



HOLY TRINITY
EPISCOPAL CHURCH

TRINITY TRIBUNE

Feel the love!



August 2019

FROM OUR PRIEST-IN-CHARGE

THE REV. DR. ROB CAVANNA

Dates to Remember

4	10:00am, Outdoor "Green Eucharist," (Weather permitting) The 8th Sunday after Pentecost/Holy Eucharist
11	10:00am, Holy Baptism of Aubrey Ann Krieger and 9th Sunday after Pentecost/Holy Eucharist
18	10:00am, 10th Sunday after Pentecost/Holy Eucharist. Vestry Meeting follows Coffee Fellowship Sweet Shoppe
21	11:00am Liturgy Meeting
24	Vacation Bible School
25	10:00am, Holy Baptism of Lucas Svoboda and 11th Sunday after Pentecost/Holy Eucharist
31	Great River Family Promise Ministry Day
	Looking Ahead
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
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E-mail	office@ holytrinityelkriver.org
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Facebook	www.facebook.com/ HolyTrinityElkRiver

I hope that your summer has been relaxing and productive. We celebrated Independence Day early on Sunday, June 30, 2019, with a patriotic liturgy remembering our freedoms and giving God thanks for them.

Recently on July 21, 2019, we "packed the pews with summer food and school supplies." You actually donated 322 pounds of food as well as 76 pounds of school supplies along with a \$50.00 donation. Thanks very much for your generosity. Our local Food Shelf, CAER, was most appreciative of our donations.

You and I are on this journey of faith together and a number of you have asked if I would write about something our identity as **followers of Christ**. For this reason, I'd like to focus on the gift of identity by asking the question, "Who am I really?"

First, we'll begin with a story. It's a very ancient story, and I first encountered it as told by Anthony de Mello in his book, *The Song of the Bird*. Once upon a time there lived a doll made from salt. This salt doll, infused with a curious restlessness, searched far and wide for something it couldn't quite name. It wandered all across the land for so long it very often forgot it was searching for anything at all. The salt doll still went on travelling far and wide fueled by this hidden desire.

Then one day, it happened upon a golden shore, a beautiful beach sparkling under a shining sun. Since it had never seen an ocean before it didn't know quite what to make of the gently rolling surface and the white foam breaking against the sand. Cautiously approaching the ocean, the salt doll said "Excuse me, I've never seen anything like you before. Could you tell me what you are?"

The ocean just laughed and replied "Well, that's a bit hard to say; you'll just have to come in and see for yourself." The salt doll wasn't sure it trusted this ocean and felt a bit afraid. It was tempted to turn around and head back the way it had come, but something gave it pause. Perhaps it was that restlessness it felt and an unacknowledged commitment to follow wherever it led or perhaps it was just curiosity. Whatever the reason was the salt doll began walking into the sea.

As it walked, more and more of the salt doll dissolved into the ocean until there was only a small bit poking up above the water. And just as the last of the salt doll disappeared below the waves it exclaimed in wonder and surprise, "Oh, now I know who I am!"

The salt doll had found an end to the restlessness and an answer to a question it didn't realize it had been wondering: Who am I? It's one of the most important questions we can ask ourselves and

the answer to that question happens to be tied to another interesting question: Who is God? We were made, after all, in the image and likeness of our creator, so who are we, really?

These questions of identity are as old as the spiritual journey itself. For example, when Moses experiences his own epiphany witnessing God manifest as a burning bush giving Moses his calling, the first question Moses asks is "Who am I... that I should..." do these things? The second question Moses asks is about God's identity to which God simply replies "I AM WHO I AM."

Now, on the surface that doesn't seem like much of an answer so I can imagine how Moses might have felt perhaps nervously wondering what the reaction of an unsettled crowd would be when he returned to his people. "But though "I am" might not seem like much of an answer to either question, it is pointing to a truth that lives within all of us. The Mystery we call God and the Mystery of our identity are bound together in a way that transcends any kind of rational knowing, so perhaps the best we can do is just point to it, and pray that we become aware of this truth within the core of our very being simply resting in the being-ness or I-am-ness we share with the Holy One.

One approach we might take toward resting in this I-am-ness is to start with considering what we're not, sort of a knowing by unknowing. Henri Nouwen, in his book on spiritual direction liked this kind of approach reminding us what we are not to help us settle on who we are. Another person who would have liked this approach is Meister Eckhart, a 13th century theologian and mystic who once wrote **"God is not found in the soul by adding anything but by a process of subtraction."**

So, who aren't we? **Well, we're not the things we own. We're not how much money we have. We're not what people say or think about us. We're not what we do in the world even if what we do feels very fulfilling and meaningful. We're not the roles we play even important ones like parent or child. We're not our bodies, either, since we're aware of having bodies. And this one might be a bit subtler, but for the same reason, we're not our thoughts, emotions, or beliefs.** After all, once we become aware of a thought or emotion or belief we can just ask, "Who just became aware of that?" So, like our bodies, even thoughts, emotions, and beliefs are things we have and not who we are.

At this point you may have noticed that this list of what we aren't doesn't seem to leave much left and in fact if we were to continue in this way we'd eventually be left with nothing at all. Much like the salt doll in our story it's only when we realize our own nothingness that we begin to taste who we really are and who God is to us.

Our humility before God doesn't reach its ultimate fruition until we come to know that on the level of God's truth we are nothing we take ourselves to be and paradoxically out of that nothingness is born something truly wonderful, awesome, and beautiful.

St. Anthony once wrote "The prayer of the monk is not perfect until he no longer recognizes himself or the fact that he is praying." It's as if as we pray we learn to surrender more and more of who we think we are until our very lives and identity become the prayer. Of all the ways that Jesus Christ reveals himself in the world, the revelation of who we truly are in relation to ourselves, to God, and to all creation, is perhaps the most profoundly transforming. As when Jesus was baptized, we come to know ourselves as God's beloved born anew into a realization of who we are in Christ. This is an ongoing revelation less like learning something new and more like remembering something we've forgotten.

When we began this life and perhaps somehow even before we lived in union with God dissolved in the ocean of God's love. Eddies and currents started to coalesce into

shimmering pools of radiance until we found ourselves as particular salt dolls walking along a newfound shore, forgetting our true nature, and venturing out into the world. **We're helped in our forgetfulness by the many forces in our world convincing us that we are anything except beautiful and unique manifestations of Christ's light.** Every once in a while, perhaps seeing Christ's light in the love of those around us, we're reminded of the sea we left behind, and reminded that in a strange sort of way that ocean still surrounds us and is even within us. One day, we'll make our way back to that ocean for good but until that time we get to express Christ's light and love throughout this amazing world we find ourselves in.

And it starts by making a choice. We choose to let God help us remember our **true identity, or as St. Paul would say, we let ourselves be no longer an "I," but an "I in Christ."** And as we learn to let go our attachment to all the things we might think we are and rest in our real identity, the question of what we're supposed to do in the world becomes a little easier to navigate. It starts feeling like God is the one making the choices through us as our false selves fade into the background. Now, that **doesn't mean that along our journey we might not have to face detours and disillusionment or need to rely on helpful guides or a supportive community.** Each step of the way however becomes easier if our first step is resting in who we truly are and **letting our beloved Holy One's will be done instead of ours.**

Accepting who we really are is tougher than we might think. It seems so much easier to be distracted by the lies telling us: we are who the world says we are. **Sometimes we might not even realize we're living these lies. We can help however by making it part of our mission to remind ourselves and one another of this essential truth - to give the gift of this ongoing revelation in support of our shared journey in following God's call.**

So, go out into the world, resting in your very truest selves shining with the light of Christ. Go out into the world remembering the I-am-ness of who you really are. **Go out in the world and let your "I in Christ" be at a play, sharing that light to all you meet. After all, you are God's Beloved, you are infinitely beautiful and precious, so however your particular salt doll may manifest in the world, please, let your light shine.**

Pray that we realize who we really are on this journey called "life" and that as we walk through the various stages of life we discern God's call for us. In closing, thank you for keeping up your 2019 pledges as those dollars give us the needed funds to operate throughout the calendar year. There are no extra dollars for general operating purposes. The monies that we are using to upgrade our technology come from the extra donations you make at Christmas and Easter above and beyond your pledges. They also come from dollars donated as undesignated memorials given at funerals to the church. Thank you so very much for your generosity.

Please be sure to be with us on September 8, 2019, for our Annual Great Holy Trinity Get Together/Renew Sunday and All Parish Picnic hosted by our Vestry. On this day, we will renew our commitment to Jesus Christ and to serving the poor and homeless people of Elk River and the Northwest Metro region. We hope to have a Flu Shot Clinic that day too. Watch for details.

Have a tremendous month of August! Thank you for all you do for our growing and **vibrant faith community. It's very much appreciated. Stay well, be good of heart and let go, let God.**

Your faithful servant,
Fr. Rob+

As many of you are aware, our rock in the island of the parking lot was tipped over and vandalized. On the 4th of July, Ben Bastyr, Dave Raitz and I got together to upright and secure the stone. Thank You Ben and Dave. Hopefully this will stop any kind of mischief from happening again. We also awarded a bid to get the bell tower and windows on the church repainted and refurbished. Work should begin shortly on this, another big project.

Jen got a used desk for her office, a corner desk and hutch, **and a "Thank You" to Tim Ecklund for helping set up and** modify the desk and hutch to fit in the office.

Thank You to all who volunteered to mow the grass this summer, it is really looking good! It is nice to have so many volunteers to share the workload.

Gary



SERVICEDICK ANDERSON

As I write the August news letter, I want to thank everyone who donated food **and supplies for pack the pews for kids. I don't know the total pounds of food** and supplies, but it looked like a lot. Thanks again.

August is our turn to deliver Meals on Wheels, please contact Cheryl Ecklund to sign up; it only takes about an hour of time, help is always needed. August is vacation month for a lot of people, so stay safe in your travels.

Blessings to all, Dick Anderson



FEED MY STARVING CHILDREN
MINISTRY DAY

**Saturday, October 12, 2019,
11:00am-12:30pm**

Won't you join with other Trinitarians to pack food for starving children around the world?

Sign up sheet is on the clipboard next to the office.

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.

Deacon Georgia is gathering and tabulating the data. The completed surveys are due August 11, 2019 so that the results can be presented to the Vestry on August 18th.

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.

Be curious! Be real! Tell us what you think!

Sincerely,

Deacon Georgia Steele

Fr. Rob Cavanna

Sue Nagorski, Sr. Warden



fare for all
a program of the food group

Fare for All will be back in Elk River on

August 9th 2:00 – 4:00 pm

Hosted at Central Lutheran Church.

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

Safe Church Training **PLEASE SAVE THE DATE!!!**

Saturday, September 28, 2019, 9:00 am to 3:00 pm

The ECMN training seminar, **Safe Church**, establishes and maintains standards intended to ensure that our faith communities are safe places where all of God's people are loved and encouraged to grow into the people God calls us to be. These updated policies call the church to respond in proactive and intentional ways to care for, be responsible to, and create safe and transformational spaces for everyone by providing specific recommendations, best practices, and guidelines that seek to protect children, youth, and vulnerable adults.

All Trinitarians are urged to take this important training whether you have a church key or not.

See *Fr. Rob* or *Deacon Georgia* with questions.



Holy Trinity Happenings-Pentecost

- August 4th 10:00am, **Outdoor "Green Eucharist,"** (Weather permitting) and 8th Sunday after Pentecost, Holy Eucharist and Coffee Fellowship follows in the Parish Hall.
- August 11th 10:00am, Holy Baptism of Aubrey Ann Krieger and 9th Sunday after Pentecost, Holy Eucharist, and Coffee Fellowship follows in the Parish Hall.
- August 18th 10:00am, 10th Sunday after Pentecost, Holy Eucharist and Coffee Fellowship follows in the Parish Hall. Vestry Meeting follows Coffee Fellowship.
- August 21st 11:00am Liturgy Meeting
- August 24th Vacation Bible School. Details will follow.
- August 25th 10:00am, Holy Baptism of Lucas Svoboda and 11th Sunday after Pentecost, Holy Eucharist and Coffee Fellowship follows in the Parish Hall.
- August 13st 10:00am-5:00pm - Great River Family Promise - come serve by being present to a family in transition . See Deacon Georgia or Deb Krogman for details!

Looking Ahead: September

- Sept. 14th 11am-12:30pm - Feed My Starving Children, Coon Rapids.
- Sept. 28th 9am-3pm - New Safe Church Training. Watch for details.



Special Blessings to all our
August Birthday Trinitarians!

02 – Cheryl Ecklund	18 – Bob Sobalvarro
03 – Andy Marquette	18 – Nancy Ingram
06 – Marion Marshall	19 – Isabelle Stewart
08 – Michele Palo	22 – Bea Bastyr
10 – Ken Schultz	23 – Molly Liberto
13 – Annette Durst	24 – Wilkyns Russell
15 – Julia Bishop	28 – Eric Andersen
15 – Christine Peterson	30 – Prudy Wilson



The August sign up sheet for Meals on Wheels is posted on a clipboard next to the office. August is our month, and we need help on a couple of Tuesday's.

If you are able to help out by driving and delivering meals, please sign up. Time to pick up meals at GA is around 10:50 am. You may also call me if you'd like me to sign you up or if you have any questions.

Please help us out with this wonderful and fulfilling ministry.

Thank you,

Cheryl Ecklund 763-443-8637

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
& Musicians

Call or see Bea Bastyr
763-441-4068

Chalice Bearers/
Acolytes

Contact the Church office

Feed My Starving
Children

Entire parish
Contact the Church Office

Women's Group

Call or see:
Linda Krieger 763-441-7072
Kate Hansen 763-441-6061

Men's Group

Call or see Ben Bastyr
763.441.4068

Feast Days in August:

- 6th The Transfiguration of Our Lord Jesus Christ.
- 14th Jonathan Daniels
- 15th St. Mary, Mother of Our Lord Jesus Christ
- 24th St Bartholomew the Apostle
- 25th Thomas Gallaudet
- 28th of St. Augustine

Looking Ahead: September

- Sept. 8th Great Holy Trinity Fall Get-Together and Picnic and Flu Shot Day
- Sept. 14th Feed My Starving Children



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:	August 4, 2019	August 11, 2019	August 18, 2019	August 25, 2019
Greeter:	Ann Wedl*	Dan Krieger	Jane Lindenfesler	Ginny Anderson
Child Care:	Available	Available	Available	Available
Usher:	Ben Bastyr	Gary Wedl	Dan Krieger	Dick Anderson
Acolyte:	Deb Krogman	Eric Andersen	Matt Krieger	Jon Lloyd
1 st Reader:	Eric Hawkins	Gail Weber	Mary Dare	Melanie Svoboda
2 nd Reader:	Daryl Herrmann	Ken Schultz	Kate Hansen	Gail Weber
Prayers:	Kate Hansen	Jane Lindenfesler	Sherrill Newberg	Marion Marshall
Chalice 1:	Mary Dare	Jane Lindenfesler	Melanie Svoboda	Scott Svoboda
Chalice 2:	Melanie Svoboda	Julie Raitz	Molly Liberto	Mary Dare
Counter:	Jennifer Warner*	Jeff Nagorski	Molly Liberto	Deb Krogman
Coffee:	Wally Kaminsky	Shar Baughman	Joanie Nichols	Emily Schroeder and Janet Marquette









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

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MEALS ON WHEELS MONTH						
4 10:00am Outdoor "Green Eucharist," (Weather permitting). 8th Sunday after Pentecost 	5	6 The Transfiguration of our Lord 	7 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment	8	9	10
11 10:00am, Holy Baptism of Aubrey Ann Krieger/9th Sunday after Pentecost 	12	13	14 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment Feast of Jonathan Myrick Daniels 	15 St. Mary, Mother of Our Lord Jesus Christ	16	17 8:00 am—7th Annual Running for Justice 5K Run/Walk fighting Against Sex Trafficking
18 10:00am, Holy Eucharist/10th Sunday after Pentecost Vestry Meeting follows Coffee Fellowship. Sweet Shoppe 	19	20	21 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment 11:00am Liturgy Meeting	22	23	24 Vacation Bible School St Bartholomew the Apostle
25 10:00am, Holy Baptism of Lucas Svoboda and 11th Sunday after Pentecost Feast of Thomas Gallaudet 	26	27	28 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment Feast of St. Augustine	29	30	31 Great River Family Promise Ministry Day. See Deacon Georgia or Deb Krogman for details.

