

March 2022

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

Dates to Remember

1	MN Food Share Month
2	Ash Wednesday 6:30 pm
6	10am The 1st Sunday in Lent, Holy Eucharist
9	Noonday Prayer
12	5pm Guardian Angels 2022 Gala "Through the Years"
13	10am The 2nd Sunday in Lent, Holy Eucharist Daylight Savings—Spring Ahead
16	Noonday Prayer
20	10am The 3rd Sunday in Lent, Holy Eucharist First Day of Spring
23	Noonday Prayer
27	10am The 4th Sunday in Lent, Holy Eucharist
30	Noonday Prayer

Looking Ahead to April

3	10am The 5th Sunday in Lent, Holy Eucharist
10	10am Palm Sunday
14	6:30pm Maundy Thursday
15	6:30pm Good Friday
17	10am Easter Sunday

How to Reach Us

Address	1326 4th St. PO Box 65 Elk River, MN 55330
Office Hours	Tues/Thurs; 10:00am-3:00pm Wed. 10:00am-4:00pm
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Facebook	www.facebook.com/ HolyTrinityElkRiver

LENTEN THEME: Dead to Sin, Alive in Christ!!

We held the All Parish Annual Meeting this past Sunday. It was good to see so many of you at it. We had others of you who participated over Zoom. Thank you for your faithfulness and dedication to the mission and ministries of Holy Trinity.

Congratulations and blessings to the newest members on the Vestry: Lyla Aaland, Emily Schroeder, Mary Brugger and Laurie Peck! Please pray for them as they begin a new chapter on their journey of servanthood in a ministry of leadership and service. Special thanks to our outgoing members who have served us faithfully over the years! They are Mo Campbell, Joyce LeClaire, Sandy Sisson and Jeff Nagorski. Each of them will receive a desk pen set as a sign of appreciation for their service. I want to make a special note of thanks and appreciation to Jeff Nagorski who served as Treasurer for 5 years or more. Your commitment and dedication to our financial condition is very commendable. Thanks also to Joyce LeClaire for her many years of service as Secretary/Clerk to the Vestry. The Monthly Minutes and Notes from the Vestry were always well written.

We owe a debt of gratitude to Mo Campbell who even throughout the beginning and middle stages of COVID sent electronic Sunday School curricula out and maintained contact with the young families of Holy Trinity.

Sandy Sisson did a marvelous ministry of Pastoral Care – keeping track of birthdays and major illnesses as well as informing people on the Prayer Chain of persons coping with serious health conditions.

Without them and YOU, there would be no Holy Trinity! Thanks to all the 2021 Vestry for their steadfastness, courage and perseverance in the midst of the major upheaval in all our lives, namely, the pandemic. You should be very proud of their ministry and their faith in Jesus Christ, our Savior and Redeemer.

Lent begins on March 2, 2022 with Imposition of Ashes and Holy Eucharist. **Lent is sometimes referred to as a pilgrimage or a journey.** Very few people set out on any kind of journey without packing a bag. The invitation to the observance of a Holy Lent in the Book of Common Prayer provides a packing list. The list may not be exhaustive but it is a good start.

Self examination and repentance
prayer
fasting
self denial
reading and meditating on God's holy word.

I have put together a series of resources/offerings that I hope you will avail yourself of this Lent. They are:

Lenten Meditations on our website from Episcopal Relief and Development.

The book **Lost in Wonder: Rediscovering the Spiritual Act of Attentiveness** by Esther deWaal. I hope you will purchase it and read it. It's available at Christianbook.com and is for men and women.

The meditation booklet, The Cup of Salvation, which will be placed in your mailbox. It's a series of daily meditations, prayers and personal stories of growth that will illustrate how God speaks to people through a variety of life experiences. Pick it up on Sunday or any Wednesday , 10 am to 4 pm.

The Forward Day by Day Meditation is now online at prayer.forwardmovement.org. There may be some hard copies available in the Moyer Parish Hall.

Ash Wednesday Liturgy with Ashes and Communion—6:30 pm. Good way to start your Lent!

Noonday Prayer held every Wednesday at 11:30 am with Holy Eucharist at 11:30 am on Wednesday, April 6, 2022.

Lenten Sunday Worship every Sunday in Lent—March 6, 13, 20, 27 and April 3, 2022.

Lenten Spiritual Practices—Go to episcopalmn.org and click on Resources for details.

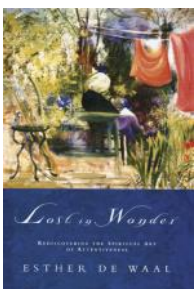
Lastly, I will be taking some vacation in March. Please don't hesitate to call me if there are any major crises or challenges you face. Otherwise, please call Daryl Hermann at 269-580-9040.

Lent is what you make it. You don't want to find yourself at the end of it telling yourself, "Lent is almost over and I haven't done anything—reading, prayer, Sunday worship, to make it meaningful.

Instead be very intentional and use one of aforementioned resources to dive deeper into a knowledge and love of Jesus.

Have a Holy Lent by renewing your faith and commitment to Jesus! Stay well, be good of heart and let go, let God!

In Christ's love,
Fr. Rob



Esther de Waal's book *Lost in Wonder: Rediscovering the Spiritual Act of Attentiveness*.

Esther de Waal uses the everyday circumstances of our lives—the restrictions and frustrations as well as the gifts and opportunities—as our own way to God.

Esther de Waal is a foremost scholar in the Benedictine and Celtic traditions.

Please let Fr. Rob know you're reading it.
We'll meet at the end of Lent to discuss it.

Prayer Request

Please pray for the repose of the soul of Nancy Raitz, Dave Raitz' Mother, who died on February 23, 2022.

My thanks to all of you who attended our Annual Meeting on 02/20/2022 either in person or on Zoom. Your attendance was much appreciated.



In light of our elections at that meeting, welcome and thanks to our new Vestry members, Lyla Aaland, Pastoral Care; Mary Brugger, Treasurer; Laurie Peck, Secretary/Clerk; and Emily Schroeder, Education. Returning Vestry members include Wes Gadsden, Evangelism; Daryl Herrmann, Senior Warden; Dave Raitz, Service; Gail Weber, Liturgy; and Gary Wedl, Junior Warden. It looks to be a busy and eventful year.

WE HAD COFFEE! at the annual meeting. I asked if some of you would be willing to help prepare and serve coffee after services, and if you said "yes," please contact me to sign up. (I forgot to send around a sign-up sheet.) After the Women's Group meets hopefully at the beginning of March, we can ask them for their on-going assistance.

On Wednesday, February 23, the Vestry and Wardens will meet with Karen Olsen from ECMN to discuss the procedures we need to follow in finding a new Priest. There will be continuing information provided as we continue on this path. I said at the Annual Meeting that Father Rob really can not be replaced, and I meant that, so all of us now need to think differently about the future. Karen Olsen will be able to help in that regard with her suggestions.

TREASURER'S REPORT

MARY BRUGGER

Since this is being written the day following the Annual Meeting where I was elected, the report will be short and not overly full of data. Thank you for trusting me with the oversight and reporting of the Parish finances.

First, I will promise that there will be something from the Treasurer in each monthly newsletter. We are beginning a crossroad year for Holy Trinity. As many of you know, while the Parish is cash solvent and not in danger of bankruptcy, the operating budget for 2022 was approved with a forecast \$20k loss. I will be working with the Vestry to determine how to improve that situation and what steps we should take to move in a positive direction.

During 2022, you will hear the word "sustainable" or some derivative of it from me a lot. We need to develop a thoughtful approach that will lead this Parish to long-term sustainability. My goal for the next month is to work with our outgoing Treasurer to ensure a stable and complete transition.

YOU'RE INVITED—PRAYER SHAWL MINISTRY AT HOLY TRINITY

You're invited and welcome to join the Prayer Shawl Ministry Team every Thursday! So far in 2022, 6 shawls and afghans have been blessed and distributed. Two were in honor of our January Baptisms and four in support of our Parishioners. A crocheted doll was also included with the Baptismal afghan.

The group meets every Thursday afternoon in the Social Hall to work on projects, prepare our Bulletins and often newsletters and other mailings. There is someone at church by 1:30 and we will be there until 3 or later. Please join us if you wish to do so.

If you aren't sure of your crochet or knitting abilities, but would like to learn, we would be glad to assist. We also have yarn, crochet hooks, knitting needles, and patterns to get you started. If you prefer to bring another craft or to just come for the company, please join us.



Bunker Hills Golf Club Event Center
12800 Bunker Prairie Road NW, Coon Rapids, MN
Reception: 5:00 pm—Cocktails, Appetizers,
Games, Prizes, Silent Auction
Dinner & Program 6:30 pm—Gourmet Dinner,
Program, Live Auction
For tickets, sponsorship opportunities, and other gala
information, please visit us online at:
bidpal.net/springgala22 or guardianangelsmn.org.
You may also call 763-635-4485

Lent begins on Ash Wednesday, March 2, 2022 6:30 pm!

Come for ashes and Holy Communion.
 Start your Lent in a meaningful way by
 participating in this special Lenten Liturgy! See you then.
Make it a Holy Lent!



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**, 6:30pm

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

Sunday, April 17, 2022, **RESURRECTION/EASTER SUNDAY, FESTIVE CHORAL EUCHARIST**, 10:00am.

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

Holy Trinity Happenings - Lenten Season

- March 2 6:30pm **Ash Wednesday**
- March 6 10:00am **The 1st Sunday in Lent**, Holy Eucharist and Sunday School.
- March 13 10:00am **The 2nd Sunday in Lent**, Holy Eucharist and Sunday School.
- March 12 5:00pm **Guardian Angels 2020 Gala "Through the Years"** See you at the Gala!
- March 19 **Saint Joseph Feast Day**
- March 20 10:00am **The 3rd Sunday in Lent**, Holy Eucharist and Sunday School.
- March 25 **The Annunciation of Our Lord Jesus Christ to the Blessed Virgin Mary**
- March 27 10:00am **The 4th Sunday in Lent**, Holy Eucharist and Sunday School.
- April 3 10:00am **The 5th Sunday in Lent**, Holy Eucharist and Sunday School.
- April 10 10:00am **Palm Sunday**, Holy Eucharist and Sunday School
- April 14 6:30pm **Maundy Thursday**, Holy Eucharist and Sunday School
- April 15 6:30pm **Good Friday**, Holy Eucharist and Sunday School
- April 17 10:00am **Resurrection Sunday**, Holy Eucharist and Sunday School



NOTES FROM THE VESTRY

Notes from the Vestry

January and February have been busy months for your Vestry. As always, we keep a sharp watch on the rising and now falling numbers of COVID cases in the counties in which our parishioners live. At this time numbers are getting ever closer to a "safe" range in which we can soon enjoy fellowship after Sunday service and regular meetings and activities can resume.

For those of you able to attend in person or via Zoom, we held our annual All Parish Meeting on Sunday, February 20th. We learned that we had erroneously called last years meeting the 165th when it should have been the 164th! Those attending in person were delighted to find the tables back up in the Parish Hall and coffee being served!

Fr. Rob called the 165th All Parish meeting to order with a reading from Ecclesiastics. He reviewed events of the past year, thanked outgoing Vestry members for their service and named new members who joined our faith community during the past year. He reminded us of the Baptisms and confirmations we witnessed. He also reminded us of the loss of treasured parishioners, Debbie Krogman and Richard Gardner.

The choice of Fr. Rob's opening reading: "For everything is a season and a time for every purpose under heaven" struck a poignant note with all of us as he talked about his plans to leave Holy Trinity in June. Canon Karen Olson, from ECMN will assist us with this transition. Although I have only experienced half of Fr. Rob's tenure here, I know that during his ten years here, we have enjoyed strong spiritual leadership, stimulating and challenging sermons and outreach and support far beyond the part-time work he was contracted to do. I have also experienced Holy Trinity as a strong, resilient, and loving faith community that will rise to the challenge of this painful and sad transition.

For the remainder of the meeting, reports were presented (you have copies of these reports in the packet you received in the mail). The Nominating Committee presented a slate of new Vestry members which were approved by those members present. Your new Vestry members returning: Daryl Herrmann, Senior Warden; Gary Wedl, Junior Warden; members Wesley Gadsden, Dave Raitz and Gail Weber. New members are Lyla Aaland, Emily Schroeder, Laurie Peck-Secretary/Clerk and Mary Brugger, Treasurer. The 2022 ECMN Convention delegates and West Metro Mission Area representatives are Joyce LeClaire, delegate, Mary Brugger, delegate, Daryl Herrmann, alternate.

Outgoing treasurer, Jeff Nagorski presented the 2021 financial statements and the 2022 budget. He expressed concern over ending 2021 with a deficit and said our ongoing financial support is key to dealing with this during the coming year. He thanked us for our pledges and continuing financial support. The 2022 budget as presented contains no changes from the 2021 budget. Both the 2021 financial statements and the 2022 budget were approved.

Fr. Rob closed the meeting with a prayer. Folks lingered, obviously delighted to chat over coffee and pitch in to clean up the kitchen and hall. We left with a feeling of hope that this long dark winter of COVID is nearing its end.



Lay Leadership Day - Save the Date!

Saturday, March 5, 9am | Online | Registration coming soon

Lay leaders from across the state will gather for fellowship, inspiration, and skills-sharing. Lay leaders need not serve on the Vestry or in any official capacity. If you are feeling a call to ministry, Lay Leadership Day is an opportunity to explore that call and to learn from your fellow ministers.

Lay leaders of all ministries are invited and encouraged to join your colleagues from around the diocese for a day of prayer, relationship-building, story sharing, and skills building. Expect to leave enriched and invigorated!

More details coming soon.



Special Blessings to all our
March Birthday Trinitarians!

01 - Jerry Waite	22 – Vernis Campbell
05 – Megan Copeland	23 – Lyla Aaland
07 – Gabriel Campbell	26 – Linda Krieger
12 – Larry Brugger	26 – Frances Schroeder
20 – Nevaeh Sheck	26 – Daryl Herrmann
20 – Jeanne Simonsen	

Feast Days in March

19th The Feast of St. Joseph
25th The Feast of the Annunciation of
Our Lord

Looking Ahead: April

10th Palm Sunday
14th Maundy Thursday
15th Good Friday
16th Holy Saturday
17th Resurrection Sunday

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.

WELCOME EMILY GRANLUND!



Hello everyone, my name is Emily and I have been blessed to be Holy Trinity's Office Admin over the past few months. I have thoroughly enjoyed meeting some of you. Since I haven't had the opportunity to meet the majority of you though, I thought I would introduce myself.

I am originally from a small town south of Duluth. I have lived in Elk River for almost 30 years with my husband Doug. We have 3 daughters, 2 granddaughters and one great granddaughter! My poor husband is surrounded by girls! I'm sure he is thankful for the 2 sons-in-law we have!

I have previously worked for newspapers, machine shops and have had various bookkeeping positions. We had our own machining business at home for 20 years and closed in 2019. During the first 12 years we homeschooled our youngest and it was amazing that we could all be home together, learning together every day!

In our free time we like to camp and we've been to New York City, DC, Grand Canyon and many places in between with the camper. We've been broke down in Colorado, hit a bear in Vermont and had our fridge short out and start smoking/burning in Wisconsin! We are currently working on the MN State Parks Hiking book and visiting all the state parks in Minnesota. Our goal is to one day live an entire year on the road.

I enjoy live theatre, many types of music (sorry if you've come in and heard me singing Broadway tunes!), watching football, playing cards and board games, sewing, crafting, the beach and summer! My husband likes to snowmobile in the winter. I do not. I will however, go ice fishing; in a heated portable fish house.

I hope I get to meet everyone in time. I thoroughly enjoy working with Fr. Rob and members of the Vestry! Don't hesitate to email the office if you have any questions, comments or kind suggestions. I'm still learning something new every week but things are coming together. I'm here Tuesday, Wednesday, and Thursday.

Happy Spring and God Bless You!

Emily



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!~~

Liturgy Ministry Rota —Lent Season

Altar Guild: Gail Weber and Scott Svoboda

Ministry	<u>Ash Wed.</u>	<u>Mar. 6th</u>	<u>Mar. 13th</u>	<u>Mar. 20th</u>	<u>Mar. 27th</u>
Greeter	Ginny Anderson	Dan Krieger	Ann Wedl	Daryl Herrmann	Ginny Anderson
Usher	Ben Bastyr	Ben Bastyr	Dave Raitz	Jerry Waite	Dustin Campbell
Acolyte	Lyla Aaland	Daryl Herrmann	Elijah Campbell	Mo Campbell	Lyla Aaland
1st Reader	Daryl Herrmann	Mo Campbell	Gail Weber	Larry Brugger	Jane Lindenfelser
2nd Reader	Jane Lindenfelser	Mo Campbell	Gail Weber	Daryl Herrmann	Jane Lindenfelser
Prayers	Mo Campbell	Laurie Peck	Pauline Hoffine	Dustin Campbell	Linda Krieger



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.

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.

HOLY TRINITY EPISCOPAL CHURCH			HTEC VESTRY MEMBERS		
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 Persons' Group Chair:	Dave Raitz	763-280-0786	Pastoral Care:	Lyla Aaland	763-218-6076
Youth/Sunday School:	Emily Schroeder	763-227-8269	Treasurer:	Mary Brugger	320-267-3343
			Vestry Clerk:	Laurie Peck	612-499-2407



March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2  <p>10am-4pm Fr. Rob's office hours & Fr. Rob by appointment. Ash Wednesday 6:30 pm Ashes and Holy Communion</p>	3	4	5
6 10:00am 1st Sunday in Lent, Holy Eucharist and Sunday School.	7	8	9 10am-4pm Fr. Rob's office hours & Fr. Rob by appointment. Noonday Prayer	10	11	12 5pm Guardian Angels 2022 Gala "Through the Years" See Linda Krieger 
13 10am 2nd Sunday in Lent, Holy Eucharist and Sunday School. Daylight Savings Spring Ahead 	14	15	16 10am-4pm Fr. Rob's office hours & Fr. Rob by appointment. Noonday Prayer	17 The Feast of St. Joseph 	18	19
20 10:00am 3rd Sunday in Lent, Holy Eucharist and Sunday School. First Day of Spring Vestry Meeting 11:30am	21	22	23 10am-4pm Fr. Rob's office hours & Fr. Rob by appointment. Noonday Prayer	24	25 The Feast of the Annunciation of Our Lord	26
27 10:00am 4th Sunday in Lent, Holy Eucharist and Sunday School.	28 	29	30 10am-4pm Fr. Rob's office hours & Fr. Rob by appointment Noonday Prayer	31 	Every Sunday: 10:00am Holy Eucharist and Sunday School 11:20am Coffee Fellowship	



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