

**April 2019**

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

## Dates to Remember

- 3 11:30am Lenten Eucharist
- 9am Women's Group**
- 6 1:30-3:30pm Feed My Starving Children, Prairie View School
- 10:00am Eucharist/  
7 Fifth Sunday of Lent/  
Sunday School
- 10 11:30am Lenten Eucharist
- 10:00am Palm Sunday:  
14 The Sunday of the Passion
- 6:30pm Maundy  
18 Thursday/ Agape  
Dinner with Cathy  
Victorsen, Harpist
- 6:00pm Soup & Bread
- 19 7:00pm Good Friday  
Passion Play and  
Holy Communion
- Holy Saturday
- 20 See readings on page 283 in  
the BCP
- 10:00am Resurrection/  
21 Easter Sunday/  
Festive Choral  
Eucharist
- 27 9:30am Spring Cleanup Day
- Finance Committee and  
28 Vestry Meets following  
Coffee Fellowship

## How to Reach Us

Address	1326 4th St. PO Box 65 Elk River, MN 55330
Office Hours	Tues/Wed/Thurs 10:00am-3:00pm
Fr Rob's Office Hours	Wednesday 10:00am-12:00pm
Phone	763-441-5482
E-mail	office@holyltrinityelkriver.org
Website	Holytrinityelkriver.org
Twitter	Robert Cavanna
Facebook	www.facebook.com/ HolyTrinityElkRiver

Our theme for Lent is Walking Together With Jesus. We began Lent on Ash Wednesday morning with Ashes to Go at the NorthStar Terminal in Elk River. A number of people took ashes on their foreheads in spite of the frigid weather. In the evening we had a deeply moving Ash Wednesday liturgy with the imposition of ashes. On March 16th a number of you gathered for a Retreat/Quiet Half Day to prepare for the 40 days of Lent by going deeper into your interior life and examining yourself, your life and its direction.

By the time you receive this Newsletter, we will have celebrated **and honored our new members in the Newcomers' Dinner.** Please thank them for choosing Holy Trinity as their faith community and affirm them in their ministries.

A contingent of you are now participating in the Wednesday Eucharists which is a more contemplative, meditative half an hour liturgy. March is Minnesota FoodShare Month and every Sunday, you are contributing to the local Food Shelf, CAER. At the end of the month all those monies will be given to CAER. On April 7th we will also be having **"Pack the Pews"** and collecting as many food items that you donate that day, blessing them and bringing them to CAER. **And the crowds asked Jesus, "What then shall we do?" And he answered them, "Whoever has two tunics is to share with him who has none and whoever has food is to do likewise."** Your response to people with food insecurities has been exemplary. Your generosity is very much appreciated.

On April 6, 2019 we once again will help the starving children of the world by packing food at Prairie View School in Otsego. If you have never done this ministry, why not sign up for it this Lent? You will be rewarded many times over for your time and commitment to Feed My Starving Children.

**We're deep into Lent now so if you haven't done much, read a meditation every day, come to a Wednesday Eucharist, if you can, participate in Sunday worship and the Holy Week liturgies on Palm Sunday, Maundy Thursday and Good Friday. Have a Holy Lent!**

In the month of April we will celebrate Resurrection Sunday and the ensuing 50 days of Eastertide. For that reason, **I'd** like to focus this month on more fully experiencing the Resurrection.

You all know the **story from John's Gospel**, John 20:1-18. Jesus greets Mary Magdalene in the garden near his tomb. He has come back from the dead, alive, resurrected and yet he is **very wounded.** Jesus' body is still wounded by the scourgings that preceded his crucifixion and the horrific piercing wounds to his side and to his 1

hands, hanging from the cross. None of these wounds is healed. And Jesus' heart is also wounded by the betrayal and abandonment of his closest friends, the disciples who literally left Jesus hanging. The women, who *were there* when their Lord was crucified, witnessed it all, a horrific experience. And this surely leaves the women wounded by the trauma. Meanwhile the disciples are hiding – hiding in their own fear, sorrow, and shame – and this, too, shows a wounding. No one can hurt us like we can hurt ourselves, when we become our own worst enemy. On this day of resurrection, everyone in the Gospel story is not okay. Everyone is wounded and this is likely true for **many of us! We can simultaneously acknowledge Jesus' resurrection and, at the same time, acknowledge that everything is not all right in our world or in our own lives.** Many of you may bear the wounds of life, of one sort or another. Bishop Barbara Harris says, **"We are a resurrection people living in a Good Friday world."**

This is why Saint Paul speaks of "the hope of the resurrection" in the Acts of the Apostles. He says in Romans 8:22-25 that we have hope in the resurrection because we do not yet completely see it or experience it. We have some early signs of the resurrection; we surely have a desire and expectation for resurrection. Yet meanwhile we **must wait patiently for what Jesus' resurrection will fully mean. Here is what can we claim for eternity, about the power of Jesus' resurrection.**

We have hope for the resurrection of the dead, especially for those whom we have loved who have already died: for children and youth, and for those in the prime of life. We have hope that those who have died in old age with disease, or diminishment, or in tragedy, or in terror. We have hope that they will know the healing in death that they did not know in this life. So many people in this world die in unexpected, sometimes tragic ways, or by the slow stealing of their lives by disease and diminishment. So many people – those whom we hold in our hearts and love for all our lives and those who are unknown to us, whom we only read about in the media– so many people die with a measure of tragedy. You may find enormous comfort in looking to Jesus for those who have died, praying that Jesus complete in death his healing work as their Messiah, their Christ. We are given a picture of this in the Book of Revelation 7:9-17, where we hear that those who have **passed through the ordeal of this life will be given an eternal sheltering by God. "...They will hunger no more, and thirst no more... and God will wipe away every tear from their eyes."** This hope of heaven may be an enormous source of comfort to you in this life.

The hope for the resurrection of the dead, the hope of heaven, is also about reunion with those who belong to one another, who love one another, those who have already passed from this life to the next. The Scriptures give us a kind of impressionistic picture of heaven, which includes streets of gold and pearly gates and other things of great ornamental **value. You can keep all that, so far as I'm concerned.** Another picture of heaven I find much more compelling: about the reunion with our loved ones. I want to sit on my Grandfather Louis' lap again. Maybe you wish something similar from your own lineage. **I'm not sure how all that works, because we talk about the resurrection of the body, of** our being given new bodies, whole bodies, healed bodies. My Grandfather Louis always seemed old to me; I cannot imagine him with a young body, a whole body, a new body. And **yet, in God's economy, we are all children of God.** Somehow – no matter our generation – we will know one another and be fully known to one another and yet be made new and whole.

**Meanwhile, claim the hope in Jesus' resurrection for you in the here-and-now.** At this time in your life, you may be keenly aware of your own woundedness. For the present, we can claim our hope in the resurrection, not from what we see, but from what we remember. Perhaps in the face of many odds, you are a survivor; your life has extended into this new day. Past events in your life may have just killed you but look at you. 2

You've come back to life. **It's not just Jesus** who is a walking miracle; *you* also are a walking miracle. You can draw on the hope of the resurrection out of your miracle memory. Christ has been with you, and Christ is with you yet: Christ before you, Christ behind you, Christ within you, Christ beneath you, Christ above you, Christ at your right, Christ at your left, Christ when you lie down, Christ when you arise. When you are in the middle of the dark night, there is absolutely no clue that a dawning will ever happen, no **reason to even imagine light again filling your world... except if you remember** that, amazingly enough, it has happened before, even after the darkest of nights. This gives us hope that the dawn shall happen again, miraculously.

In the early third century Clement of Alexandria said, **"Christ has turned all our sunsets into dawns."** The resurrection will dawn on you, as it has before, and that is a promise Christ gives us: the hope of the resurrection.

Live in the power of the resurrection today:

You will never be alone. Jesus gives us the promise that his presence and power are **with us always. It's true. If you're not completely convinced, try this. Try living your life as if Jesus' promise were true.** Take Jesus at his word – the promise of his presence and power with us always, with you always. If you're not completely convinced of this, try living your life *as if Jesus promise were true...* and you will discover that it is. Give it a try. Emily Dickinson said, "Instead of getting to heaven at last, I'm going all along."

If life is just hell for you right now, take great comfort in Jesus' promise that he's come **"to seek and to save the lost."** We say, in the Apostles' Creed (in the traditional language) that Jesus **"was crucified, dead, and buried [and] he descended into hell..."** Into hell. Why to hell? To rescue lost souls. To save those who are lost in hell. You can **visit hell many times before you die. If you've been there, or if you are there,** know that Jesus has come to rescue, retrieve, redeem, restore you back to life with his healing light and life and love. You are not lost. You are found. And what Jesus finds in you, Jesus loves.

If you are afraid just now, if fear holds sway in your life, just remember that fear is getting in the way of Jesus who *is* the way, and the truth, and the life. Jesus shows us the way to live our life from the inside out. **There's nothing to be afraid of "out there."** Jesus speaks of this endlessly: to not be afraid. He's not scolding us that we shouldn't be afraid. (There's plenty of things you could be afraid of in life). Jesus says **you don't need to be afraid because he is with us always even to the end.** The end of life on this earth is death. In the beginning, God created life and life includes death. **Don't be afraid of either life or death. In death, Jesus goes before us to ferry us, then to welcome us home. Don't be afraid. You don't need to be afraid. You are not alone.**

The early Middle Ages was a time of terror, warfare, injustice, insurrection, and greed. From this very time comes a Celtic Prayer of resurrection:

**Lord from this world's stormy seas**

Give your hand for lifting me.

Lord, lift me from the darkest night.

Lord, lift me into the realm of light.

**Lord, lift me from the body's pain,**

Lord, lift me up and keep me sane.

Lord, lift me from the things I dread.

Lord, lift me from the living dead.

Lord, lift me from the place I lie.

Lord, lift me that I never die. Amen.

Pray that we experience the Resurrection more fully and completely this Eastertide. Experience it in those little things which may seem insignificant at the time but which are extraordinary signs that the Spirit is alive and working in you!

Please make Holy Week a priority for your spiritual life and growth this year. Participate in all the liturgies especially the Maundy Thursday and Good Friday ones. Stay and pray with Jesus in the Blessed Sacrament on Maundy Thursday. We will keep watch with Jesus for one hour until 9:30 pm. Take a 15 minute slot and pray with me as we contemplate the events of the following day on Golgotha.

**In closing, please be as generous as possible in the special Easter offering (you'll be receiving an Easter Letter) above and beyond your pledge to help us upgrade and improve our technology which will better serve you and help us to reach more people effectively.**

Have a Holy and Blessed Easter as well as a meaningful and holy Eastertide! Thank you for your time, your commitment, your dedication and devotion to Jesus as we continue the work of building up the Body of Christ at Holy Trinity! Stay well, be good of heart and let go, let God!

Your servant in the resurrected Christ,  
Father Rob†

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SR. WARDEN

SUE NAGORSKI

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Happy Spring! This last month several of us attended the West Metro Regional Meeting at St. Edward the Confessor in Wayzata. It is always nice to visit with people from other episcopal churches in our region. The most important take from this meeting was to encourage the engagement of our congregation in the new bishop search process. If you do not currently receive emails from ECMN please visit their website and sign up at: [www.episcopalmn.org](http://www.episcopalmn.org). In the near future a survey will be sent out to help gather ideas and suggestions for your new Bishop.

I hope you find the quiet reflection of Lent upon you and the joy of Easter ahead.

Thanks to everyone who volunteers each week to bring soup and bread for after services!

I look forward to the upcoming formal welcome of new members to our church this week with a dinner and informational presentation. Otherwise known as **The Newcomer's Dinner. Nancy Lloyd will lead the cooking team and fun** should be had by all.

I look forward to seeing you all at the holy services offered during this Lenten season, taking a walk together toward Easter.

Sincerely with the Grace of God,  
Sue Nagorski

Tim Ecklund, Ben Bastyr, Dave Raitz and I reinforced the pews. They should be all good now.

Spring Clean-Up is scheduled for Saturday, April 27th.

Gary Wedl

## SERVICE

DICK ANDERSON

As I write the April newsletter, I want to thank everyone that gave money each Sunday, and also all the food items for the food shelf, we were told The money that was donated in March was doubled.

**The snow is just about gone, it's been a long winter. When things dry up our** Sunday School will be cleaning up Riverview Park.

I hope everyone has a Blessed Easter.

Blessings to all,

Dick Anderson

## HOLY WEEK AND EASTER SERVICES SCHEDULE

Sunday, April 14, 2019, 10:00 am

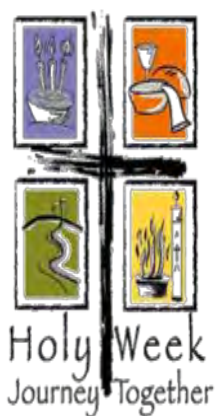
PALM SUNDAY WITH PROCESSION AND PALM FRONDS,  
Holy Eucharist and Sunday School

Thursday, April 18, 2019, 6:30 pm MAUNDY THURSDAY/  
AGAPE DINNER with Cathy Victorsen/  
HOLY EUCHARIST/STRIPPING OF THE ALTAR

Friday, April 19, 2019, 7:00 pm  
GOOD FRIDAY PASSION PLAY AND HOLY COMMUNION

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

Mark your calendar for these important happenings in April.  
Bring the entire family.



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.

# Spring CLEAN UP

April 27, 2019 9:30 am

Bring rakes  
and other  
lawn tools!

Men and women needed for outside clean-up as well as kitchen, church proper, inside and outside windows and Parish Hall!

Sign-up sheet is on one of the boards!

## 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.

## April Highlights

- April 3, 2019 11:30am-12:00pm Lenten Eucharist
- April 6, 2019 1:30pm-3:30pm Feed My Starving Children Ministry Day: Prairie View School, 12220 80th St. NE, Otsego, MN 55330 Please wear your Holy Trinity T shirt! If you need one, please see Fr. Rob.
- April 10, 2019 11:30am-12:00pm Lenten Eucharist
- April 14, 2019 10:00am-The Sunday of the Passion: Palm Sunday
- April 18, 2019 6:30pm-Maundy Thursday Liturgy and Holy Communion, Agape Dinner with harpist Cathy Victorsen of Bethel University. Vigil until 9:30 am before the Blessed Sacrament. Volunteers needed. Readings and time for meditation and prayer.
- April 19, 2019 7:00pm-Good Friday Passion Play and Holy Communion from the Reserved Sacrament
- April 20, 2019 Holy Saturday-See the readings on page 283 in the BCP.
- April 21, 2019 10:00am-The Sunday of the Resurrection: Easter, Festive Choral Eucharist with Senior Choir. **Childrens' Easter Egg Hunt follows the liturgy!**
- April 28, 2019 10:00 am-2nd Sunday of Easter, Holy Eucharist and Sunday School.



Please take 1 or 2 pamphlets and give to a neighbor, put in a newspaper box, post in a club or other community place.

We need to tell people who we are and invite them to visit us.

### Attn: Altar Guild

Altar Cleanup is scheduled for 10:00 am on April 20th.

Please mark your calendar.





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

13 – Sherrill Newberg      24 – David Finn  
15 – Rosemary Sobalvarro      27 – Norma Mohr  
21 – Jim Nord      29 – Carl Newberg  
23 – Denise Graber



### Contemporary Ensemble and Sr. Choir Rehearsal

Thursdays, April. 4, 11, 25

Contemporary Ensemble Rehearsals 6:30pm  
Sr. Choir Rehearsals 7:30 pm  
NO REHEARSAL April 18 (Maundy Thursday)



Altar Guild

Gail Weber  
612-850-4250

Meals on Wheels

Call or see  
Cheryl Ecklund  
763-443-8637

Great River  
Family Promise

Deb Krogman  
763-225-7773

Senior Choir  
& Contemporary  
Ensemble Singers &

Call or see Bea Bastyr  
763.441.4068

Chalice  
Bearers

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 763-441-6061

Men's  
Group

Call or see Ben Bastyr  
763.441.4068

### What are you doing for Lent?

Do you want to go deeper into your inner life this Lent? Be part of a group who will be discussing The Way of Love: Practices for a Jesus-Centered Life. We will meet on these Sundays-April 7 & 14, 2019 after Coffee Fellowship. We won't go longer than 1 hour.

The first session was Sunday, March 10, 2019 and the topic was Rule of Life. In future sessions we will discuss Turn-Pause, Listen and Choose to Follow Jesus and Bless-Share Faith and Unselfishly Give and Serve among other topics.

There are no prerequisites for participating and everyone is welcome—both men and women. Please see Georgia or Fr. Rob if interested in trying a session "on for size" so to speak. There is a sign up sheet on the table next to the office.

Hope you'll "take the plunge" and participate in this Spiritual growth experience!

### "WATCH AND PRAY" VIGIL - APRIL 18, 2019

Readings and time for meditation and prayer

For those wanting to "pray and watch" before the Blessed Sacrament on Maundy Thursday, there will be a sign-up sheet on the table next to the office. The Vigil will go until 9:30 pm. We will try rotations of every fifteen minutes. This is purely optional. It is however a good Lenten discipline to do for Holy Week. "Watch and pray so that you that you will not fall into temptation." Mark 14:38

### Feast Days in April:

2nd James Lloyd Breck, Priest,  
1876

8th William Augustus  
Muhlenberg

9th Dietrich Bonhoeffer, Pastor  
and Theologian, 1945

29th St. Mark the Evangelist

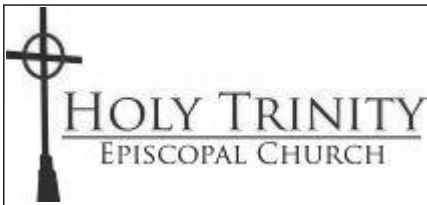
### Looking Ahead: May

4th Women's Group  
May Meeting

12th Mother's Day

27th Memorial Day

29th Women's Group  
June Meeting



## 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	April 7, 2019	April 14, 2019	April 18, 2019	April 19, 2019	April 21, 2019	April 28, 2019
Greeter:	Nancy Ingram	Shar Baughman	Deb Krogman	Jane Lindenfelser	Ann Wedl	Ginny Anderson
Child Care:	Available	Available	Available	Available	Available	Available
Usher:	Adrian Russell	Ben Bastyr	Dan Krieger	Gary Wedl	Dan Krieger	Dave Raitz
Acolyte:	Wiltie Russell	Deb Krogman	Matt Krieger	Eric Andersen	Jon Lloyd	Deb Krogman
1st Reader:	Mary Dare	The Passion	Gail Weber	Ken Schultz	Jane Lindenfelser	Marion Marshall
2nd Reader:	Jane Lindenfelser	Reading	Mary Brugger	Kate Hansen	Gail Weber	Mary Dare
Prayers:	Gail Weber	Marion Marshall	_____	_____	Kate Hansen	Marion Marshall
Chalice 1:	Mary Dare	Molly Liberto	The Rev.	Jane Lindenfelser	Mary Brugger	Larry Brugger
Chalice 2:	Kate Hansen	Julie Raitz	Georgia Steele	Scott Svoboda	Linda Krieger	Molly Liberto
Counter:	Jennifer Warner	Deb Krogman	Molly Liberto	Linda Krieger	Jennifer Warner	Deb Krogman
Soup & Bread:/ Coffee:	Kate & Joyce/ Sherrill & Sandy	Mo Campbell/ Volunteer needed for bread	Maundy Thursday	Nancy Lloyd Good Friday	Cheryl and Tim Ecklund	Marilyn Bina

### 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	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 Mu-	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	Gail Weber	612-850-4250	Evangelism	Nancy Lloyd	763-370-9598 C
<b>Women's Group</b> Co-Chairs	Linda Krieger Kate Hansen	763-441-7072 763-441-6061	Pastoral Care	Sandy Sisson	763-267-7623
<b>Men's Group</b>	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



**WELCOME**  
CHRIST IS RISEN!

# April 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Looking ahead:</b> June 1st-9am-3pm <b>Books, Brats and Bake Sale</b>	<b>1</b> 	<b>2</b> James Lloyd Breck	<b>3</b> 10am-12pm <b>Fr. Rob's office hours and Fr. Rob</b> by appointment 11:30am Lenten Eucharist	<b>4</b> 6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal	<b>5</b> 	<b>6</b> 9:00 am Women's Group Meeting 1:30-3:30pm Feed My Starving Children: Prairie View School 12220 80th St. NE Otsego
<b>7</b> Fifth Sunday in Lent 10:00M Holy Eucharist	<b>8</b> William Augustus Muhlenberg	<b>9</b> Dietrich Bonhoeffer	<b>10</b> 10am-12pm <b>Fr. Rob's office hours and Fr. Rob</b> by appointment 11:30am Lenten Eucharist	<b>11</b> 6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal	<b>12</b> 	<b>13</b> 
<b>14</b> Sunday of the Passion: Palm Sunday 10:00M Holy Eucharist	<b>15</b> Monday in Holy Week	<b>16</b> Tuesday in Holy Week	<b>17</b> 10am-12pm <b>Fr. Rob</b> by appointment	<b>18</b>  Maundy Thursday 6:30pm Agape Dinner Eucharist with Cathy Victorson, Harpist. 8:20/8:30 pm to 9:30 pm Vigil Before the Blessed Sacrament. <b>"Won't you watch and pray with me?" Sign up for 15 minute intervals.</b>	<b>19</b> 6:00pm Soup and Bread 7:00pm Good Friday Passion Play and Holy Communion 	<b>20</b> Holy Saturday - See the reading on page 283 in the BCP.
<b>21</b> The Sunday of the Resurrection—Easter Day 10:00M Holy Eucharist <b>Children's' Easter Egg Hunt</b> follows the liturgy!	<b>22</b> 	<b>23</b> 	<b>24</b> 10am-12pm <b>Fr. Rob's office hours and Fr. Rob</b> by appointment	<b>25</b> 6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal	<b>26</b> 	<b>27</b> 9:30am Spring Clean-up Day 
<b>28</b> The Second Sunday of Easter 10:00M Holy Eucharist Finance Committee and Vestry Meeting Follows Coffee Fellowship	<b>29</b> St. Mark the Evangelist	<b>30</b> 	Every Sunday: 10:00 Eucharist and Sunday School 11:15 Fellowship All Days of Lent are days of special devotion.			

Alleluia  
He is Risen



