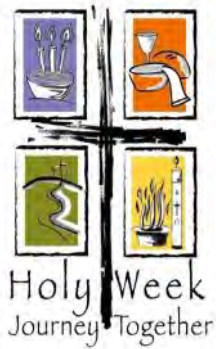
## WHY DO WE KNEEL DURING THE SEASON OF LENT?

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.





## HOLY WEEK AND EASTER SERVICES SCHEDULE

Sunday, April 14, 2019, PALM SUNDAY WITH PROCESSION AND PALM FRONDS, Holy Eucharist and Sunday School, 10:00 am.

Wednesday, April 17, 2019, WEDNESDAY IN HOLY WEEK MID-WEEK EUCHARIST, 11:30 am to Noon.

Thursday, April 18, 2019, MAUNDY THURSDAY LITURGY, AGAPE DINNER WITH HOLY EUCHARIST AND STRIPPING OF THE ALTAR, 6:30 pm

Friday, April 19, 2019, Soup and Bread Served 6:00pm. GOOD FRIDAY SERVICE WITH HOLY COMMUNION, 7:00 PM.

Sunday, April 21, 2019, RESURRECTION/EASTER SUNDAY, FESTIVE CHORAL EUCHARIST, 10:00 am.

Mark your calendar for these important happenings in April. Bring the entire family! Child care available.

Please invite a friend, neighbor or co-worker to the Maundy Thursday **Agape Dinner and the Good Friday Liturgy! It's a perfect opportunity** to reach out to others and invite them to our fantastic community!!



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.

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

LENTEN THEME: Renewal - Walking in Newness of Life

Saturday, March 16, 2019, 9:30 am to 12:00 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 2½ hours of your year!

# Happy Birthday

Special Blessings to all our  
**March** Birthday Trinitarians!

05 – Megan Nagorski	20 – Jeanne Simonsen
07 – Gabriel Campbell	21 – Wiltie Russell
10 – Ione Nichols	22 – Rhiannon Campbell
12 – Larry Brugger	26 – Linda Krieger
20 – Nevaeh Sheck	26 – Daryl Herrmann



## Contemporary Ensemble and Sr. Choir Rehearsal



Thursdays, March. 14, 21, 28

Contemporary Ensemble Rehearsals 6:30pm

Sr. Choir Rehearsals 7:30 pm

**NO REHEARSAL MARCH 7, 2019**

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 March

- 2nd The Presentation of Our Lord Jesus Christ in the Temple
- 5th The Martyrs of Japan, 1597
- 6th Titus, Bishop and Confessor, 1st Century
- 10th Scholastica, Virgin and First Benedictine Nun, 543
- 13th Absalom Jones, Priest 1818
- 19th Feast of St. Joseph
- 24th St. Matthias, the Apostle

## Looking Ahead: April

- 3rd 11:30am Lenten Eucharist
- 10th 11:30am Lenten Eucharist
- 14th 10:00 am Palm Sunday: The Sunday of the Passion
- 17th 11:30am Lenten Eucharist
- 18th 6:30pm Maundy Thursday Agape Dinner
- 19th 7:00pm Good Friday Liturgy
- 21st 10:00am Resurrection Sunday

# FIGHT FOR A HUNGER-FREE MINNESOTA

## GIVE TO YOUR LOCAL FOOD SHELF

DONATE AT  
**MNFOODSHARE.  
ORG/DONATE**



## MARCH CAMPAIGN

a gmcc program





# 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! ~ ~

Ministry	March 3, 2019	Ash Wednesday	March 10, 2019	March 17, 2019	March 24, 2019	March 31, 2019
Greeter:	Dave Raitz	Marilyn Bina	Ann Wedl	Dan Krieger	Dick Anderson	Dave Raitz
Child Care:	TBD	TBD	TBD	TBD		
Usher:	Adrian Russell	Gary Wedl	Dick Anderson	Ben Bastyr	Gary Wedl	Larry Brugger
Acolyte:	Wiltie Russell	Jon Lloyd	Deb Krogman	Eric Andersen	Matt Krieger	Jon Lloyd
1st Reader:	Daryl Herrmann	Marion Marshall	Mary Brugger	Larry Brugger	Gail Weber	Ken Schultz
2nd Reader:	Gail Weber	Ken Schultz	Kate Hansen	Ken Schultz	Daryl Herrmann	Mary Brugger
Prayers:	Jane Lindenfelser	Kate Hansen	Jane Lindenfelser	Marion Marshall	Jane Lindenfelser	Kate Hansen
Chalice 1:	Julie Raitz	Scott Svoboda	Kate Hansen	Larry Brugger	Jane Lindenfelser	Linda Krieger
Chalice 2:	Larry Brugger	Jane Lindenfelser	Molly Liberto	Julie Raitz	Molly Liberto	Scott Svoboda
Counter:	Molly Liberto	Linda Krieger	Jennifer Warner	Deb Krogman	Molly Liberto	Linda Krieger
Coffee:	Paula & Steve Hall					



### 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 and does God's work in the world.**

HOLY TRINITY EPISCOPAL CHURCH			HTEC VESTRY MEMBERS		
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	Gary Wedl	763-427-0776
Parish Admin.	Jen Haag	612-685-6139	Service	Dick Anderson	612-812-2581 C
Director of Music	Bea Bastyr	763-441-4068	Liturgy	Daryl Herrmann	269-580-9040
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	Sandy Sisson	763-267-7623
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



# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Every Sunday:</b> <b>10:00 Eucharist and Sunday School</b> <b>11:15 Fellowship</b> All Days of Lent are days of special devotion.					1 9:00 am Women's Group Meeting	2 9:00 am Women's Group Meeting
3 Last Sunday after the Epiphany	4	5	6 Ash Wednesday 6:45am to 8am, Ashes to go, Elk River Northstar Terminal 7pm Ash Wednesday Liturgy and Holy Eucharist	7	8	9 5pm Guardian Angels Annual Gala, Courtyards at Andover
10 First Sunday in Lent	11	12	13 11:30am Lenten Eucharist	14	15	16
17 Second Sunday in Lent/Vestry Meeting in church following Coffee Fellowship	18	19 Feast of St. Joseph	20 11:30am Lenten Eucharist	21	22	23
24 Third Sunday in Lent	25 The Annunciation	26	27 11:30am Lenten Eucharist	28	29 6:00pm Newcomers'/New Member Dinner NO FEE	30 
31 Fourth Sunday in Lent						

