



**HOLY TRINITY**  
EPISCOPAL CHURCH

# TRINITY TRIBUNE

*Feel the love!*



**April 2022**

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

## Dates to Remember

<b>2</b>	9:30am Women's Group, Moyer Parish Hall
<b>3</b>	10:00am Fifth Sunday in Lent Holy Eucharist
<b>6</b>	11:30am Lenten Eucharist
<b>10</b>	10:00am Palm Sunday: The Sunday of the Passion Vestry Meeting 11:30am
<b>13</b>	11:30am Lenten Eucharist
<b>14</b>	6:30pm Maundy Thursday Holy Eucharist
<b>15</b>	6:30pm Good Friday Liturgy
<b>16</b>	Holy Saturday See readings on page 283 in the BCP Spring Cleanup Day 9:00am
<b>17</b>	Homecoming Sunday Resurrection/ Easter Sunday/ Holy Eucharist 10:00am
<b>24</b>	10:00am 2nd Sunday of Easter, Holy Eucharist
<b>25</b>	Saint Mark the Evangelist
<b>30</b>	West Metro Mission Area Gathering, 9am-noon FMSC Ministry Day 11:30am-1:15pm
<b>Looking Ahead to May</b>	
<b>1</b>	Third Sunday of Easter
<b>2</b>	The Apostles of St. Phillip & St. James

## 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-4:00pm
Phone	763-441-5482
E-mail	office@ holyltrinityelkriver.org
Website	Holyltrinityelkriver.org
Twitter	Robert Cavanna
Facebook	www.facebook.com/ HolyTrinityElkRiver

## Lenten Theme: Dead to Sin; Alive in Christ!

How has your Lent been going? As we come close to the end of Lent, you may find yourself thinking either "I haven't really been faithful to a Lenten discipline or to every day prayer." In effect, "I haven't done much of anything to know Jesus better and make God the center of my life!"

I'd like to suggest that you in these final weeks of Lent and during Holy Week, pray the "Jesus Prayer." It is biblically based and can be said anywhere at any time of the day. Begin by saying, "Lord Jesus Christ, Son of God" inhaling and exhaling out the words "have mercy on me a sinner." I have learned that it is helpful to take an extended time of silence in the day or night to pray the Jesus Prayer dozens of times, slowly inhaling and exhaling the words. You'll discover that by continuously inhaling and exhaling the Jesus Prayer, it soon will become as natural as breathing. You'll find too that it will become a way of practicing God's presence and experiencing the peace and love of Christ throughout the day and night. Why not give it a try? it just might be something you'll want to add to your spiritual practices in these last 3 weeks of Lent. Both men and women have found this practice meaningful and helpful.

Lastly, the ropes in the church have been removed. You can sit anywhere you like and on Easter Sunday we will fully open with coffee and donuts following the Eucharist. Please come back home as this will also be "Homecoming Sunday." Bring a friend or relative.

There can't be an Easter without Holy Week. Come and experience these sacred events by participating in the Last Supper on Maundy Thursday and walk with Jesus to Golgotha on Good Friday. These liturgies are at 6:30 pm and will be as participatory as possible. If you haven't been to Holy Week Services in a long time, why not come this year? It will make your Easter so much more complete and fulfilling.

Have a Holy and Blessed Easter as we move forward together beyond COVID! My wish for you is for inner peace free of anxiety this Eastertide. Thank you for everything you do for our beloved Holy Trinity. Stay well, be good of heart and let go, let God!

Faithfully in Christ,  
Fr. Rob+

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## **SR. WARDEN**

**DARYL HERRMANN**

Holy Trinity as a parish is entering a phase in our experience together that many of us have not had in the past, finding a new priest for our parish. This can be daunting, exhilarating, exhausting, and joyous, often at the same time.

In February, Karen Olson, ECMN Canon for Ministry, joined the Vestry one evening to share the process and organization necessary for the "search" for a new priest. What follows here are the first two steps in her recommended organization. Each month I will share more steps.

The first step is to acknowledge the range of emotions present for the current clergy. These are many and varied, often changing at a moment's notice. After meeting with Canon Olson, we make arrangements to call a "transition" priest to provide necessary services for the congregation until a new priest is found.

The second step is to specify the current state of the congregation and its finances. This will lead to determining a "ministry model," for example, a full-time rector, a part-time rector, etc. Finance plays a large part in this step and it is not just looking at the bottom line on a spreadsheet.

The Vestry is ready to ask for a transitional priest to assist us once Father Rob resigns/retires from his role with us on June 5, 2022. Believe me when I say that none of these steps will happen quickly, or even when WE want them to. There is a great deal of thought and prayer that is involved in all of these steps.

I ask all of you to do a little internal investigation at this point. Are you able and willing to be patient, trusting, objective, focused, and respectful of other's opinions? Are you able to spend many hours over many weeks considering alternatives? If so, you might make a good transition committee member. I am not asking for names right now, just planting a seed for you to think about.

I will keep all of you up to date on what's happening as the days and weeks go by.

Respectfully submitted,  
Daryl Herrmann, Senior Warden

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## **MEN'S GROUP/ALL PARISH GROUP**

**DAVE RAITZ**

Proposed restructuring and title? THTECAPGFCTMG \* . No, acronyms are overrated.

This group at one point in our history was energetic (younger?), responsive, and obviously a larger group. In the past few years for a variety of reasons this group has shrunk to the same few guys. So, once again I'm asking for support (your availability) and encouragement.

As the temps warm we will need to complete some tasks. Our initial project will be to finish our ramp project. After power washing in the fall we ran out of time to complete the staining. Stay tuned for timing. Think Spring!!

† The Holy Trinity Episcopal Church All Parish Group Formerly Called The Men's Group  
Dave Raitz

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## **JR. WARDEN**

**GARY WEDL**

Spring Cleanup is scheduled for Saturday April 16th at 9:00 am. Bring rakes and other lawn tools!

Men and women needed for outside clean-up as well as kitchen, church proper, inside and outside windows and Parish Hall!

Sign up is by the church office.

Thank You, Gary

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***Our prayer chain is looking to expand!*** If you have email and/or Facebook Messenger; there is no calling! You will just receive a message to pray for someone, or something.

Please consider joining our prayer warriors! Prayer is essential in our Christian walk and this is a powerful ministry. Please let Lyla Aaland know if you'd like to be included. Your prayers are needed!!

We are going to work with Fr. Rob to start a Lay Eucharistic Ministry. This will train our lay persons to assist the priest in administering the sacrament of holy communion; especially for those homebound or in need. If you'd like to participate in this ministry let Fr. Rob or Lyla Aaland know.

Reminder: please also let Lyla know if you have knowledge of someone needing a card for illness/thinking of you/deaths or??

***Meals on wheels coming up!*** Holy Trinity is a vital part of our ministry in the community. We deliver meals in June and August, Monday through Friday for these designated months.



Sign up is now open. There is a sign up for both months by the church office.

I will also have a link in the next few weeks for you to sign up online.

We need you! Our route is an easy one six to eight homes, all in Otsego.

Any questions or to sign up directly contact Lyla Aaland at: createart@charter.net or 763-218-6076. An online sign-up sheet is also available if requested. Make this a part of your summer witness to our Lord!



***CAER food shelf update!*** Our community has a wonderful food shelf which needs our active support. Each time our donations are dropped off, it is weighed and a receipt is given to Holy Trinity.

Fellow parishioners we can do more to help our neighbors in need. Get your kids involved as well! Bring non-perishable foods to church and drop off in our baskets by the side door. Let's make this spring time a boom and really show our support!

Also continue to bring in plastic bags and paper egg cartons (no longer taking plastic or foam). Any questions call Lyla Aaland 763-218-6076.

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### **FEED MY STARVING CHILDREN MINISTRY DAY**

**SATURDAY, April 30, 2022; 11:30 am to 1:15 pm.**

Won't you join with other Trinitarians to pack food for

starving children around the world?

**Sign up on the sheet next to the office.**

## HOLY WEEK AND EASTER SERVICES SCHEDULE



Sunday, April 10, 2022, **PALM SUNDAY WITH PROCESSION AND PALM FRONDS**, Holy Eucharist and Sunday School, 10:00am

Thursday, April 14, 2022, **MAUNDY THURSDAY LITURGY**, Time 6:30pm

Friday, April 15, 2022, **GOOD FRIDAY SERVICE WITH HOLY COMMUNION**, 6:30pm

Sunday, April 17, 2022, **HOMEcoming SUNDAY RESURRECTION/EASTER SUNDAY, FESTIVE CHORAL EUCHARIST**, 10:00am. Easter Egg Hunt for the kids following the Eucharist.

Mark your calendar for these important happenings in April.  
**Bring the entire family!**

## Holy Trinity Happenings — Lenten Season

March 20th	10:00am Holy Eucharist/ <b>Third Sunday in Lent</b> /Sunday School
March 23rd	Noonday Prayer 11:30am
March 25th	The Annunciation of our Lord
March 27th	10:00am Holy Eucharist/ <b>Fourth Sunday in Lent</b> /Sunday School
March 30th	Noonday Prayer 11:30am
April 3rd	10:00am Holy Eucharist/ <b>Fifth Sunday in Lent</b> /Sunday School
April 6th	Holy Eucharist 11:30am
April 10th	The Sunday of the Passion: Palm Sunday
April 10th	Vestry Meeting 11:30am
April 13th	Holy Eucharist 11:30am
April 14th	Maundy Thursday 6:30pm
April 15th	Good Friday 6:30pm
April 16th	Spring Cleanup Day — 9:00 am — Sign up by the office
April 17th	The Sunday of the Resurrection: Easter Sunday
April 24th	The Second Sunday of Easter
April 30th	Feed My Starving Children 11:30am-1:15pm



*Sellowship hour*  
**Easter Sunday Homecoming Service!**  
*Coffee Hour & Donuts after Service.*

**Make A Difference Volunteer**

## There's Still Time....Lenten All-Parish Read

Sign up on the clipboard near the office to read Esther de Waal's book **Lost in Wonder**. Available at Amazon, Barnes & Noble, Christian Books, Used Thrift Books, Liturgical Press

## WHY DO WE KNEEL DURING THE SEASON OF LENT?

Kneeling during parts of the liturgy during Lent is in stark contrast to what we have been doing since Easter which has been standing for most of the service including even The Confession. Standing signifies that we are Resurrection people and we had just gone through the season of Lent and Holy Week. During Lent, we will be kneeling more than usual because:

- + Kneeling denotes reverence and humility.
- + Lent is a time of introspection and reflection.
- + It is common across the Episcopal Church to kneel during the season of Lent.
- + Kneeling is optional and if you prefer to sit you may do so.
- + Kneeling is prayerful as many kneel in prayer on first coming into church.

Kneeling is part of who we are as Episcopalians – Sit to learn and listen, stand to sing and praise and kneel to pray especially for penitential prayer.



Special Blessings to all our  
*April* Birthday Trinitarians!

13 – Sherrill Newberg  
15 – Rosemary Sobalvarro  
24 – David Finn

27 – Norma Mohr  
29 – Carl Newberg



### **Palm Sunday—April 10, 2022**

10:00 am Worship: In Person

### **Maundy Thursday—April 14, 2022**

6:30 pm Worship: In Person

### **Good Friday— April 15, 2022**

6:30 pm Worship: In Person

### **Homecoming Sunday Resurrection/Easter Sunday April 17, 2022**

10:00 am Worship: In Person



**FOR KIDS  
FOLLOWING  
THE SERVICE!**

The June and August sign up sheet for Meals on Wheels is posted on a clipboard next to the office. June and August are our months.

If you are able to help out by driving and delivering meals, please sign up.

Please help us out with this wonderful and fulfilling ministry.

Thank you,  
Lyla Aaland



<b>Altar Guild</b>	Gail Weber 612-850-4250
<b>Meals on Wheels</b>	Lyla Aaland 763-218-6076
<b>Music</b>	Bea Bastyr 763-441-4068
<b>Chalice Bearers/ Acolytes</b>	Contact the Church Office
<b>Feed My Starving Children</b>	Entire Parish Contact the Church Office
<b>Women's Group</b>	Linda Krieger 763-441-7072 Pauline Hoffine 763-688-4540
<b>Men's/All Parish Group</b>	Dave Raitz 763-280-0786

### **Feast Days in April**

25th St. Mark the Evangelist



### **Fellowship Hour**

**Mission Area  
Gathering**

All invited to the Metro  
Mission Area Gathering,

Learn about ECMN—your  
Diocese and other faith  
communities in our region.  
*Watch for more details.*

**Saturday, April 30th, 9am-12pm**  
West & Central Metro *Save the date!*

### **Looking Ahead: May**

- 1st Third Sunday of Easter
- 2nd The Apostles of St. Phillip and St. James
- 8th The Fourth Sunday of Easter
- 15th The Fifth Sunday of Easter
- 21st Marriage of Logan Krieger and Maddie Gregersen
- 22nd The Sixth Sunday of Easter
- 26th Ascension Day
- 29th The Seventh Sunday of Easter;  
The Sunday After Ascension Day
- 30th Memorial Day

## **Liturgy Ministry Rota —Lenten Season**

Altar Guild: April: Ann Wedl and Jane Lindenfelser

Ministry	<u><b>April 3rd</b></u>	<u><b>April 10th</b></u>	<u><b>April 14th</b></u>	<u><b>April 15th</b></u>	<u><b>April 17th</b></u>	<u><b>April 24th</b></u>
		Palm Sunday	Maundy Thurs	Good Friday	Easter Sunday	
<b>Greeter</b>	Jeanne Simonsen	Dick Anderson	Ann Wedl	Dan Krieger	Jane Lindenfelser	Daryl Herrmann
<b>Usher</b>	Dan Krieger	Ben Bastyr	Dave Raitz	Jerry Waite	Dick Anderson	Dustin Campbell
<b>Acolyte</b>	Daryl Herrmann	Mo Campbell	Elijah Campbell	Lyla Aaland	Daryl Herrmann	Mo Campbell
<b>1st Reader</b>	Mary Brugger	Dustin Campbell	Gail Weber	Daryl Herrmann	Larry Brugger	Jane Lindenfelser
<b>2nd Reader</b>	Mary Brugger	Dustin Campbell	Gail Weber	Daryl Herrmann	Larry Brugger	Jane Lindenfelser
<b>Prayers</b>	Sue Nagorski	Jane Lindenfelser	NO POP	NO POP	Pauline Hoffine	Linda Krieger

**If you are unable to fill your volunteer position, please make your own substitution and leave word with the office. ~~Thank you!~~**



## ***SPRING CLEANUP DAY***

INDOOR & OUTDOOR — MEN & WOMEN NEEDED

***Saturday April 16 9:00 am Sign Up by the office***



### **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 God's love in the world while lifting each other up in community.**

<b>HOLY TRINITY EPISCOPAL CHURCH</b>			<b>HTEC VESTRY MEMBERS</b>		
Priest-in-Charge:	Fr. Rob Cavanna	320-339-4852	Senior Warden:	Daryl Herrmann	269-580-9040
Parish Admin:	Emily Granlund	763-441-5482	Junior Warden:	Gary Wedl	763-427-0776
Music:	Bea Bastyr	763-441-4068	Service:	Dave Raitz	763-280-0786
Head Usher:	Dan Krieger	763-441-7072	Liturgy:	Gail Weber	612-850-4250
Altar Guild Chair:	Gail Weber	612-850-4250	Education:	Emily Schroeder	763-227-8269
Women's Group Co-Chairs:	Linda Krieger Pauline Hoffine	763-441-7072 763-688-4540	Evangelism:	Wes Gadsden	813-992-9949
Men's All Parish Group Chair:	Dave Raitz	763-441-4068	Pastoral Care:	Lyla Aaland	763-218-6076
Youth/Sunday School:	Emily Schroeder	763-227-8269	Treasurer:	Mary Brugger	320-267-3343
			Vestry Clerk:		

# April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
<b>3</b> 10:00am The Fifth Sunday in Lent Holy Eucharist Sunday School	4	5	<b>6</b> 10am-4pm Fr. Rob's office hours and Fr. Rob by appointment. Holy Eucharist 11:30 am	7	8	9
<b>10</b> 10:00am The Sunday of the Passion Palm Sunday Holy Eucharist Sunday School Vestry Meeting 11:30am 	11	12	<b>13</b> 10am-4pm Fr. Rob's office hours and Fr. Rob by appointment. Holy Eucharist 11:30 am	<b>14</b> Maundy Thursday 6:30pm 	<b>15</b> Good Friday 6:30pm 	<b>16</b> <i>Spring Clean-up Day</i> 9:00 am <i>Holy Saturday</i>
<b>17</b> 10:00am The Sunday of the Resurrection Easter Sunday Holy Eucharist Easter Egg Hunt 	18	19	<b>20</b> 10am-4pm Fr. Rob's office hours and Fr. Rob by appointment..	21	22	23
<b>24</b> 10:00am The Second Sunday of Easter Holy Eucharist Sunday School	25	26	<b>27</b> 10am-4pm Fr. Rob's office hours and Fr. Rob by appointment..	28	29	<b>30</b> Feed My Starving Children 11:30am-1:15pm

