



**HOLY TRINITY**  
EPISCOPAL CHURCH

# TRINITY TRIBUNE

*Feel the love!*



**March 2020**

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

## Dates to Remember

1	10am The 1st Sunday in Lent, Holy Eucharist. MN Food Share Month
4	11:30am Lenten Eucharist
5	4:30pm Faith & Fellowship 5pm Contemplative Service
7	9am <b>Women's Group</b> , Parish Hall 10:30am-1pm Lenten Half-Day Retreat: Celtic Christianity 11am-1pm Confirmation Prep
8	10am The 2nd Sunday in Lent, Holy Eucharist
11	11:30am Lenten Eucharist
12	4:30pm Faith & Fellowship 5pm Contemplative Service
14	5pm Guardian Angels 2020 Gala "Spirit of Minnesota"
15	10am The 3rd Sunday in Lent, Holy Eucharist
18	11:30am Lenten Eucharist
19	4:30pm Faith & Fellowship 5pm Contemplative Service
21	1pm Dawn Moyer Memorial Service.
22	10am The 4th Sunday in Lent, Holy Eucharist
25	11:30am Lenten Eucharist
26	4:30pm Faith & Fellowship 5pm Contemplative Service
29	10am The 5th Sunday in Lent, Holy Eucharist Episcopal House of Prayer- Dr. Christine Munger

## 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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## LENTEN THEME: RENEWED BY THE SPIRIT

Our 164th Annual Meeting was held on February 16, 2020. During it, we reviewed the many ministries and activities of our common life together. Molly Liberto was recognized for her years of service in Education and Sunday School. We owe her a deep debt of gratitude for all that she has done for our children these past 10 years or so. Molly was given a desk pen set as a token of our appreciation for her ministry. Thanks was also given to all who have been engaged in one ministry or another and who have generously supported both the mission and ministries of Holy Trinity in the world. Special thanks to Sue Nagorski for her dedicated service as Senior Warden and for her commitment to serve another two years. We also commend all those who are still serving on the Vestry and in particular, Mo Campbell, for being elected to **the Vestry to take Molly Liberto's place in Education.**

**I would be remiss if I didn't thank Jeff Nagorski for his tireless ministry as our Treasurer these past 4 years. His conscientiousness and dedication has been a tremendous gift to our growing faith community. Appreciation to Joyce LeClaire too for her ministry as Secretary to the Vestry and to Deacon Georgia Steele for her diaconal ministry. All of them coupled with each of you make for an outstanding team of disciples that "serve Christ in all persons and do God's work in the world."**

At the meeting everyone was given a Jerusalem cross as a token of appreciation. I hope that you wear it for in **its own uniqueness it's a powerful witness to Jesus** being a real part of your life.

Lent began on Ash Wednesday and it extends for 40 day not counting Sundays because Sunday is a feast in itself, **the Sabbath. I'd like to take a different bent on Lent by** focusing on Perpetua, her martyrdom and her dying and rising with Jesus.

In the early church, Lent served as a time when catechumens, Christians awaiting baptism, were taught the principles of their faith, and participated in a variety of spiritual disciplines

including things like fasting and prayer. The baptism itself would take place on the eve of Easter Sunday and it symbolized the process by which the new Christians die to their old selves under the baptismal waters before rising in the light of Christ. So, in a way, the disciplines of Lent were meant to prepare a person following the way of Jesus for such a radical transformation.

On March 7th we will remember the deaths of Perpetua and her companions. Their deaths took place at Carthage in about the year 202AD. Perpetua and her companions, themselves catechumens preparing for baptism, were martyred by beast and sword in the arena. They were sentenced to die for the crime of being Christian and so denying the divinity of the emperor. **Perpetua's aged father attempted to persuade her to renounce the Christian faith for her own sake and for the sake of her nursing infant.** However Perpetua remained committed to bear witness to her faith to the point of death, her confidence being bolstered by a series of visions visited upon her. In the visions she fought the Devil in order to ascend to her reward in heaven and in this light she understood the temptations of Satan to be her real **foe and not the trials of the arena. Her heart's desire was not to escape from the clutches of her earthly tormentors but to escape like a bird from the snare of sin.**

The suffering and death of Perpetua represents the apex of a life lived in perfect imitation of Christ. It was also the powerful testimony of such sacrifices led early Christian thinkers to associate martyrdom with the sacraments of the Eucharist and Baptism. Origen, a third century theologian, for example, used baptismal imagery to liken martyrdom to a form of mysticism through which one is transformed and illuminated by Christ into a more perfect reflection of **God's love in the world.** Origen spoke of outward martyrdom as a life sacrificed in bearing witness to Christ in order to become risen again. And he spoke of inward, secret, martyrdom as the Christian battle against things of the world and flesh that keep us enslaved in sin and separated from God. As circumstances changed and outward martyrdom became less common, monasticism came to be seen as one alternative.

Monastics would retreat to the solitude of the desert entering into spiritual warfare with demons in order to win freedom from their earthly passions and so surrender to the blossoming of God in their hearts. **Jesus said "the one who endures to the end will be saved,"** which is true not only for the end of our mortal life, but also for the end of those parts of ourselves that keep us in sin, a reward for enduring the battle with our own demons. **We'll** learn more about the Desert Fathers on Sunday, March 1, 2020, with Dr. Ed Sellner.

**This Lenten season as we prepare not just for Jesus' resurrection but also for our own death and resurrection in Christ,** we can draw inspiration from Perpetua and her companions. With courage and discipline they endured the pain of earthly trials and physical death and so were raised into eternal life in Christ. Their blood becomes mixed with the Eucharistic blood of Golgotha as a sacrifice and offering for their fellow Christians.

The day before their death sentence was carried out Perpetua and her companions were offered a customary final meal and they chose to take that opportunity to share a feast of Christian love in communion with one another. They perished the day after but not in vain because we remember them and we honor them and we participate with them in the mystical body of Christ. As we enter this season of Lent our hope and our prayer is to courageously face the death of our sinful selves and so be ready to receive Christ and become one with Christ.

Pray that you and I make it a Holy Lent by doing these things:

- 1) Participate in Sunday Eucharist the 5 Sundays in Lent.
- 2) Participate in the liturgies of Holy Week, namely, Palm Sunday, Maundy Thursday Agape Dinner and Good Friday.
- 3) Read a meditation every day from either the ERD Booklet or the other booklet from the Society of St. Andrew.
- 4) Practice one act of love and compassion each day whether it just be listening to someone, opening a door, talking to **someone we don't particularly like or refraining from gossip, rumor or innuendo.**

In closing our theme for Lent is **"Renewed by the Spirit!"** From ashes and fasting to almsgiving and prayer, the spiritual deepening and awareness offered by the Lenten Season invite you and me to a place of **"renewal,"** a place that is, **if we were honest about it, it wouldn't hurt to spend some time in individually and collectively these days.**

**Please prayerfully consider participating in this year's Half Quiet Day for Men and Women on March 7, 2020, from 10:30am to 1:00pm.** Dr. Edward Sellner, author of many books and an expert on Celtic Christianity, will be the facilitator. He is a retreat director and spiritual guide trained at the Jung Institute in Zurich, Switzerland. If you want to go deeper into yourself and your spiritual life **as well as learn "new" practices, sign up for this unique opportunity.** (We need at least 12 people).

Have a Holy Lent by giving yourself and your life to Jesus and stay well, be good of heart and let go, let God!

Devotedly in Christ,

Fr. Rob+



## **Lenten Half-Quiet Day/Retreat for Men & Women**

**Saturday, March 7, 2020, 10:30am– 1pm**

Our retreat today will focus on Celtic spirituality, from ancient times to the present, with special emphasis on the topics of soul friend and thin places. Ed Sellner will describe those qualities that many people today, of all sorts of backgrounds and religious affiliations, find especially appealing, **such as the Celtic emphasis on nature, women's leadership and gifts, kinship with animals, and the eternal value of friendships.** Time for personal reflection and discussion among participants will be part of the retreat time together.

Our guest facilitator will be Dr. Ed Sellner, professor emeritus of Theology and spirituality at St. Catherine's University in St. Paul. Dr. Sellner's new book, *The Soul's Slow Ripening: 12 Practices for Seeking the Sacred*, will be woven into the half day's meditation and centering time.

**We need 12 to make it a go! Please sign up. You won't regret it.**

A blessed Lent to you all ...

I have begun facilitating ***I Will With God's Help***, our confirmation offering for this year. We have had two sessions and four to go, and we are looking deeper at our faith through the lens of the Baptismal Covenant. It has been a joy to spend time and to get to know our confirmands. I ask your prayers for the confirmands and myself as we journey together. We look forward to celebrating with you, other regional churches, and Bishop Prior on May 20th at the Service for Confirmation, Reception and Reaffirmation.



The spiritual practices group met to discern direction we should try out, and we decided to try offering a contemplative service so that we could share practices of the way of love as a group. We had our first on Sat., Feb 15th, with Sister Kate Maxwell joining us. I am now offering the service throughout Lent at our Faith and Fellowship every Thursday. It is at 5pm. We start by gathering, building a cairn, and doing Lectio Divinia (reading scripture or other reading like a poem) three times followed by questions and sharing. We then enter silence for 10 minutes, after which we pray and go in peace. It is a very calming and reflective service lasting 30 to 35 minutes. Please feel free to give it a try, or if you have more questions, pull me aside!!

**I also brought in puzzles and a couple packs of playing cards for Thursday night's Faith and Fellowship times**, so I hope they will be enjoyed in the next few weeks.

Thanks to your votes, we have three books for the next 3 months. We will have our next book club brunch on March 28th at 9:30 to 11am, and the book is *Holy Envy* by Barbara Brown Taylor. Jen ordered them for us this week, and they will be here soon. More later on the other books.

I am looking forward to meeting with those interested in the Intergenerational Community Building and Outreach Planning Group On March 8th to plan our first event. We are aiming to create some fun while we do things together to serve our neighbors and encourage our ministries.

And not done quite yet, as soon I will be connecting with those interested in being Eucharistic Visitors to explore that ministry.

Peace to you all  
Deacon Georgia

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JR. WARDEN

GARY WEDL

We had our CPR and AED training. The class went really well, there were about 20 people enrolled and I thought we really learned a lot.

We have scheduled Saturday March 28th to clean out the basement. The Men's Group will be doing this. We would like someone from the Women's Group, if at all possible, to make sure nothing gets thrown away that should not be.

Thank You, Gary







## Guardian Angels Senior Services 18<sup>th</sup> Annual Gala "Spirit of Minnesota"

Saturday, March 14, 2020, 5:00pm

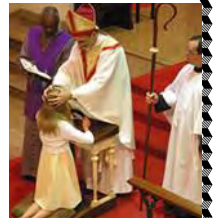
Courtyards of Andover: 13545 Martin Street NW

Join us as we celebrate the best of Minnesota with cocktails, pop, appetizers, games, and an "oh-for-cute" silent auction. Gourmet dinner (not hotdish) and live auction to follow don'tcha know!

For more information contact Pat Hackman:  
[phackman@ga-er.org](mailto:phackman@ga-er.org) or 763-635-4485

## Holy Trinity Happenings - Lenten Season

- March 1 10:00am The 1st Sunday in Lent, Holy Eucharist and Sunday School. Coffee Fellowship follows in the Parish Hall. Adult Forum during Coffee Fellowship: Dr. Sellner on Centering Prayer.
- March 4 11:30am Midweek Lenten Eucharist
- March 5 4:30pm-6:30pm Faith and Fellowship informal conversations! All welcome!  
5:00pm Contemplative Service
- March 7 **9:00am Women's Group, Parish Hall**  
10:30am—1pm Lenten Half-Day Retreat. Dr. Sellner on Celtic Christianity.  
11:00am—1:00pm Confirmation Prep.
- March 8 10:00am The 2nd Sunday in Lent, Holy Eucharist and Sunday School. Coffee Fellowship follows in the Parish Hall.
- March 11 11:30am Midweek Lenten Eucharist
- March 12 4:30pm-6:30pm Faith and Fellowship informal conversations! All welcome!  
5:00pm Contemplative Service
- March 14 5:00pm **Guardian Angels 2020 Gala "Spirit of Minnesota"** See you at the Gala!
- March 15 10:00am The 3rd Sunday in Lent, Holy Eucharist and Sunday School. Coffee Fellowship follows in the Parish Hall.
- March 18 11:30am Midweek Lenten Eucharist
- March 19 4:30pm-6:30pm Faith and Fellowship informal conversations! All welcome!  
5:00pm Contemplative Service
- March 21 1:00pm Dawn Moyer Memorial Service. Details to follow.
- March 22 10:00am The 4th Sunday in Lent, Holy Eucharist and Sunday School. Coffee Fellowship follows in the Parish Hall.
- March 25 11:30am Midweek Lenten Eucharist
- March 26 4:30pm-6:30pm Faith and Fellowship informal conversations! All welcome!  
5:00pm Contemplative Service
- March 29 10:00am The 5th Sunday in Lent, Holy Eucharist and Sunday School. Coffee Fellowship follows in the Parish Hall.



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## NOTES FROM THE VESTRY

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Due to the Annual Parish Meeting held on February 17th, the January Vestry Minutes will be approved at the March meeting and be in the next newsletter. For those of you unable to attend the annual meeting, here is a brief summary. There are copies of the agenda and all reports in a blue packet in the box with the directories outside of the office.

Fr. Rob opened the meeting with a prayer promptly at noon. Joyce LeClaire was elected as recording secretary for the meeting. The agenda and 2019 Annual Meeting minutes were moved, seconded and approved.

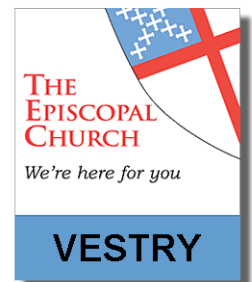
Fr. Rob then led the annual reports with a slide show depicting many significant events from the past year at Holy Trinity. Deacon Georgia Steele and members of the Vestry followed with commentary on their reports which are included in the blue packet. Also **included were reports on Guardian Angels and the Women's Group.** Treasurer, Jeff Nagorski reviewed the 2019 budget and presented the proposed 2020 budget. These were moved, seconded and approved.

The nominating committee presented candidates recommended to fill open positions. They were: Sue Nagorski, Senior Warden; Megan Campbell, Vestry; Dick Anderson, Vestry; 2020 ECMN Convention Delegates: Dan Krieger and Dick Anderson; Secretary/Clerk, Joyce LeClaire; Treasurer, Jon Lloyd. Nominations were called from the floor for these positions. There were none. Nominees were all moved, seconded and approved. Details of terms of service dates are in the blue packet.

Sue Nagorski asked parishioners to review the sign-up sheets for available committees and encouraged them to sign up.

Fr. Rob noted the parishioners we lost in 2019 and offered a prayer for them. He also recognized the 10 years of service Molly Liberto gave serving on the Education committee. She was presented with a desk pen set and a standing ovation by all. Fr. Rob expressed his appreciation for all the many contributions of everyone and gave each person a gift of a Jerusalem cross that can be worn as a necklace.

The meeting was adjourned with a prayer and a blessing.



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### HOLY WEEK AND EASTER SERVICES SCHEDULE

Sunday, April 5, 2020, PALM SUNDAY WITH PROCESSION AND PALM FRONDS, Holy Eucharist and Sunday School, 10:00am

Wednesday, April 8, 2020, WEDNESDAY IN HOLY WEEK MID-WEEK EUCHARIST, 11:30am-Noon.

Thursday, April 9, 2020, MAUNDY THURSDAY LITURGY, Time TBD

Friday, April 10, 2020, GOOD FRIDAY SERVICE WITH HOLY COMMUNION, 7:00pm

Sunday, April 12, 2020, RESURRECTION/EASTER SUNDAY, FESTIVE CHORAL EUCHARIST, 10:00am.

Mark your calendar for these important happenings in April. Bring the entire family! Child care available.







# 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! ~ ~

<b>Ministry:</b>	March 1, 2020	March 8, 2020	March 15, 2020	March 22, 2020	March 29, 2020
Greeter:	Dan Krieger	Ann Wedl	Dick Anderson	Ginny Anderson	Marilyn Bina
Child Care:	Vernis Campbell	Jack Stewart	Vernis Campbell	Jack Stewart	Vernis Campbell
Usher:	Dave Raitz	Ben Bastyr	Larry Brugger	Gary Wedl	Dan Krieger
Acolyte:	Mo Campbell	Daryl Herrmann	Jon Lloyd	Daryl Herrmann	Deb Krogman
1 <sup>st</sup> Reader:	Larry Brugger	Dustin Campbell	Dar Enfield	Mo Campbell	Jane Lindenfelser
2 <sup>nd</sup> Reader:	Marion Marshall	Mary Dare	Eric Hawkins	Daryl Herrmann	Marion Marshall
Prayers:	Pauline Hoffine	Sue Nagorski	Mary Brugger	Ken Schultz	Mary Dare
Chalice 1:	Mary Dare	Scott Svoboda	Pauline Hoffine	Molly Liberto	Mary Brugger
Chalice 2:	Julie Raitz	Larry Brugger	Ken Schultz	Jane Lindenfelser	Larry Brugger
Counter:	Molly Liberto	Jennifer Warner	Ann Wedl	Jeff Nagorski	Mary Brugger
Soup & Bread:	Paula & Steve Hall	Daryl H./Pauline H. Jane L.	Pauline H./Lyla A. Gail W.	Jane L.	Julie R.



### **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	763-441-5482	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:	Megan Campbell	208-413-0619
Altar Guild Chair:	Gail Weber	612-850-4250	Evangelism:	Nancy Lloyd	763-370-9598 C
<b>Women's Group</b> Co-chairs:	Linda Krieger Pauline Hoffine	763-441-7072 763-688-4540	Pastoral Care:	Sandy Sisson	763-267-7623
<b>Men's Group Chair:</b>	Ben Bastyr	763-441-4068	Treasurer:	Jon Lloyd	612-434-3295 C
Youth/Sunday School:	Megan Campbell	208-413-0619	Vestry Clerk:	Joyce LeClaire	763-263-7740 C





# March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 10:00am 1st Sunday in Lent, Holy Eucharist & Sunday School. Coffee Fellowship follows in the Parish Hall. Adult Forum during Coffee Fellowship	<b>2</b>	<b>3</b>	<b>4</b> 10am-12pm Fr. Rob's office hours & Fr. Rob by appointment. 11:30am Midweek Lenten Eucharist	<b>5</b> 4:30pm Faith & Fellowship! 5pm Contemplative Service 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal. 	<b>6</b>	<b>7</b> 9am Women's Group, Parish Hall. 10:30am Lenten Half-Day Retreat. 11am Confirmation Prep.
<b>8</b> 10:00am 2nd Sunday in Lent, Holy Eucharist and Sunday School. Coffee Fellowship follows in the Parish Hall.	<b>9</b>	<b>10</b> 	<b>11</b> 10am-12pm Fr. Rob's office hours & Fr. Rob by appointment. 11:30am Midweek Lenten Eucharist	<b>12</b> 4:30pm Faith & Fellowship 5pm Contemplative Service 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal.	<b>13</b>	<b>14</b> 5pm Guardian Angels 2020 Gala "Spirit of Minnesota" 
<b>15</b> 10am 3rd Sunday in Lent, Holy Eucharist & Sunday School. Coffee Fellowship follows in Parish Hall. Finance Committee and Vestry Meets in the Nave after Coffee Fellowship.	<b>16</b>	<b>17</b>	<b>18</b> 10am-12pm Fr. Rob's office hours & Fr. Rob by appointment. 11:30am Midweek Lenten Eucharist	<b>19</b> 4:30pm Faith & Fellowship 5pm Contemplative Service 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal. The Feast of St. Joseph	<b>20</b>	<b>21</b> 1pm Dawn Moyer Memorial Service 
<b>22</b> 10:00am 4th Sunday in Lent, Holy Eucharist and Sunday School. Coffee Fellowship follows in the Parish Hall.	<b>23</b>	<b>24</b>	<b>25</b> 10am-12pm Fr. Rob's office hours & Fr. Rob by appointment. 11:30am Midweek Lenten Eucharist The Annunciation	<b>26</b> 4:30pm Faith & Fellowship 5pm Contemplative Service 6:30pm Contemporary Choir Rehearsal 7:15pm Choir Rehearsal.	<b>27</b>	<b>28</b>
<b>29</b> 10am 5th Sunday in Lent, Holy Eucharist & Sunday School. Coffee Fellowship follows in the Parish Hall. Adult Forum Episcopal House of Prayer- Dr. Christine Munger	<b>30</b>	<b>31</b>			<b>Every Sunday:</b> 10:00am Holy Eucharist and Sunday School 11:20am Coffee Fellowship	

