



July 2019

FROM OUR PRIEST-IN-CHARGE

THE REV. DR. ROB CAVANNA

Dates to Remember

4	Independence Day. Drive safely and be safe!
7	10:00am - 4th Sunday after Pentecost/Holy Eucharist
14	10:00am - 5th Sunday after Pentecost/Holy Eucharist Sweet Shoppe
21	10:00am - 6th Sunday after Pentecost/Holy Eucharist Pack the Pews for Kidz Kitz!
28	10:00am - 7th Sunday after Pentecost/Holy Eucharist

Looking Ahead

Aug 24	Vacation Bible School
Sep 28	9am-3pm - New Safe Church Training

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@ holytrinityelkriver.org
Website	Holytrinityelkriver.org
Twitter	Robert Cavanna
Facebook	www.facebook.com/ HolyTrinityElkRiver

I wanted to tell you myself that we are extremely pleased that Bishop Prior has approved another year appointment for Deacon Georgia to be with us. Deacons are non-stipendiary and serve at the pleasure of **the Bishop. We are indeed grateful for Georgia's continued ministry** with us as she works alongside us in ministries serving the homeless, food insecure and others in need. Thanks to her ministry this past program year and we look forward to her ministry with us in the months and year ahead.

June seemed to fly by and we're now into July. June was a busy month beginning with a Mutual Ministry Conversation with Canon Karen Olson on Sunday, June 2, 2019. We reviewed all mission areas such as Outreach and Service to Others, Evangelism and Communication as well as Pastoral Care, Finance and Administration.

As a result of this conversation, we have put together a quick survey on various aspects of our life together seeking your input and interest in the numerous ministries we are engaged in both internally and in the communities we serve. (Thanks to Deacon Georgia for her work on the survey). Please take the time to complete it. It will help us in our planning for the new program year.

We celebrated the Feast of Pentecost on June 9, 2019, along with Red Nose Sunday. Episcopal 101 was an hour program which was well attended by newcomers and others who were interested in learning about the Episcopal Church.

The Annual Books, Brats and Bake Sale was held on Saturday, June 1, 2019, and it was a tremendous success thanks to each of you who took on various jobs all too numerous to mention. Thank you and as **Rosemary Sobalvarro said: "You are the greatest. A crew came in for clean-up at the close of the sale and the Parish Hall was cleaned in the shortest amount of time."**

On June 16, 2019, we inducted three new families into our growing and dynamic faith community. Dustin and Mo Campbell along with their four children: Gabriel, Vernis, Elijah and Gideon; Steve and Emily Schroeder and their two children: Miles and Frances; and Richard Ngoye and his wife Victoria McHome and their daughter, Imani, officially became members and each received an Episcopal Shield pin. Congratulations to them and again a warm welcome to a loving and truly caring faith community.

June ended with an enthusiastic Ministry Team working at Feed My Starving Children headquarters in Coon Rapids packing 18 boxes of food for starving **kids in Nicaragua. Some of our team were on the "Fast Pace" group and I believe they did 24 boxes.** On Sunday, June 23, we recognized and honored our three graduates—Gabriel Campbell, Eric Andersen and Elijah Campbell. They each received a graduation cap and special **"Graduation Glasses."** Many blessings to each of them **as they continue their studies in Middle School, or in Gabriel's case—Technical College or work.**



In this issue, I'd like to continue my custom of recommending a "summer read." The book is Inwardly Digest by Derek Olsen. Scholar Derek Olsen explores liturgical spirituality and how the Book of Common Prayer (BCP) serves as a repository of Christian wisdom and spiritual practice stretching back to the beginnings of Christianity. Focusing on three key elements—the Calendar, the Daily Office, and the Eucharist—he discusses the spiritual principles behind them and provides clear, practical, easy-to-follow explanations of the liturgies.

You can order this book on Amazon Kindle, Barnes & Noble Nook and at the iTunes store.

Have a fantastic July! Enjoy the outdoors and be intentional about Sunday worship. We seem **to have more guests in the summer months and it's exciting to welcome them into our midst.** Be part of that excitement.

Please keep your pledges up throughout the summer as expenses remain the same and the 2019 Budget is built based on your pledges. Your financial support is very much appreciated **for we aren't flush with funds and excess reserves.**

Stay safe, stay well, be good of heart and let go, let God. Thank you for committing your life to Jesus. By Him, with Him and in Him we are quipped to do even greater things for our fellow Trinitarians, families, friends and neighbors.

May each of us continue to build "beloved community" both here at Holy Trinity and in our lives outside the church walls.

Your servant in Christ,
Fr. Rob...



SR. WARDEN

SUE NAGORSKI

Summer and Church Business/Ministry

Things happen in Church business, even in the summer. Do you ever wonder on a Sunday, as you enjoy worship, coffee and a sense of community, how do we get to this place each week? Not in how to you drive here or the directions here, but how does the week look at a glance to get us to this beautiful point of Sunday. Church business/ministry.

The lawn is mowed, the altar set, candles lit, the bulletins done, the music joyous, the coffee fragrant, fresh cream available, and the treats are looking delicious. The church and dishes are clean, the center pieces complimentary to the season, and a kind welcome is given as you arrive. The readings are chosen and the Homily prepared. As your walk into silent prayer before worship you feel it, the wonderful sense of community and how we are brought to this place. Thanks be to God for the doers and workers who are called to the ministry of Church business. It is what brings us to this place each Sunday, in our car, or bike, or walking, knowing things are generously set in place for us and working to be enjoyed by all. It gives us peace in worship to God that he brings us here.

Let's all take a minute this next Sunday to thank each other for who we are in community and church business/ministry.

In Vestry Church business we are on our way to the needed technology updates. Thank you to Danny Liberto, for making the connections with the contractor and bringing good facts and figures to the Vestry.

Gary Wedl, has been busy with overseeing the Quinn garage residing, getting estimates for the needed painting of the Bell tower and window Trim on the Church, and coordinating the repair of a water leak under the Parrish Hall. Church Business/Ministry.

I am very thankful to this group of wonderful people, the whole Vestry, who take time in service to our growing community, helping to bring us to that important day of worship each week. See you at Church!

Sincerely with the grace of God,
Sue Nagorski

Happy July!!

In mid-June I received notice from Bishop Brian N. Prior that I have been assigned as Deacon to Holy Trinity for the 2019-2020 program year. I am honored to be with you and to serve in your midst, and look forward to the work we will do together to be a Beloved Community, as well as bringing our Beloved Community to our neighborhoods. I am equally thankful to Bishop Brian for assigning me here. We have much to learn from each **other as we explore being the hands and feet of Christ and engage in God's mission. We** walk the road together. I will be working with Fr. Rob, Sue, and community leaders to come up with a Diaconal Covenant, which will guide my ministry with you through the year.

Early in June, I assisted and helped out as needed with the Books, Brats and Bake Sale. That was a fun fundraiser, which also provided opportunity for me to get to know some of you better as we chatted over books. I have to say it is my favorite one so far, probably because I am a bookworm and all about books. I have a list of books to read this summer, from The Gospel of Leviticus to Holy Envy to Inwardly Digest (about the BCP as I am still **learning how to use our prayer book**) to "A Year as a Biblical Woman" and "Inspired" by Rachel Held Evans. And of course, the regular beach reads with lots of twists and mystery. **They provide great breaks between all that spiritual challenging...**

I was blessed to be "eyes and ears" in the Mutual Ministry Review with Canon Karen Olson the first Sunday in June, with many of you. See other parts of this newsletter for more on that.

On Saturday, June 8th, I participated in Great River Family Promise for about 5 hours or so. I was able to spend time with a family and also to meet other volunteers. I continue to be grateful for those of you who put aside time to serve that day, even as it turned out the sponsored families needed to attend to outside needs for their program and did not need many volunteers. I came away with many take-aways from that day and will work with leaders to sort out those learnings as we continue to try to be engaged with Great River Family Promise.

There are some things you just do not do alone, and Holy Trinity came through for attendance to a deeply moving documentary on the Charleston Nine, the families and faith community affected by the shooting on June 17, 2015 at Mother Emanuel AME Church. More on that in another area of this newsletter too. Community voices offer the best perspective on this one. Some things are just too big for one voice to capture.

Oh, yeah, I preached too. Something about dancing with the Trinity.

Thank you for being who you are Holy Trinity. I am glad to be here.

Be God's,
Deacon Georgia

SERVICE

DICK ANDERSON

As I write this July news letter, I want to thank everyone that worked at the June Book and Brat sale, the weather was great that day, especially for cooking the Brats and Hot dogs outside, looks like the event was a success. Also I want to thank everyone, that helped and worked at the funeral on the 15th of June for Scott Polman, especially the ladies that setup, served, and clean-up, the lunch was catered but the delivery of some of the food was a little late, it was a challenge but everything worked out, thanks again everyone.

The food self (CAER) is always in need, so please remember to drop a item or two at church.

The July Trinity Tribune has the upcoming events. Have a safe and Happy 4th of July.

Blessings, Dick Anderson

Reflections on Emanuel

Pause to hear the thoughts and musings of your fellow Trinitarians as we share our takeaways from the documentary Emanuel. Please feel free to connect with any of us for more information about our learnings and with questions that you may have. Bea Bastyr also attended the Monday night viewing, so connect with her for her takeaways.

The documentary Emanuel left me with many messages and all sorts of emotions. It's the story of a loving African-American congregation in Charleston, South Carolina that welcomed a white stranger during their bible study. They welcomed him with no fear, no prejudice; just love in their hearts and complete acceptance.

It is a story of a white supremacist young man whose heart was so full of hate and fear that after he sat through their bible study, he opened fire killing nine members of the congregation. It is also the story of the disparate treatment between people of color and white people by the criminal justice system. The story could have ended with African-Americans retaliating in some way, instead many of the members chose to forgive and to love this young man. As a result, the community came together and also chose love for one another. The most powerful message I came away with was this: Love and Forgiveness will always be more powerful than hate.

~ ~ Darleen Enfield

On Wednesday night I bore witness to tragedy, pain, and loss. I also bore witness to strength, forgiveness, and healing. God is in all of these things... which is a confusing but comforting thought.

Emmanuel is the story of the murder of nine black parishioners at Emmanuel Church by a young, white man. It shares the stories of the nine who were lost; who they were, how they lived, and how they are missed. It shares the story of a city steeped in racism and past hurts. It shares a bit about the shooter who, at the age of 21, was so riddled with misinformation and fear he felt justified in taking black lives.

What was most impactful to me was what came after. After the shooting sides began to form: black versus white, conservative versus liberal, "woke" versus "ignorant." The situation was the perfect opportunity for those with an agenda to start a war of race, a war of ideology, a war of historical hurts boiling over.

Instead, three words undid all of that... "I forgive you."

When given the opportunity to speak, the family one-by-one looked the shooter in the eyes and forgave him. The woman he shot (whose son and sister were killed in front of her) forgave him and called on him to repent. They handed their pain and loss to the Lord and offered forgiveness to a fellow sinner. In return, God placed His peace over a whole city.

What now? Here's what I felt compelled to do after watching:

- 1) Acknowledge that, as a white woman, I have been sheltered from and ignorant to the black community's struggle. Acknowledge it without defensiveness or excuses.
- 2) Become better informed and stand beside my community's people of color in solidarity. Then, offer them the help THEY determine they need.
- 3) Love well. Love fully. Love sacrificially. And don't withhold from others the forgiveness that I undeservedly have received from God.

~ ~ Megan O. Campbell

Mother Church Emanuel known by many of us because of the shooting tragedy in 2015. I attended the movie to see once again the powerful blessing of forgiveness. As difficult as any circumstances might be, there is no other way.

~ ~ Mary Dare

Reflections on Emanuel Continued

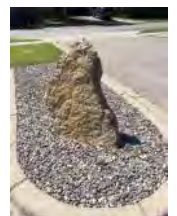
Emanuel was rough for me to watch, even with its deep and powerful message of forgiveness. I could not take my eyes off the screen and could not look away. It was as if my whole body and self was intent on hearing everything being said. The words, images, and lessons coming from the screen hit hard and deep. Seeing the movie was something that I could not have done alone, so thanks to Dar, Mo, and Mary for joining me. I am looking forward to checking in with Bea as she went on her own. What I came away with, mostly, is that, just as I need a community to see that movie with, in a time when one needs to forgive, one may need a community to help them to forgive. To stand by as we all work through tremendous pain and loss. To be the person who can help me when I am unable, and for me to be there for someone who may be unable. I know that if a tragedy ever happened, I would not be one who could forgive within 48 hours. I would be able to stand there and be silent and be counted as moving toward forgiveness, but it would take me awhile, and I would be grateful beyond belief for those in my community who could forgive in 48 hours. Hearing the families speak of how hard forgiveness is to live into, and to continue to trust God with their lives at the same time, was both convicting and freeing for me. And last, it **put me in that place where I understand a little better God's mercy and love reaching** all there is to reach. A second takeaway was the witness of that forgiveness and the part it probably played into keeping the peace, versus sending the whole city into riots, or indeed, as that young man intended to do, start a race war. I saw through the testimonies of the families involved that peace does come, often in ways we least expect it, as we work toward or through forgiving our enemies. May we all in the places in our own lives where we are working toward or working through forgiveness for wrongs or hurt done us, experience a taste of that peace. ~ ~Deacon Georgia

JR. WARDEN

GARY WEDL

It has been a busy summer so far. The garage was resided at the Quinn house. Big improvement over what it looked like before. We are taking estimates to get the bell tower and windows painted on the church itself, that will be another big project that needs to get done. By now you all probably noticed the rock in the center island of the parking lot, this was another big project, and a special thank you to Ben Bastyr who brought his truck and skid loader, and Dick Gardner for their help on this project.

Gary



July 12 2:00 - 4:00 pm
Smithfield Pork Tenderloin (1.15 lbs)

\$4.00

Limit 2 per household

Fare for All – Phone: 763-450-3880 – Website: fareforall.org
– Facebook: @fareforall



Hail!!! Hail!!! Coming in July!! **Mutual Ministry Review "Growing Edges" Survey**

I know. I know. I see the rolling eyes, but believe me, this survey is interesting *AND* important because it is about *YOU, US*, and our *FUTURE TOGETHER* as a growing and thriving faith community! **So give me some time to explain....**

On June 2nd, the vestry and many leaders within our faith community met with Canon Karen Olson for a mutual ministry review, where we looked at areas of our ministry, named our strengths and then also pondered together spaces for growth in each area. It was a lively and encouraging conversation where we were able to go deep around spaces where there are some needs and hopes for growth. Your Deacon wanted to take the energy from that meeting and generate it out to the faith community at large to see if there was shared interest amidst the growing edges that we named in the meeting. So your Deacon created a survey, and with the **Vestry's feedback and additions, we are presenting it to you so we can hear your voice** in planning for needs/opportunities to *grow* our current leadership and ministries. We would like to take some risks and try some new things. *We are using a survey to invite you into that work and that vision. Your voice is important to us.*

Although a little long, the survey covers all ministry areas. We sincerely want to hear your voice and what you have to say on these matters. Add your own concerns, there is space for that.

So, on July 7th, during announcements, be listening for more details and getting the survey. We would like to have all surveys back by July 21st so that your Deacon can tabulate and distribute the information to your leaders in each area.

If the prospect of doing a survey feels a little overwhelming, your Deacon and other leaders on the Vestry would be glad to sit down with you and walk you through it. We will have a table at the back of coffee hour for those who would like to complete it then for the Sundays of the July 7th, 14th, and 21st. We will, never fear, mail it out to those unable to be at church those three Sundays.

Hail!!! Hail!!! GROWING EDGES SURVEY COMING!! Be curious! Be real!
Tell us what you think!

Sincerely,
Deacon Georgia Steele
Fr. Rob Cavanna
Sue Nagorski, Sr. Warden



Holy Trinity Happenings-Pentecost

July 4th	Independence Day. Drive safely and be safe!
July 7th	10:00am - 4th Sunday after Pentecost/Holy Eucharist; Coffee Fellowship follows in the Parish Hall.
July 14th	10:00am - 5th Sunday after Pentecost/Holy Eucharist; Coffee Fellowship and Sweet Shoppe follows in the Parish Hall.
July 21st	10:00am - 6th Sunday after Pentecost/Holy Eucharist; and Coffee Fellowship follows in the Parish Hall. Pack the Pews for Kidz Kitz! Please bring needed summer food items.
July 28th	10:00am - 7th Sunday after Pentecost/Holy Eucharist; and Coffee Fellowship follows in the Parish Hall.

Looking Ahead

August 24	Vacation Bible School
Sept. 28	9:00 am to 3:00 pm - New Safe Church Training



Special Blessings to all our
July Birthday Trinitarians!

02 – Ryan Krieger	13 – Logan Krieger
04 – Sandy Sisson	20 – Briana Robinson
04 – Mary Dare	22 – Elijah Campbell
04 – Steve Bishop	23 – Jim Pittman
06 – Adrian Russell II	23 – Ray Marketon
09 – Steve Hall	27 – Savanna Warner
12 – Margee Berglund	28 – Jay Whiteoak



Pack the Pews for Kidz Kitz with CAER!!

On July 21st, bring on in your grocery bags full of needed items for Kids Kitz through CAER. This is similar to the one we did in March, but this one is centered on Kids!! Since our solo pew was a little overladen in March, we are going to try to fill up two pews this time!! Unless we luck out and we can use the front of the church, which will not take space away from parishioners. See the weekly list for CAER in the bulletin for items needed. Thanks ahead of time!!

As last time, we seek someone willing to deliver to CAER or to be here at the church for when it can be arranged for CAER to come pick up. Let Deacon Georgia know if you might be interested in helping out in that way.



Altar Guild	Gail Weber 612-850-4250
Meals on Wheels	Call or see Cheryl Ecklund
Great River Family Promise	Deb Krogman 763-225-7773
Senior Choir & Contemporary Ensemble Singers & Musicians	Call or see Bea Bastyr 763-441-4068
Chalice Bearers/ Acolytes	Contact the Church office
Feed My Starving	Entire parish
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

Feast Days in July:

- 1 Harriet Beecher Stowe, Writer & Prophetic
- 11 Benedict of Nursia, Abbott of Monte
- 17 William White, Bishop of Pennsylvania
- 20 Elizabeth Cady Stanton, Amelia Bloomer, Sojourner Truth, and Harriet Ross Tubman, Liberators and Prophets
- 24 Thomas a Kempis, Priest
- 28 Johann Sebastian Bach, George Frederick Handel, and Henry Purcell, Composers
- 29 Mary, Martha & Lazarus of Bethany

Looking Ahead: August

Annual Outdoor "Green"

Eucharist (weather permitting)
Stay tuned for the date!

Aug 24 Vacation Bible School. Details to follow.



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:	July 7, 2019	July 14, 2019	July 21, 2019	July 28, 2019
Greeter:	Daryl Herrmann	Sherrill Newberg	Marilyn Bina	Jeanne Simonsen
Child Care:	Available	Available	Available	Available
Usher:	Gary Wedl*	Dick Anderson	Dave Raitz	Adrian Russell
Acolyte:	Matt Krieger	Eric Andersen	Jon Lloyd	Matt Krieger
1 st Reader:	Eric Hawkins	Ken Schultz	Eric Hawkins	Larry Brugger
2 nd Reader:	Melanie Svoboda	Larry Brugger	Mary Dare	Marion Marshall
Prayers:	Gail Weber	Sherrill Newberg	Jane Lindenfesler	Melanie Svoboda
Chalice 1:	Melanie Svoboda	Mary Dare	Julie Raitz	Linda Krieger
Chalice 2:	Jane Lindenfesler	Kate Hansen	Kate Hansen	Mary Brugger
Counter:	Deb Krogman	Molly Liberto	Jennifer Warner	Linda Krieger
Coffee:	Cindy Dols	Sweet Shoppe	Sandy Sisson	Nancy Ingram

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:	The 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 763-441-6061	Pastoral Care:	Sandy Sisson	763-267-7623
Men's Group Chair:	Ben Bastyr	763-441-4068	Treasurer:	Jeff Nagorski	763-234-5000 C
Youth/Sunday School:	Molly Liberto	763-742-2692	Vestry Clerk:	Joyce LeClaire	763-263-7740 C



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>(June 30th)</i> 10:00 am Holy Eucharist 3rd Sunday after Pentecost	1  Harriet Beecher Stowe, Writer & Prophetic	2 SCHEDULE CHANGE: 10am-12pm Fr. Rob's office hours and Fr. Rob by appt.	3	 Independence Day is a time to remember our freedoms and thank God for them.	5	6
7 10:00 am Holy Eucharist 4th Sunday after Pentecost	8	9	10 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment	11 Benedict of Nursia, Abbott of Monte	12 Fare for All 2-4pm. Central Lutheran Church, Elk River	13
14 10:00 am Holy Eucharist 5th Sunday after Pentecost Sweet Shoppe	15	16	17 William White, Bishop of Pennsylvania 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment	18	19	20 Elizabeth Cady Stanton, Amelia Bloomer, Sojourner Truth, and Harriet Ross Tubman, Liberators and Prophets
21 10:00 am Holy Eucharist 6th Sunday after Pentecost Pack the Pews for Kidz Kitz!	22	23	24 Thomas a Kempis, Priest 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment	25	26	27
28 10:00 am Holy Eucharist 7th Sunday after Pentecost Johann Sebastian Bach, George Frederick Handel, and Henry Purcell, Composers	29 Mary, Martha & Lazarus of Bethany	30 SCHEDULE CHANGE: 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment	31			
				Every Sunday: 10:00 Eucharist and Sunday School 11:15 Fellowship Aug 24 -Vacation Bible School Sep 28-9am-3pm - New Safe Church Training		

