



HOLY TRINITY
EPISCOPAL CHURCH

TRINITY TRIBUNE

Feel the love!



October 2019

FROM OUR PRIEST-IN-CHARGE

THE REV. DR. ROB CAVANNA

Dates to Remember

| | |
|----|--|
| 5 | 11am-2:00pm Blessing of Animals and Bloodmobile |
| 6 | 10am- 17 th Sunday after Pentecost/Holy Eucharist Growing Edges Survey. |
| 8 | 4:30pm-6:30pm CAER Open House |
| 10 | 5:30pm Family of Angels Dinner |
| 12 | 11:00 am- 12:30 pm Feed My Starving Children, Coon Rapids |
| 13 | 10am- 18 th Sunday after Pentecost/Holy Eucharist |
| 16 | 11:00am Liturgy Mtg. |
| 19 | 9:00am Women's Group |
| 20 | 10am-19 th Sunday after Pentecost/Holy Eucharist/Vestry mtg with Building & Grounds, Church Security. |
| 26 | 9:30am-11am Book Club Brunch "The God Who Sees" |
| 27 | 10am- 20 th Sunday after Pentecost/Holy Eucharist Annual Fall Clean-up—Your help is needed!! |

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 |

Our new program/academic year began with the Great Holy Trinity Fall Get-Together on September 8, 2019. We blessed backpacks, listened to beautiful harp music which enhanced our RENEW worship, enjoyed a delicious Pot Luck lunch/picnic and were able to get our flu shots compliments of the Elk River Walgreens. Our fall theme is Renew, Refresh and Re-energize! I hope that you will participate in and take advantage of the ministries, programs and offerings that will be on the calendar this fall.

Our Sunday School also re-opened under the capable leadership of Molly Liberto and the Choir has begun practicing in earnest. Thanks to the Wardens and Vestry for hosting the Picnic on September 8th and for those of you who brought delicious dishes to savor along with the hot dogs and hamburgers grilled by Vestry members.

I'd like to focus this month on coping with life's stresses and placing your complete trust in God. I base this article on Jeremiah 17:5-10 which I suggest you read beforehand. **I'm going to begin with a story.**

Once upon a time there was a young Elm tree, and, sadly, he was miserable most of his days. The weather was so fickle, often just plain awful; one day, too much rain, another snow and hail; ice and cold, burning heat, or terrible winds. Sometimes cloudy days would go on forever with no hint of Sun and the young Elm would lament bitterly.

Nearby, there lived an old Oak tree, standing silently by as the weather did what it did. Hot or cold, dark or sunny, windy or calm, wet or dry, the old Oak just stood content and still, wearing a smile more often than not.

The young Elm would spy the old Oak, baffled and, increasingly, annoyed. It's cold and snowing, for God's sake, what could that old Oak be smiling about? Until one day, the young Elm could stand it no longer, and he said to the old Oak, "Why on earth are you smiling? The weather is horrible... why aren't you miserable like I am? What do you know that I don't know?"

You know, trees have so much to teach us. I suppose that's why they come up so often in scripture. Take, the prophet, Jeremiah, for instance, writing:

"Blessed are those who trust in the LORD, whose trust is the LORD. They shall be like a tree planted by water, sending out its roots by the stream. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought it is not anxious, and it does not cease to bear fruit."

I suppose this small saying must have struck a chord because it was used again as the first psalm in the Book of Psalms. As in many other places in scripture, we're told "do not fear, do not worry" and this time we're given a reason. We're blessed with no fear if our roots drink from this eternal source of life and nourishment. And we bear good fruit for the world even in not-so-good weather, and even if that fruit is something as simple as a smile.

On the other hand, woe to those who trust in mere mortals and when we trust solely in our own sense of self in the world. Woe to those whose hearts turn away from God when we insist on taking our strength from mere flesh rather than from God's Spirit of Truth. Woe to us when we remain enslaved to the whims of the weather, basing our happiness on what the world has to offer rather than on the Peace and Joy of Christ.

Drinking from the river of Christ's Light as our source of Life is like falling in Love with God, in Love with Love. It's like waking up one day and recognizing God's Kingdom all around us, in all things, including the weather, just as it happens to be.

In the 2017 movie, *The Shape of Water*, we're introduced to a woman named Elisa Esposito, who we're told was found as a child abandoned on a riverbank, mute and communicating only with sign language. She works as a cleaner at a government facility, and as the movie opens, we're given a glimpse of her daily routine.

She rises from bed and begins a slow, lifeless, shuffle along a well-worn path. Her routine unfolds, sharply defined by a precise schedule, but punctuated by small movements hinting at a deeper longing within her. A luxurious bath is cut short as the hands of her wall clock relentlessly tick forward; a still, peaceful, moment before a dark sky interrupted by a reluctant glance at her watch; and her wistful gaze upon red dance shoes in a shop window ends as a city bus arrives, ferrying her to work.

The color in these scenes is muted and dull as if the life has been drained from each frame and the palette darkens even further as Elisa enters the bus and finds a seat. **Rain beings to fall, and she casts a forlorn look out the window. We're shown this journey on the bus a few times more throughout the film, always with that dreary darkness, and a miserable, dull, resignation suffusing the scene.**

And then something happens. Elisa falls in love, and one night, consummating this love, she enters blissful union with her Beloved. The next morning, raining and dark as usual, Elisa catches her bus. She gazes out the window as she normally does but this time the forlorn expression is gone. Instead, a bemused smile plays on her lips as a sliver of sunlight brightens her face. She becomes transfixed by the movement of raindrops along the glass and traces the dancing drops with her fingers watching in amusement and awe as two of the drops briefly spin around each other before merging into one.

Nothing has changed about Elisa's ride to work. The weather remains rainy and dark, and the scene still seems lifelessly dreary. Nothing has changed except Elisa's wondrous attention and contented smile. Another passenger sitting behind her seems weary and miserable as usual and we might imagine them thinking "What does she know that I don't know?"

The old Oak paused a moment, mulling over the young Elm's question. It laughed and said "I don't know that I know much at all, really. It's just, well, the weather is always changing and we can't do much about it. Sometimes there's a drought, and sometimes there's plenty of rain. Sometimes it's windy, other times hardly any breeze at all. Sometimes it's dark and cold, and sometimes it's sunny and warm."

"I know all that," the young Elm replied, "that's why I'm so miserable... the weather is always shifting this way and that, and never stays the way I like it."

"That's true," the old Oak replied, "the weather is always changing but there is one thing that doesn't change. Deep below there's a river of Peace and Joy that never dries up. It's where the Holy One lives, and if we send our roots down far enough, we drink from this eternal water of Light and Life. It feels a bit like falling in love except it's like falling in love with everything even the weather doing whatever the weather does."

The prophet Jeremiah understood this and knew that like a tree with roots in nourishing water, we have no reason to fear as long as we send our roots down to drink from God's Love. We have no reason to fear when the heat comes, when the drought comes, because when we love our God with all our heart, we fall in love with Love, and we begin to see the world as God sees it. **Nourished by the river of Christ's Light, we let ourselves rest in the Oneness of God's being. And then we find God's presence everywhere, whatever the weather of the world happens to be doing.**

We enter a place where raindrops on a bus window become a dance of infinite beauty. The way God looks at us with awe and wonder and love is how we see the world when we trust in the Lord, when our trust is the Lord, content simply to abide in the Holy One's presence. As the film ends, and the screen fades to black from its final scene, we're treated to a small poem. It's a portion of a larger work titled The Enclosed Garden of the Truth, written by the Sufi poet Hakim Sanai. It reads:

"Unable to perceive the shape of You // I find You all around me. // Your presence fills my eyes with Your love, // It humbles my heart, // For You are everywhere..."

The young Elm tree was puzzled by the old Oak's answer but there didn't seem to be anything more the Oak wanted to say. So, the young Elm said, "Well, I'm not sure if I believe all that, but I suppose I'll consider it."

Many, many years later there lived a young Pine tree. Sadly, though, she was miserable most of the time. The weather never seemed quite right. Too wet, too dry, too cold, too hot, too bright, too cloudy. Nearby she noticed an old Elm tree, and that Elm tree would just stand there, still and content whatever the weather would do. One day, when the young Pine could bear it no longer, she said to the old Elm, "This weather is horrible, I hate it, and never stays the way I like. But, through storms, and heat, snow, and wind, you just stand there, pleased as can be. What do you know that I don't know?"

The old Elm, moved by how the young Pine suffered so, considered how best to answer, and as it did so it turned and smiled.

Pray this month that you and I come to know that we have no reason to fear when the weather turns bad because when we love God with all our heart, we fall in love with Love and we begin to see the world as God sees it.

Congrats and blessings to those who were baptized and their parents and godparents in these past two months: Aubrey Krieger, Lucas Svoboda and Frances Schroeder! It has been a very moving and meaningful time. Don't forget the Annual Blessing of the Animals Day on October 5, 2019, and if you haven't signed up to give blood yet, please see Nancy Ingram.

Thank you for all you do for our beloved Holy Trinity as we continue to build and strengthen "beloved community." Your commitment, dedication and generosity are very much appreciated. Have a rewarding month and stay well, be good of heart and let go, let God!

Your devoted servant in Christ,
Fr. Rob+



What a busy start to our new program season 2019/20! We had a great Fall picnic and gathering in September with hot dogs, burgers and many wonderful, true Minnesota fashion, pot luck side dishes. Thanks to the Vestry team for the cooking, serving and clean up! Thanks to everyone who brought their favorite things to share with all of us! A real feast it was!

At the time of this publication Safe Church training will have been done by many of us here who hold keys, work with children, sing, volunteer, or find ourselves in the church on occasion outside of regular Sunday services. I hope those who attended got some good information to share with others who may need to attend a training at another Safe Church event in the near future.

As part of the overall safety of our beloved church community, the Vestry is working on a plan to include updated locks and the use of secure keys. A future plan may include an electronic fob type system. The safety and security of our membership, and our church belongings, is founded out of love and caring. Part of our ministry on the Vestry is to prayerfully consider the safety and well-being of our entire faith community, and to make best attempts to bring any concerns to a well thought out conclusion. We do so with Safe Church training in mind and due diligence in our efforts. Changes, inside and even outside of our church community, and the decisions that may result, are not always easy and perhaps may even create inconvenience or questions. We understand that. We always appreciate your prayers, support and understanding, and invite you anytime to a monthly Vestry meeting to raise concerns or listen in as we conduct the business of the church. Our meetings are held on the 3rd Sunday of the month at noon.

The Annual Animal Blessing and Blood drive is on Oct 5th! Thanks to Nancy Lloyd for leading the committee this year and Nancy Ingram for coordinating the blood drive. Thanks to Deacon Georgia for the idea to feed pets thru CAER! Thanks to Marilyn Bina for the flyer creation! Thanks to everyone who has agreed to participate on the committee or in some way to make this event a meaningful community and outreach fund raising event. I look forward to seeing you all, and your fuzzy, furry, feathered family members, and will pray for nice weather.

Happy Fall Holy Trinity!

Sincerely with the Grace of God,

Sue Nagorski



FARE FOR ALL
Food that makes cents

**October 4th
2 - 4pm**

Hosted at:
Central Lutheran Church.

Fare for All – Phone: 763-450-3880

Website: fareforall.org

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

October Hot Buy: Kielbasa \$3.50/28 oz



MN TEC #4: OCTOBER 18-20, 2019 @ ST. PAUL'S, DULUTH
INFO & REGISTRATION: WWW.EPISCOPALMN.ORG/TEC

Happy October everyone. This starts the busy time of year for me, as I am sure it is for all of you. I love the fall, the ever surprising weather, and the turning of the leaves.

At long last, the Mutual Ministry Review Growing Edges Survey is done. I have completed tabulating the results and look forward to sharing those with you on Oct 6th after service. Some of the areas already have moving parts, and we will update those as well. It has been a joy to see the genuine movement of growth opportunities for Holy Trinity. At the meeting, we will take time to question, discern, and prioritize moving forward, and do it in a way that is **respectful of all that is going on already, so we don't overwhelm ourselves.**

The day before, at the Animal Blessing, in addition to all the wonderful things going on, we will also be taking donations of pet food to give to CAER, so that we can bless our less fortunate neighbors as well. I hope that you all will bring a little something for a puppy or a kitty—I am so glad that we honor creation and love creation through dedicating this day to blessing our furry companions.



Looking at the immigration issue biblically, we will begin our Book Club Brunch with the book, **"The God Who Sees" by Gonzales. I will have copies of the book by Sept 29th** (or so they tell me) and will have them at church for you to purchase. They are \$10 each. The book looks at **Immigration, the Bible, and stories to help us get grounded in scripture, especially in God's love for neighbor and welcome of stranger, and grounded in God's vision of hospitality which** really does challenge us all. The Book Club Brunch is Oct 26th at 9:30am at the church. I hope you all will take a peek at the book and give it a try, read it, and then come talk about it with me that lovely fall Saturday morning.

We have completed the Diaconal Covenant and the Bishop has approved it, and so I will be a very busy little bee in your midst this program year. Among the things I will be doing are: leading confirmation, leading the spiritual practices group, The Book Club Brunch, being liaison for CAER, Great River Family Promise (along with Deb K), and Open Doors for Youth, assisting with beginning Eucharistic Visitors ministry, and bringing in education around immigration and homelessness in our community. In the midst of all this, I will be listening for the Spirit, as I am sure you all will be doing too, for anything that comes up that we as a faith community can respond to in becoming more Beloved Community.

All for now, so glad to be here and learning from all of you, so glad to know the love of this **thriving and warm community...**

Deacon Georgia

SERVICE

DICK ANDERSON

In writing the newsletter for October, you can sure tell fall is in the air, flocks of geese are in the air. Looking at the calendar, we have Blessing of Animals and the Memorial Center Blood Drive on October 5th. Please let your friends and neighbors know. Hot dogs will be served, along with chips, water and soft drinks. Clean up day at church is October 27th; hope the Sunday School along with a few adults can clean Riverside Park at the same time.

Blessings to all, Dick

Holy Trinity Happenings-Pentecost

- Oct. 5th 11:00am-2:00pm Blessing of the Animals and Bloodmobile Drive. **Everyone's help needed.**
- Oct. 6th 10:00am 17th Sunday after Pentecost, Holy Eucharist and Coffee Fellowship follows in the Parish Hall. Growing Edges Survey discerning meeting after service; Vestry and leaders invited.
- Oct. 8th 4:30pm—6:30pm CAER Open House
- Oct. 10th 5:30pm Family of Angels Dinner at Rockwoods Event Center, Otsego
- Oct. 12th 11:00am-12:30pm Feed My Starving Children Ministry Day! Please sign up on clipboard. Coon Rapids FMSC Headquarters.
- Oct. 13th 10am- 18th Sunday after Pentecost/Holy Eucharist/Coffee Fellowship follows in the Parish Hall.
- Oct. 16th 11:00am Liturgy Meeting
- Oct. 19th **9:00am Women's Group**
- Oct. 20th 10:00am 19th Sunday after Pentecost, Holy Eucharist and Coffee Fellowship follows in the Parish Hall. Vestry meeting with Building and Grounds, Church Security. Fr. Tim Kingsley will be the presenter.
- Oct. 26th 9:30am-11:00am Book Club Brunch **"The God Who Sees"**
- Oct. 27th Fall Clean-Up. Watch for more information and sign up sheet.

Looking Ahead: November

- Nov. 9th Annual Regional Bazaar. Baskets needed. Watch for details.

Blessing of Animals, Bloodmobile & Complimentary Lunch

Saturday, October 5 • 10:30am - 1:30pm
Holy Trinity Episcopal Church



- **ANIMAL BLESSING** 11am. Bring your leashed or crated pet, or a photo of your current or deceased pet. (All are welcome.)
- **BLOOD DONATION** times available 10:30am - 1:30pm. To make an appt, sign up online at mbc.org/searchdrives and enter code 4404, or call Nancy at 763-412-7131.
- **PET ADOPTION • DRAWINGS**
- **ACCEPTING PET FOOD DONATIONS FOR CAER FOOD SHELF**



1326 4th Street NW, Elk River, MN 55330 • holymtrinityelkriver.org • 763-441-5482

FEED MY STARVING CHILDREN MINISTRY DAY

**Saturday, October 12,
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.

happy birthday

Special Blessings to all our
October Birthday Trinitarians!

| | |
|------------------------|----------------------|
| 14 – Kate Hansen | 22 – Peter Andersen |
| 14 – Nancy Lloyd | 23 – Elliot Robinson |
| 19 – Cindy Dols-Finn | 27 – Emily Schroeder |
| 19 – Alexander Stewart | 28 – Michael Greene |

JR. WARDEN GARY WEDL

Fall Cleanup is scheduled for Oct. 27th.
There will be a signup sheet available.
Please bring rakes, tarp, etc.

Gary

Stay tuned for details on our upcoming Stewardship campaign whose theme is “Shining Our Light” This theme, taken from the 5th chapter of Matthew’s Gospel, speaks to us as individuals and as a faith community.

Individually, you and I are called to make sure we are letting God’s light shine through our work, our friendships, our service and our giving. We are called to be light bearers and it’s a powerful calling.

Fr. Rob and Sue Nagorski



| | |
|---|--|
| 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 October:

- 4 - Francis of Assisi
- 18 - St. Luke, Evangelist
- 23 - St. James of Jerusalem
- 29 - St. Simon and St. Jude, Apostles
- 31 - Vigil of All Saints

Looking Ahead: November

- 3 All Saints’ Sunday
- 9 Annual Regional Fall Bazaar
- 27 Thanksgiving Eve Eucharist,
7:00pm

***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.



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: | October 6, 2019 | October 13, 2019 | October 20, 2019 | October 27, 2019 |
|-------------------------|-----------------------------------|-----------------------|-----------------------|----------------------|
| Greeter: | Jeanne Simonsen | Dan Krieger | Deb Krogman | Jane Lindenfelser |
| Child Care: | Jackson Stewart | Vernis Campbell | Jackson Stewart | Vernis Campbell |
| Usher: | Gary Wedl | Dan Krieger | Dave Raitz | Adrian Russell |
| Acolyte: | Jon Lloyd | Deb Krogman | Jon Lloyd | Deb Krogman |
| 1 st Reader: | Ken Schultz | Gail Weber | Mary Dare | Marion Marshall |
| 2 nd Reader: | Jane Lindenfelser | Kate Hansen | Daryl Herrmann | Larry Brugger |
| Prayers: | Melanie Svoboda | Marion Marshall | Jane Lindenfelser | Kate Hansen |
| Chalice 1: | Molly Liberto | Scott Svoboda | Larry Brugger | Linda Krieger |
| Chalice 2: | Julie Raitz | Melanie Svoboda | Mary Dare | Mary Brugger |
| Counter: | Jennifer Warner | Linda Krieger | Jeff Nagorski | Molly Liberto |
| Coffee: | Ann Wedl and Jane Lindenfelser | Linda and Dan Krieger | Sue and Jeff Nagorski | Paula and Steve Hall |







Our Mission Statement

Holy Trinity is a diverse, multi-cultural, growing, dynamic faith community rich in liturgy and music that serves Christ in all persons and does God's work in the world.

| HOLY TRINITY EPISCOPAL CHURCH | | | HTEC VESTRY MEMBERS | | |
|------------------------------------|------------------------------|------------------------------|---------------------|----------------|----------------|
| Priest-in-Charge: | Fr. Rob Cavanna | 320-339-4852 | Senior Warden: | Sue Nagorski | 612-868-9263 C |
| Deacon: | The Rev. Georgia Steele | 651-338-2946 | 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 |

October 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|--|---|
| |  October 27th | 1 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment | 2 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal | 3 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal | 4 Francis of Assisi | 5 11am-2pm Blessing of the Animals and Bloodmobile Drive. |
| 6 10:00am Holy Eucharist/17th Sunday after Pentecost Growing Edges Survey discerning meeting after service; Vestry and leaders invited. | 7 4:30pm—6:30pm CAER Open House  | 8 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment | 9 5:30pm Family of Angels Dinner at Rockwoods Event Center, Otsego | 10 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal | 11 Feed My Starving Children Ministry Day! | 12 11:00am-12:30pm Blessing of the Animals  |
| 13 10:00am, Holy Eucharist/18th Sunday after Pentecost | 14 | 15 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment 11:00am Liturgy Meeting | 16 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal | 17 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal | 18 St. Luke, Evangelist | 19 9:00am Women's Group—Parish Hall |
| 20 10:00am, Holy Eucharist/19th Sunday after Pentecost Vestry meeting with Building & Grounds, Church Security. | 21 | 22 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment St. James of Jerusalem | 23 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal | 24 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal | 25 | 26 9:30am-11:00am Book Club Brunch "The God Who Sees" |
| 27 10:00am, Holy Eucharist/20th Sunday after Pentecost Fall Clean Up Day  | 28 St. Simon and St. Jude, Apostles | 29 10am-12pm Fr. Rob's office hours and Fr. Rob by appointment | 30 Vigil of All Saints | 31 Vigil of All Saints | | |

