

September 2019

FROM OUR PRIEST-IN-CHARGE

THE REV. DR. ROB CAVANNA

Dates to Remember

1	10:00am- 12 th Sunday after Pentecost/Holy Eucharist/Wes Gadsden Lunch and Garden Tour
2	Labor Day—Drive Safely
7	9:00am Women's Group
8	10:00am- 13 th Sunday after Pentecost/Holy Eucharist/The Great Holy Trinity Fall Get Together/Annual Parish Pot Luck Picnic/Flu Clinic
15	10:00am- 14 th Sunday after Pentecost/Holy Eucharist. Finance and Vestry Meetings follow Coffee Fellowship.
22	10:00am-Holy Baptism of Schroeder/15 th Sunday after Pentecost/Holy Eucharist.
28	9am-3pm Safe Church Workshop. Sign up on clipboard!
29	10:00am, 16 th Sunday after Pentecost/Holy Eucharist.

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
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Our summer has been a beautiful one for the most part. I hope that you were able to enjoy some of it, especially the evenings and weekends. This summer has been an especially busy one at Holy Trinity with baptisms, Feed My Starving Children, Pack the Pews for Kidz Kitz, **survey data gathering, the "Green" Eucharist and Vacation Bible School,** to name some of the major things going on in our growing faith community. Thanks to each of you who helped in any way to make these activities and ministries meaningful and worthwhile.

As we move now into the new program/academic year and after a summer **of much violence, I'd like to focus on fear and how we can calm our fears.** Americans are fearful. Truly fearful. When people are asked, a majority say, with certainty, that the world is more dangerous then ever before. Even in the face of evidence that negates this misperception, there is no **relief. We lock our doors, say our prayers and still can't get to sleep.**

I want to lay out some rationale for not being afraid and base my thoughts on Matthew 8:23-27. This reading is a familiar one to you - the one of Jesus calming the storm when he was in a boat with his disciples.

The Sea of Galilee is notorious for its surprising and violent storms. The Sea of Galilee which is actually a fresh-water lake lies 700 feet below sea level. Immediately to the northeast are the hills of the Golan Heights, reaching 2000 feet. The large difference in height and temperature between these cool, sometimes snow-covered hills and the semi-tropical sea causes large air pressure changes. Strong winds funnel down from the Golan Heights, sometimes creating the perfect storm over the water. Storms literally come out of the blue even when the waters have been calm and the sky perfectly clear. This must be the very thing that happened here with the disciples and Jesus who are in a boat on the sea. Aside from the wind and waves coming at them, there was something else that surfaces: fear. They are terrified. You will probably know how it is to be sailing through life on the sunniest of **days, where all is calm, all is bright... and then a storm hits.**

In the Scriptures, nothing is talked about more often than fear. Fear is **a disease of the soul.** The psalmist in Psalm 46 writes, "Do not fear, though the earth should change, the mountains tremble and shake in the heart of the sea, fear not. "The prophet Isaiah in Isaiah 41: 1-10 says: "Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand. Do not fear." In the scriptures, we hear about fear from the very beginning: in the Book of Genesis, the story from the Garden of Eden. The angel of God comes to Adam and Eve, and they are terrified. We hear again about fear much later in another garden, the Garden of Gethsemane, where the women have come to anoint Jesus' body. Once more the angel of the Lord appears, and the women are terrified.

Fear is a very costly, distressing emotion when we're in touch with impending danger, or pain, or evil, or confusion, or vulnerability, or embarrassment. Whether the threat is real or imagined, it doesn't

matter. What does matter is our sense of powerlessness. We don't feel we can stop or divert or control what threatens to overwhelm us. I imagine that you know about fear, either in a particular situation or perhaps recurring. The questions you and I need to answer are: What are you afraid of? What causes your heart to tremble?

Are you afraid that you might be wrong or afraid that you might be right? Are you afraid that you might be excluded or afraid that you might be included? Are you afraid that you might fail or **afraid that you might succeed? Are you afraid that you might never finish or afraid because you've come to the finish?** Are you afraid of making a commitment or of not making of commitment?

Are you afraid of being sick, of dying? Are you afraid that you're going to have to face not being well again? Are you afraid of someone? Are you afraid of yourself? Are you afraid that you **might be sent or might not be sent? Afraid that you won't get the attention or maybe that the attention will be on you?** Are you afraid of being discovered or of never being discovered? Afraid of heights, or depths, or something else between? Most of us will know something about fear maybe even right now. If so, why? Why are you afraid? **That's Jesus'** question for his disciples and **it's his** question for all of us. If you are afraid, why?

To be sure, there are therapeutic protocols to address our fears and phobias and anxieties. **There also are medicinal ways to address fear, to chemically lower fear's looming capacity to inundate us.** And there is physical training and stress-reduction techniques that may enable us to cope with or conquer fear... These may be helpful, even necessary but what is it about fear **that is a "spiritual issue" for you?**

Rather than presuming that fear, our own fear, is a sign of the absence of God, our fear actually gives witness to the presence of God. Our fear often arises out of something that is bigger than we are – perhaps concerning our health, or family, or vocation, or endurance. And we find that in-and-of ourselves, **there isn't** enough: not enough strength, or patience, or hope, or encouragement, or provision. Our life is unmanageable. We come up short. **And we're afraid that our boat is going to sink, that we're dead in the water. Fear raises issues** that may well need to be dealt with on many levels; one of those levels being spiritual.

Where is God in your fear? What is the invitation from God in your fear? Fear is like a beam of light pointing to that deepest place of need within your heart. Fear is very illuminating. What is that your fear exposing, where you are too small, too powerless, too needy to go on? What is it? Why are you afraid? Because in the fear is an invitation from God that God wants to be God in your life, to claim the ultimate authority and highest power in your life. We cannot live our life and be our own God at the same time.

We don't need to be afraid, not because fear is "wrong." We're supposed to be strong and resilient. No, it's not that. It's not that we don't need to be afraid because we shouldn't be. This is not a de jure statement: "Don't be afraid because strong people are not afraid." No, it's not that. This is a de facto statement: "Don't be afraid because you don't have to be afraid." It's Jesus' promise that he will meet us in the experience of fear. He tells us in Matthew 28:20, "Remember, I am with you always, to the end of the age."

"Why are you afraid?" Jesus asks you and me. Jesus longs to hear why we're afraid. Jesus longs to be invited into your fear. And if you're afraid that you are going to lose your life, or lose some part life, you don't need to be afraid even of that idea. Why is that so? Because it's going to happen. We all are going to lose our lives; we're all going to lose the life that we now recognize. But Jesus assures us that in losing our lives we find life. Not to fear.

The Scottish philosopher John Macmurray writes of an old adage about fear, an adage which some of us were probably taught... The old adage is: "Fear not; trust in God, and God will see that none of the things you fear will happen to you." That's not true, in Macmurray's view. On the contrary, Macmurray rephrases the old adage to say, "Fear not; the things that you are afraid of are quite likely to happen to you but they are nothing to be afraid of." Why not? Because Jesus tells us, "I am with you in this... This is the way into life. Trust me." (You may wish to read his book, *Persons in Relation*, Humanity Press, 1998)

Talk to Jesus about your fear. This may be your most honest prayer. Tell Jesus about your fear. **And if you're afraid even to talk with Jesus about your fear, then start there: why it is that you**

are afraid to talk to Jesus about your fear? Tell him! Go ahead. Try it. Jesus is all ears. Jesus has an open heart and he is waiting to hear from you.

Here, an ancient Celtic prayer:

Jesus, from this world's stormy seas

Give your hand for lifting me.

Jesus, lift me from the darkest night.

Jesus, lift me into the realm of light.

Jesus, lift me from my body's pain,

Jesus, lift me up and keep me sane.

Jesus, lift me from the things I dread,

Jesus, lift me from the living dead.

Jesus, lift me from the place I lie,

Jesus, lift me that I never die. Amen.

Pray that we tell Jesus about our fears in our daily prayers and meditations. See what a difference this will make in your life.

I'm really excited about our upcoming new program/academic year. Thank you for completing the survey on our common life together. This will serve as a kind of blueprint for the kinds of ministries and programs we will do this new academic year. Remember that everything revolves around our Mission - 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.

Please be sure to be with us on September 8th for the Great Holy Trinity Fall Get Together. **We will have a RENEW Eucharist that day, bless the kids' backpacks, enjoy a delicious Pot Luck Picnic** hosted by our Vestry members and hold a Flu Shot Clinic that day!

On September 28th we will be offering Safe Church training for everyone. PLEASE SAVE THE DATE. It will be held in the Parish Hall from 9:00am to 3:00pm. All of you should take this course. It's \$15.00 per person and covers the costs of lunch and presenters' fees. Your Vestry and I need to ensure that Holy Trinity is a safe place where all of God's people are loved and encouraged to growing into the people God calls us to be. This is a way to accomplish this goal so as to protect children, youth and vulnerable adults. Please see Deacon Georgia or myself with questions.

Have a tremendous month! May God continue to bless you in your lives and may God continue to **bless Holy Trinity as we continue to grow spiritually and numerically bringing Christ's message of hope and love to a divided world. We are "on the grow" for Christ and look to get to know our many newest members this program year!**

Faithfully in Christ,

Fr. Rob†



"Make a Joyful Noise to the Lord! Come into his presence with Singing"



Contemporary Ensemble & Choir rehearsals begin

September 5th. at 6:30pm, and 7:15pm. Come join us!

Any questions?

Call Bea at: 763.441.4068.



Welcome Fall!

The Vestry hosted Great Annual Fall Get Together, and picnic potluck, is Sunday Sept 8th, complete with backpack and Sunday School teacher blessings! This brings us all into the new program year here at Holy Trinity Episcopal Church and I hope to see everyone there.

The Vestry held its last meeting of the summer in August. The upgrades to technology are happening as this newsletter goes to publication.

Thanks to your contributions and donations to the technology fund, above and beyond your pledges, no operating General Fund dollars are being used for these upgrades. The ability to stream services and funerals or weddings into the Parish Hall has been on a list of technology planning for several years. With this new system we will also have use of power point and video for meetings and educational purposes. Several people will be trained in all the features and workings of this new system.

The Annual Convention of ECMN will be the weekend of Sept 13 and 14. Dick Anderson and Dan Krieger are the chosen delegates from our Church. We now have 2 delegates for convention, as our membership numbers hit the 100+ mark. Be sure and include them in your prayers as they listen and vote on things that impact us as an Episcopal Church in Minnesota.

Safe Church training, an all parish wide training event, will be on Saturday, September 28, 2019, 9am-3pm. Everyone should participate in this training, especially those who are in our building after hours and on weekends, and anyone involved in numerous ministries, from **Altar Guild to Women's Group to Vestry to Choir. Safe Church practice does require that anyone** with a key participate in this training. The Vestry is in the process of getting bids on the rekeying of the Church entry doors, due to the age of the current locking systems and ease of possible unwarranted entry. If you are a current key holder this will affect you. If you want to be a continued key holder or future key holder, please make a note to attend Safe Church training.

This training ensures everyone that our children, youth and all adults, especially vulnerable adults, are safe and protected from questionable behavior, including sexual harassment and sexual exploitation. In this workshop, you will learn specific recommendations to keep **everyone "safe!" A \$15.00 registration fee is needed to defray the cost of lunch and to cover the presenters' fees. If you have any further questions on this training please let us know.**

Thanks to everyone who took time to fill out Survey forms. We hope this information provides us some direction as we move forward in planning the future for our Holy Trinity community.

Stayed turned to the newsletter calendar and future emails for other great upcoming events!

Sincerely with the grace of God,
Sue Nagorski



Fare for All will be back in Elk River

September 6th 2:00 - 4:00pm

Hosted at Central Lutheran Church.

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

Facebook: [@fareforall](https://www.facebook.com/fareforall)

**Septembers
“Hot Buy” is a
SURPRISE!**

A lot has been happening! We have new renters in the Quinn house. Sue and I spent quite a bit of time getting it ready for the new renters, and it turned out nice. I am still working on getting the outside main water valve fixed, there are several options to getting this taken care of. Hopefully we will know more soon.

The steeple work should begin shortly, it would have been started already, but we needed some painting done at the Quinn house, and utilized our painter for that first, so the steeple project got pushed back a little.

Fall cleanup: No date has been set yet, we would like to wait until all the leaves are down to begin. (I know, it doesn't seem possible to be thinking of this already). Please be aware this will be coming up. There will be a sign up sheet at the appropriate time.

Gary

SERVICE

DICK ANDERSON

In writing this news letter for September, you can sure feel that fall is in the air. I was looking at the calendar and on September 8th we have the annual church picnic, if you can, please bring a dish to share. The Vestry will be cooking hamburgers and hotdogs. Also, Walgreens will be there to give flu shots. Please bring your insurance cards. School is starting and Fr. Rob will be blessing school back packs.

On September 28th we will be having safe church training.

If traveling please stay safe,
Blessings Dick



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.

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

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| Sept. 1st | 10:00am 12th Sunday after Pentecost, Holy Eucharist and Coffee Fellowship follows in the Parish Hall.
Lunch and Garden Party at Wes Gadsden's Home in the afternoon: 18460 163 rd St NW, Elk River. Sign up on clipboard. |
| Sept. 8th | 10:00am 13th Sunday after Pentecost, Holy Eucharist, The Great Holy Trinity Get-Together and Annual Parish Picnic (please bring a dish to pass), Flu Shot Clinic Day and Blessing of the Backpacks! |
| Sept. 15th | 10:00am National Back to Church Day! 14th Sunday after Pentecost, Holy Eucharist and Coffee Fellowship follows in the Parish Hall. Finance Committee and Vestry Meeting Day. |
| Sept. 22nd | 10:00am Holy Baptism of Frances Kathleen Schroeder and 15th Sunday after Pentecost, Holy Eucharist and Coffee Fellowship follows in the Parish Hall. |
| Sept. 28th | 9am-3pm New Safe Church Workshop. Sign up on the clip-board. \$15.00 per person to defray lunch costs and presenter's fees. Make check payable to Holy Trinity Episcopal Church. The Rev. Deacon Rex McKee is the presenter. Go to episcopalmn.org under Management for new Safe Church policies. |
| Sept. 29th | 10:00am 16th Sunday after Pentecost, Holy Eucharist and Coffee Fellowship follows in the Parish Hall. |

happy birthday

Special Blessings to all our
September Birthday Trinitarians!

02 — Dorothy Jones-Kennison	21 — Rebecca Svoboda
05 — Larwuah Pshorr Russell	25 — David Raitz
07 — Joanie Nichols	26 — Tom Wilson
08 — Sue Nagorski	28 — Danny Liberto
13 — Adelle Robinson	29 — Olive Taylor
18 — Debbie Krogman	30 — Torney Marshall



***This
could
be
you!***



We are in need of additional volunteers to serve as Acolyte for Sunday Services. If you are interested please see Fr. Rob.

All are invited to the
**2019 Meeting of Episcopal Church
Women at ECMN Fall Convention** at
the Doubletree in Bloomington MN on
Friday, **September 13 at 4 PM.**

Lindsay Hardin Freeman is our guest
speaker. **No need to register if the ECW
Meeting is all you plan to attend.**

Just go to *Registration* to ask for the
meeting location in the hotel.

Questions? 612-978-4613

Also save this date: 2020 ECW Spring
Meeting: St. John's in St. Cloud on
Saturday, May 9, 2020. (tentative)

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 September:

14th Holy Cross Day
21st Feast of St. Matthew,
Apostle and Evangelist
30th St. Michael and All Angels

Looking Ahead: October

5th 11:00am-2:00pm Blessing of
the Animals/Bloodmobile
12th 11:30am-1:30pm Feed My
Starving Children Ministry at
the Coon Rapids location
16th Liturgy Committee Meeting
20th Finance Committee and
Vestry Meeting Day
Fall Bazaar
watch for date and details!



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:	Sept. 1, 2019	Sept. 8, 2019	Sept. 15, 2019	Sept. 22, 2019	Sept. 29, 2019
Greeter:	Dick Anderson	Shar Baughman	Daryl Herrmann	Ann Wedl	Adrian Russell
Child Care:	Vernis Campbell	Jackson Stewart	Jackson Stewart	Vernis Campbell	Vernis Campbell
Usher:	Larry Brugger	Dave Raitz	Adrian Russell	Ben Bastyr	Larry Brugger
Acolyte:	Matt Krieger	Deb Krogman	Jon Lloyd	Matt Krieger	Wiltie Russel
1 st Reader:	Daryl Herrmann	Mary Brugger	Jane Lindenfelser	Gail Weber	Mary Brugger
2 nd Reader:	Larry Brugger	Mary Dare	Ken Schultz	Melanie Svoboda	Daryl Herrmann
Prayers:	Melanie Svoboda	Marion Marshall	Kate Hansen	Schroeder Family	Jane Lindenfelser
Chalice 1:	Mary Brugger	Julie Raitz	Molly Liberto	Mary Dare	Linda Krieger
Chalice 2:	Jane Lindenfelser	Larry Brugger	Scott Svoboda	Jane Lindenfelser	Kate Hansen
Counter:	Jennifer Warner	Linda Krieger	Jeff Nagorski	Molly Liberto	Deb Krogman
Coffee:	Joyce LeClair	Potluck Picnic	Kate Hansen and Marilyn Bina	Cheryl and Tim Ecklund	Scott Svoboda



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

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00am Holy Eucharist/12th Sunday after Pentecost/ Wes Gadsden Lunch & Garden Tour	2  Labor Day	3	4	5 Choir Rehearsals Resume: 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal	6 	7 9:00am Women's Group
8 10:00am Holy Eucharist/13th Sunday after Pentecost/ The Great Holy Trinity Fall Get Together/ Annual Parish Pot Luck Picnic/Flu Clinic 	9	10	11 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment	12 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal	13	14 Holy Cross Day
15 10:00am, Holy Eucharist/14th Sunday after Pentecost Finance Committee & Vestry Meetings follow Coffee Fellowship.	16	17	18 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment	19 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal	20	21 Feast of St. Matthew, Apostle and Evangelist
22 10:00am, Holy Baptism of Frances Schroeder/15th Sunday after Pentecost 	23	24	25 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment	26 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal	27	28 Safe Church Workshop 9:00am to 3:00pm. All urged to register! \$15.00 per person.
29 10:00am, Holy Eucharist/16th Sunday after Pentecost	30 St. Michael and All Angels			Blessing of the Backpacks  Sept. 8th		

