



January 2022

FROM OUR PRIEST-IN-CHARGE

THE REV. DR. ROB CAVANNA

Dates to Remember

1	The Most Holy Name of Our Lord Jesus Christ.
2	10:00am The Feast of the Epiphany, Second Sunday after Christmas Day, Holy Eucharist.
6	The Epiphany of Our Lord Jesus Christ.
9	10:00am First Sunday after the Epiphany, Holy Eucharist. The Baptism of Our Lord Jesus Christ Sunday School
16	Second Sunday after the Epiphany, Holy Eucharist Vestry Meeting
17	Martin Luther King Day
23	10:00am 3rd Sunday after the Epiphany, Holy Eucharist. Sunday School
30	10:00am 4th Sunday after the Epiphany, Holy Eucharist.



How to Reach Us

Address	1326 4th St. PO Box 65 Elk River, MN 55330
Office Hours	Tues/Thurs 10:00am-3:00pm
Fr Rob's Office Hours	Wednesday 10:00am-4:00pm
Phone	763-441-5482
E-mail	office@ holytrinityelkriver.org
Website	Holytrinityelkriver.org
Twitter	Robert Cavanna
Facebook	www.facebook.com/ HolyTrinityElkRiver

A HAPPY AND BLESSED NEW YEAR TO YOU AND YOUR FAMILY!

The Season of Advent was observed by lighting the four Advent candles each Sunday - candles of hope, peace, joy and love! The middle white candle, the Christ Candle, was lit on Christmas Eve. Numerous people lit the candles including Dave and Julie Raitz, Ann and Gray Wedl, Ginny and Dick Anderson and Jerry Waite and Amy Wiskur. I hope that many of you participated in the adventword.org

reflections by reading and meditating on the chosen words for the season. They were in Emails, Instagram, Facebook and Twitter.

We again offered the **Community-Wide Blue Christmas Eve Eucharist of Solace and Comfort**. Many people made the time to participate in this very powerful liturgy of hope and peace. As far as I know, our church was the only Elk River church to offer it. Many of you came and found it very beneficial.

Christmas Eve was a glorious celebration of Christ's birth with candlelight and beautiful music. Gideon Campbell, son of Dustin and Mo Campbell, placed the Christ Child in the crib as we sang Silent Night.

On December 26th we had a **Festive Service of Lessons** and Carols with a video reflection from our Bishop, Bishop Loya. On January 2, 2022, we celebrated the Feast of The Epiphany and had two baptisms - Ian Ngoye and Laurie Peck. It was a very moving liturgy with godparents, sponsors and families in attendance. Prayers for Ian and his family as well as for Laurie Peck who has just joined Holy Trinity. (Ian is the son of Trinitarians: Victoria McHome and Richard Ngoye).

2022 is probably a year that is anticipated by many to be more hopeful as 2021 had been yet another chaotic and disruptive year. As we begin this new year rather than focusing on New Year Resolutions, I'd like to focus

on “becoming who you are” and basing my thoughts on a scripture from Luke 12:48.

From everyone to whom much has been given, much will be required; and from the one to whom much has been entrusted, even more will be demanded. Luke 12:48

This gospel passage has two layers of meaning. One layer is a prediction about the Messiah’s return to the earth, what the church has called “the second coming of Jesus Christ.” A second layer is about our accountability to God for the life entrusted to us... which presumes several things:

For one, that we’ve been given life. We did not create ourselves. We didn’t wake up some morning on a far-off planet and determine it was time to be born into this world, on a certain date, in a certain locale, with a certain look, with certain gifts and needs, to certain parents, who would raise us in a certain way. Not so. **We were simply born into a particular setting with particular circumstances.** And those first half-dozen or so years – before we had much power or could exercise much control at all in our own lives – we were very significantly formed (or maybe *deformed*) by those circumstances into which we were born... and which we did not choose.

Another presumption about the life entrusted to us is how unremarkable we are in actuality. Whether we are a prince or a pauper or something in between, we must eat and drink and sleep; we have the capacity to hope and dream; we have muscles, and a memory, and a will. From a physiological standpoint, our genetic makeup is almost identical, one person to the next. And, at the end of the day, all of us die. But then, in quite small but extremely significant ways, we *are* remarkably different from one another: our gender, the shape of our nose, our desires and abilities and capacities, given all that has been handed to us, and how we have taken up the reins. And it’s in these subtle uniquenesses about our own life, where we must give an ultimate account to God for what we have made of our life.

The energy in Jesus’ teaching is about our being prepared: being prepared to die but in the meantime and more importantly being prepared to live. Living our lives fully, freely, generously, fearlessly, responsibly, respectfully, unapologetically, thankfully, joyfully the mysteriously, fabulously-amazing life entrusted to you and me. Entrusted to us a day-at-a-time, one step-at-a-time, one breath-at-a-time. **You don’t want to miss a moment of it – your life – because life is so precious and it’s so fleeting!**

I want to amplify on being true to yourself with a story. The story is told of Rabbi Zusya, an 18th century Polish rabbi, much revered for his wisdom.

One day he stood before his congregation and he said, "When I die and have to present myself before the celestial tribunal, they will not ask me, 'Zusya, why were you not Moses?' because I would say, 'Moses was a prophet and I am not.'

They would not say, 'Zusya, why were you not Jeremiah?' for I would say, 'Jeremiah was a writer, and I am not.'

And they would not say, 'Why were you not Rabbi Akiba,' for I would tell them, 'Rabbi Akiba was a great teacher and scholar and I am not.'

But then they will say, 'Zusya, why were you not Zusya?' and to this I will have no answer.'

Become who you were created to be, by God's grace this New Year of 2022! And then be who you are, by God's grace. Be fully alive. Live the mysteriously, fabulously-amazing life you've been given. Amazing!

In closing, thank you to those of you who pledged for 2022. Our financial situation is not a good one and you will be receiving a letter from the Wardens shortly about it. Suffice to say, please reconsider a Pledge if you haven't made one so we can more accurately plan the 2022

Budget. Without a pledge no matter what amount - \$5.00, \$50.00 or \$5,000.00, it's just a guessing game as to predict the monies we might receive. Your response to the Christmas Appeal is very much appreciated. If you forgot to donate, there are still red Christmas envelopes in the church for it or otherwise use PayPal on our website to make a donation. It's safe and easy.

COVID continues to impact us but we are determined to move forward safely and to provide the offerings and ministries we have in the past. If you haven't been back to church in person at all in 2021, why not resolve to do so in 2022? Everyone is masked and all are conscious of keeping everyone safe and healthy. **YOU are loved and missed! It seems like a cliché but it is meant in sincerity.**

Stay well, be good of heart, and let go, let God! Be "who you are" in 2022 and strengthen your love of Jesus and bring others to know and love him as you do. Have a rewarding, productive and blessed New Year!

Your faithful servant in Jesus,
Fr. Rob+



Our Mission Statement

Holy Trinity is a diverse, multi-cultural, church unified in Holy Communion and grounded in the Gospel. We embrace all people as equally beloved children of God. We are committed to acting as the hands and feet of Jesus, expressing His love in the world while lifting each other up in community.

Notes From the Vestry

Here's hoping that you all had a blessed and healthy Christmas. Your Vestry has continued to meet using a hybrid meeting option via Zoom and "in person" masked and distanced. We are as tired and frustrated as I am sure you all are of these restrictions that limit our gatherings and activities! I pray every day that the numbers will trend down to the "safe" zone when we can return to normal. God willing that it could be by the time of our 166th Annual All Parish Meeting!

The Vestry will decide the date of the All-Parish Meeting at its January meeting. It will be held on a Sunday before the end of February as the season of Epiphany this year is January 6th – February 27th.

During the annual meeting you will get reports from Fr. Rob, members of the Vestry and other groups serving Holy Trinity. You will get a report on the financial status of the Parish. We will also hear a report from Guardian Angels of Elk River. (Holy Trinity is the founder/parent organization of Guardian Angels.) You will see and be asked to approve a proposed budget for the year. There will also be an election to replace outgoing Vestry members. If you are interested in serving on the Vestry, be sure to contact Fr. Rob to talk about your interests and what serving might entail. The Episcopal Church Canons and the Holy Trinity by-laws state that the Priest oversees the spiritual affairs of the Parish, and the Vestry oversees the temporal affairs of the Parish.

Fr. Rob and the Vestry have done everything possible to make Sunday worship safe for all. We are distanced, masked, sanitizer readily available. Communion is in the form of bread only and fellowship afterwards has been discontinued. It's obvious how much we miss each other at our Sunday Eucharistic celebrations by the greetings before and lingering afterwards. We look forward to seeing everyone, whether in person in the sanctuary, the Parish Hall in front of the big screen or on Facebook. 10:00 am Sunday mornings until we can sit and enjoy that cup of coffee, treats and fellowship once again!

Holy Trinity Happenings - Epiphany Season

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|---------|---|
| Jan. 2 | 10:00am The Feast of the Epiphany, Second Sunday after Christmas, Holy Eucharist. |
| Jan. 6 | The Epiphany of Our Lord Jesus Christ. |
| Jan. 9 | 10:00am First Sunday after the Epiphany, The Baptism of Our Lord Jesus Christ, Holy Eucharist and Sunday School. |
| Jan. 16 | 10:00am Second Sunday after the Epiphany, Holy Eucharist and Sunday School. Vestry Meeting |
| Jan. 23 | 10:00am Third Sunday after the Epiphany, Holy Eucharist and Sunday School. |
| Jan 30 | 10:00am North Star Boys' Choir |



**Re-Visioning and Renewing:
Discerning Leadership for Redeveloping
Congregations An Online Retreat
Wednesdays: January 19 & 26, and February 2 & 9
Participant registration: \$350**

Self-knowledge and assessment of one's own particular gifts for leadership are immensely important for your discernment to minister in a redeveloping parish. Our in-person and virtual retreats are designed to give you feedback around the competencies found in the DLRC Assessment Grid. They involve reflection on missional theology, conversations about the life of a church, neighborhood exegesis exercises, and an in-depth behavioral interview process. At the end of the month, you will be offered feedback and a recommendation of "it's a fit," "it's not a fit," or "it's potentially a fit." If you have a sense of calling toward church/community redevelopment and are drawn to the practices of Asset Based Community Development and Participatory Leadership and want to be a creative and adaptive change agent, then consider attending this Re-Visioning and Renewing DLRC retreat! For more information about the kinds of redeveloping congregations who partner in this work, explore our website.

Our Winter Virtual DLRC Retreat will run for four consecutive Wednesdays: January 19 & 26 and Feb. 2 & 9. In order to accommodate all time zones, the hours each day will be from 9 am - 2 pm (Pacific), 10 am - 3 pm (Mountain), 11 am - 4 pm (Central), 12 pm - 5 pm (Eastern). There will be time built in for breaks and simple "homework" will be assigned between weeks. We ask that you plan to be present for the entire time and for all four sessions. If at all possible, please reserve the entire day when we meet - give yourself the benefit of "retreat" and consider using the rest of the day for rest and reflection. Registrations will be reviewed as they are received, and early registration is recommended due to limited capacity. Please also note that there is pre-retreat work to be completed by January 5. You will be emailed links to this work upon completing your registration.

Registration form can be found here:

https://dfms.formstack.com/forms/dlrc_retreat_2022?mc_cid=9bc2eb51f9&mc_eid=0ada4bc203



Become a Hospice Volunteer

Volunteering at a Most Meaningful Time

Volunteers are an important part of the care provided by CentraCare Hospice. They can bring joy and comfort to patients and their families during the last stages of life.

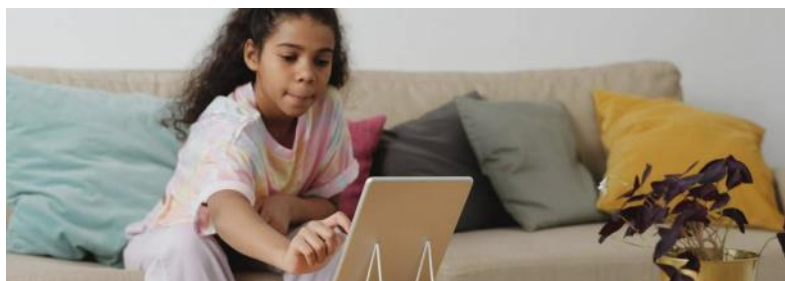
What Do Hospice Volunteers Do?

Volunteers can help patients and families in the following ways:

- Give respite and emotional support to the patient and family
- Provide caring companionship to the patient
- Listen to the concerns and fears of patients and family
- Provide transportation or help with shopping and errands
- Read to the patient
- Write letters for the patient
- Perform light house duties
- Provide grief and bereavement support to families and caregivers in the months following the death of their loved one

Volunteers should be sensitive, mature, flexible, patient, reliable, compassionate, respectful and able to have difficult discussions about death and dying.

If you're interested in becoming a hospice volunteer, please call 320-259-9375 or 800-835-6610 (toll free).



Navigating the Virtual Playground

Monday, January 24, 2022 6:00 pm - 8:30 pm
Sanctuary 519 Oak Grove St
Minneapolis, MN 55403-3230

We invite all ECMN parents and adults with youth & children under their care to Navigating the Virtual Playground: Healthy Choices and Worrisome Pitfalls for Today's Youth, a training from the Zero Abuse Project for Saint Mark's Parents & Guardians.

In-person in the Cathedral nave, online if needed.

Cyberbullying + Texting + Screen Time + Toxic Images = Yikes! As technology grows and adapts, children are growing and adapting right along with it. The online highway can have some steep learning curves for students and for parents. Youth can find themselves in over their head as technology choices move faster than their developmental abilities. Technology isn't a bad thing, but young people need help in navigating this tool so that their empathy and sense of self can also grow and develop. This presentation details the risks students are facing, and practical, positive ways that adults can respond.

Led by Alison Feigh, MS, a lifelong Episcopalian and Youth Minister. Alison is the Director of Jacob Wetterling Resource Center, a program of Zero Abuse Project. In this role, she works with students, parents, youth workers, faith leaders, law enforcement and the media to help prevent abuse and abductions. Alison's work also includes writing curriculum for youth-serving organizations, training professionals about the online challenges kids face and advocating for families of the missing.

Email for information on registration:
timk@ourcathedral.org

SR WARDEN DARYL HERRMANN

Apologies that I don't have regular article for this newsletter. I have been inundated with demands from various other places recently, so the following will have to do.



New Year's Day is just passed, and I have been thinking about what that means for all of us. I want 2022 to be not just "happy" for each of us, whatever that means. Instead, I wish for each and every one of you that 2022 hold, blessings, contentedness in every sense of the word, selflessness and confidence, compassion and empathy. With these qualities in our lives, we should each be able to achieve whatever else is meaningful to us. Happy New Year.

Respectfully submitted,
Daryl Herrmann, Senior Warden

Altar Guild	Gail Weber 612-850-4250
Meals on Wheels	Lyla Aaland 763-218-6076
Choir/Musicians	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	Linda Krieger 763-441-7072 Pauline Hoffine 763-688-4540
Men's Group	Dave Raitz 763-280-0786



Special Blessings to all our

January
Birthday Trinitarians!

01 – Kylie Sheck	22 – Dan Krieger
08 – AP Hopper	26 – Stephanie Krieger
12 – Ben Bastyr	29 – Eloise Krieger
13 – Mikayla Warner	30 – Tammy Whiteoak
17 – Sherry Tyler	



JRLC Day on the Hill
Tuesday, March 15, 2022

Keynote:
Maharat Rori Picker Neiss,
Executive Director, Jewish
Community Relations of St. Louis
Ordained clergy, Orthodox
Judaism



Feast Days in January

- 10 William Laud, Archbishop of Canterbury 1645
- 18 The Confession of St. Peter the Apostle
- 20 Bishop Fabian, Martyr at Rome 250
- 23 Phillip Brooks, Bishop of Massachusetts 1893
- 25 The Conversion of St. Paul the Apostle

Looking Ahead: February

166th Annual All
Parish Meeting

14th Valentine's Day
21st Presidents Day

*This
could
be
you!*



Liturgy Ministry Rota —Epiphany Season

Altar Guild: Jane Lindenfesler and Ann Wedl

Ministry	<u>Jan. 2nd</u>	<u>Jan. 9th</u>	<u>Jan. 16th</u>	<u>Jan. 23rd</u>
Greeter	Dick Anderson	Dan Krieger	Ginny Anderson	Jeanne Simonsen
Usher	Jerry Waite	Dave Raitz	Ben Bastyr	Gary Wedl
Acolyte	Daryl Herrmann	Elijah Campbell	Mo Campbell	Lyla Aaland
1st Reader	Mo Campbell	Daryl Herrmann	Larry Brugger	Gail Weber
2nd Reader	Jane Lindenfesler	Gail Weber	Daryl Herrmann	Dustin Campbell
Prayers	N/A	Mary Brugger	Pauline Hoffine	Jane Lindenfesler

Please! If you're not able to serve, please find your replacement.



NORTH STAR BOYS' CHOIR TO SING AT HOLY TRINITY JAN. 30, 2022

The highly acclaimed North Star Boys' Choir will be singing during our 10:00 am worship on January 30, 2022.

Their repertoire will include both sacred and secular songs.

You won't want to miss this spectacular service of beautiful harmony and beautiful music!



HOLY TRINITY EPISCOPAL CHURCH








Priest-in-Charge:	Fr. Rob Cavanna	320-339-4852
Parish Admin:	Emily Granlund	763-262-6781
Director of Music:	Bea Bastyr	763-441-4068
Head Usher:	Dan Krieger	763-441-7072
Altar Guild Chair:	Gail Weber	612-850-4250
Women's Group Co-Chairs:	Linda Krieger Pauline Hoffine	763-441-7072 763-688-4540
Men's Group Chair:	Dave Raitz	763-441-4068
Youth/Sunday School:	Mo Campbell	763-355-9049

HTEC VESTRY MEMBERS

Senior Warden:	Daryl Herrmann	269-580-9040
Junior Warden:	Gary Wedl	763-427-0776
Service:	Dave Raitz	763-280-0786
Liturgy:	Gail Weber	612-850-4250
Education:	Mo Campbell	218-413-0619
Evangelism:	Wes Gadsden	813-992-9949
Pastoral Care:	Sandy Sisson	763-267-7623
Treasurer:	Jeff Nagorski	763-234-5000
Vestry Clerk:	Joyce LeClaire	763-482-0170

January 2022

Sun Mon Tue Wed Thu Fri Sat

						1 The Most Holy Name of Our Lord Jesus Christ
2 10:00am The Feast of the Epiphany, 2nd Sunday after Christmas, Holy Eucharist, Baptism.	3	4	5 10am-4pm Fr. Rob's office hours and Fr. Rob by appointment..	6 The Epiphany of Our Lord Jesus Christ. 	7	8
9 10:00am 1st Sunday after the Epiphany, The Baptism of Our Lord Jesus Christ, Holy Eucharist and Sunday School.	10 William Laud, Archbishop of Canterbury, 1645 	11	12 10am-4pm Fr. Rob's office hours and Fr. Rob by appointment.	13	14	15
16 10:00am 2 nd Sunday after the Epiphany, Holy Eucharist	17 The Rev. Dr. Martin Luther King Day 	18 Confession of St Peter, Apostle 	19 10am-4pm Fr. Rob's office hours and Fr. Rob by appointment.	20	21	22
23 10:00am 3rd Sunday after the Epiphany, Holy Eucharist & Sunday School	24 Navigating the Virtual Playground	25 Conversion of St Paul, Apostle 	26 10am-4pm Fr. Rob's office hours and Fr. Rob by appointment.	27	28	29
30 10:00am 4th Sunday after the Epiphany, Holy Eucharist North Star Boys' Choir	31	Please support the North Star Boys' Choir on January 30, 2022 They are a partnering organization with us.				

