



**“Peace for Ukraine”
and The Sixth Sunday of Easter
May 22, 2022**



Welcome!

Feel the love!

**“Please join us in the church proper as
there is sufficient room for everyone!”**

Celebrant and Preacher: The Rev. Dr. Rob Cavanna

Welcome guests to our Faith Community!

Holy Trinity is a place where you can connect with people you can relate to and where you'll find lasting relationships.



THANK YOU FOR BEING QUIET BEFORE THE SERVICE SO PEOPLE CAN PRAY!
Please turn off all electronic devices throughout the service out of respect for others and the liturgy!

*We're glad to have you with us today, in person or on Facebook!
If you're visiting, please sign the Guest Book which is on the table
outside the door into the Parish Hall. Be sure to print your mailing
address as well as your email address. We'll send you a
complimentary E Meditation and weekly E Newsletter.
Invite your friends and neighbors to participate!*

Prelude

Bea Bastyr

Please stand as able

The Liturgy of the Word

Opening Hymn

"We Plow the Fields and Scatter"

Hymn #291

Opening Acclamation

Celebrant

Alleluia. Christ is risen.

People

The Lord is risen indeed. Alleluia.

Celebrant

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

1. Glo-ry to God in the high-est, and
peace to his peo - ple on earth. 2. Lord God, heaven - ly King, al -
might - y God and Fa-ther, we wor-ship you, we give you thanks, we
praise you for your glo - ry. 3. Lord Je - sus Christ,

on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you
take a - way the sin of the world: have mer - cy on us;
5. you are seat - ed at the right hand of the Fa - ther: re -
ceive our prayer. 6. For
you a - lone are the Ho - ly One, you a - lone are the Lord,
7. you a - lone are the Most High, Je - sus Christ, with the
Ho - ly Spi - rit, in the glo - ry of
God the Fa - ther. A - men.

The Collect of the Day

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

O God, you have prepared for those who love you such good things as surpass our understanding: Pour into our hearts such love towards you, that we, loving you in all things and above all things, may obtain your promises, which exceed all that we can desire; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Almighty God, whose blessed Son our Savior Jesus Christ ascended far above all heavens that he might fill all things: Mercifully give us faith to perceive that, according to his promise, he abides with his Church on earth, even to the end of the ages; through Jesus Christ our Lord, who lives and reigns with you and

the Holy Spirit, one God, in glory everlasting. **Amen.**

Almighty and everlasting God, whose peace transcends all understanding and whose mercy and compassion are beyond measure. Protect the people of Ukraine and all the nations of the world. Grant your peace to those who are afraid, your comfort to those who mourn, your protection to those under attack, and your wisdom to those in power, that all war may cease, all weapons be laid down, and all hearts be turned to love you and your peaceable Kingdom; through him who lives and reigns with you and the Holy Spirit, now and forever. **Amen.**

God of justice, in your wisdom you create all people in your image, without exception.

Through your goodness, open our eyes to see the dignity, beauty, and worth of every human being. Open our minds to understand that all your children are brothers and sisters in the same human family. Open our hearts to repent of racist attitudes, behaviors, and speech which demean others. Open our ears to hear the cries of those wounded by racial discrimination, and their passionate appeals for change. Strengthen our resolve to make amends for past injustices and to right the wrongs of history. And fill us with courage that we might seek to heal wounds, build bridges, forgive and be forgiven, and establish peace and equality for all in our communities. In Jesus' name we pray. **Amen.**

The People sit.

The First Lesson

Acts 16:9-15

Lector A Reading from Acts.

[Paul and his companions are called by a vision to journey to Macedonia and the city of Philippi, where a merchant named Lydia responds to the gospel and is baptized.]

During the night Paul had a vision: there stood a man of Macedonia pleading with him and saying, "Come over to Macedonia and help us." When he had seen the vision, we immediately tried to cross over to Macedonia, being convinced that God had called us to proclaim the good news to them.

We set sail from Troas and took a straight course to Samothrace, the following day to Neapolis, and from there to Philippi, which is a leading city of the district of Macedonia and a Roman colony. We remained in this city for some days. On the sabbath day we went outside the gate by the river, where we supposed there was a place of prayer; and we sat down and spoke to the women who had gathered there. A certain woman named Lydia, a worshiper of God, was listening to us; she was from the city of Thyatira and a dealer in purple cloth. The Lord opened her heart to listen eagerly to what was said by Paul. When she and her household were baptized, she urged us, saying, "If you have judged me to be faithful to the Lord, come and stay at my home." And she prevailed upon us.

(pause)

Lector
People

The Word of the Lord.
Thanks be to God.

Psalm 67

May God be merciful to us and bless us, *
show us the light of his countenance and come to us.

Let your ways be known upon earth, *
your saving health among all nations.

Let the peoples praise you, O God; *
let all the peoples praise you.

Let the nations be glad and sing for joy, *
for you judge the peoples with equity
and guide all the nations upon earth.

Let the peoples praise you, O God; *
let all the peoples praise you.

The earth has brought forth her increase; *
may God, our own God, give us his blessing.

May God give us his blessing, *
and may all the ends of the earth stand in awe of him.

The Second Lesson

Revelation 21:10, 22; 22:5

Lector A Reading from Revelation.

[John, the Seer presents a vision of the new Jerusalem, the paradise of God.]

In the spirit the angel carried me away to a great, high mountain and showed me the holy city Jerusalem coming down out of heaven from God.

I saw no temple in the city, for its temple is the Lord God the Almighty and the Lamb. And the city has no need of sun or moon to shine on it, for the glory of God is its light, and its lamp is the Lamb. The nations will walk by its light, and the kings of the earth will bring their glory into it. Its gates will never be shut by day-- and there will be no night there. People will bring into it the glory and the honor of the nations. But nothing unclean will enter it, nor anyone who practices abomination or falsehood, but only those who are written in the Lamb's book of life.

Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations. Nothing accursed will be found there any more. But the throne of God and of the Lamb will be in it, and his servants will worship

him; they will see his face, and his name will be on their foreheads. And there will be no more night; they need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever."

(pause)

Lector The Word of the Lord.

People **Thanks be to God.**

Sequence Hymn "I Sing the Almighty Power of God" Hymn #398

Please stand as able.

Gospel

John 14:23-29

Celebrant The Holy Gospel of our Lord Jesus Christ according to John.

People **Glory to you, Lord Christ.**

Jesus said to Judas (not Iscariot), "Those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them. Whoever does not love me does not keep my words; and the word that you hear is not mine, but is from the Father who sent me.

"I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. You heard me say to you, 'I am going away, and I am coming to you.' If you loved me, you would rejoice that I am going to the Father, because the Father is greater than I. And now I have told you this before it occurs, so that when it does occur, you may believe."

Celebrant The Gospel of the Lord.

People **Praise to you, Lord Christ.**

The Sermon/Message

The Rev. Dr. Rob Cavanna

(Silence and Reflection)

Here is a little space for you to make notes of things you want to remember.

Please stand as able.

The Nicene Creed

**We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is, seen and unseen.**

We believe in one Lord, Jesus Christ, the only Son of God,

**eternally begotten of the Father,
God from God, Light from Light, true God from true God,
begotten, not made, of one Being with the Father.
Through him all things were made.
For us and for our salvation he came down from heaven:
by the power of the Holy Spirit he became incarnate from the Virgin
Mary, and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again in accordance with the Scriptures; he
ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.
We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

Prayers of the People

People stand as able.

Celebrant

You have promised to come to us and to make your home with us, O Gracious One, and you have sent the Advocate, the Holy Spirit to dwell with us forever: Hear our intercession for your whole creation, as we pray: Let your ways be known upon earth, your saving health among all nations.

Leader

You have given Christ's peace to your Church and sent the Holy Spirit to be with us: Let the peoples praise you, O God, that we may spread your light and your healing presence throughout the world.

Let your ways be known upon earth,

your saving health among all nations.

Guide the nations to walk by the light of your holy city and lead all rulers to bring their glory into your presence, Eternal One: Inspire all who serve in positions of power or authority, that they may be servants of your healing justice.

Let your ways be known upon earth,

your saving health among all nations.

Let the nations be glad and sing for joy, for you judge the peoples with equity and you guide all the peoples upon earth: Cast out fear and trouble from all hearts, and lead humanity to the river of the water of life.
Let your ways be known upon earth,

your saving health among all nations.

Embolden us with your vision for us that we may speak to others of your goodness and grace and may draw them into our growing faith community.
Let your ways be known upon earth,

your saving health among all nations.

Comfort all in need with the healing leaves of the tree of life as we remember the people of Ukraine.

Hear our thanksgiving and praise for all of your blessings, especially for the courageous and brave people of Ukraine.

Bring into your eternal presence those who have died and write their names into the Lamb's book of life, especially those killed in Ukraine.

Let your ways be known upon earth

your saving health among all nations.

Celebrant

*You have given us a vision of the holy city where you, O God, will be our temple and our light, and the Lamb will be our lamp: Send your Holy Spirit into our lives that we may live in your love and dwell in your peace until all the ends of the earth stand in awe of you, for ever and ever. **Amen.***

Confession of Sin

Please kneel or stand as able.

Celebrant Let us confess our sins against God and our neighbor.

Celebrant and People

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone.

We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent.

For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Celebrant

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

The Peace

Celebrant The Peace of the Risen Christ be always with you.
People **And also with you.**

The Offertory

Celebrant If you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift. *Matthew 5:23, 24*

Offertory Hymn "All Things Bright and Beautiful" Hymn #405

*Thank you for your generosity, pledges and your contributions. If you would like to donate today, go to our website, www.holytrinityelkriver.org, and click on the Donate button in the upper right-hand corner. You may also wish to designate us as your charity at Amazonsmile.com. Thank you very much for your generosity. **Pledges and contributions may be dropped off in the Parish Hall every Wednesday, 10am to 4pm.***

Please stand as able.

PayPal

Donate

The Doxology

Celebrant and People **Praise God, from whom all blessings flow;
praise him, all creatures here below;
praise him above, ye heavenly host:
Praise Father, Son, and Holy Ghost. Amen.**

Hymn #380

The Great Thanksgiving

The Holy Communion

Eucharistic Prayer 3, Enriching Our Worship

Celebrant The Lord be with you.
People **And also with you.**

Celebrant Lift up your hearts.
People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.
People **It is right to give our thanks and praise.**

All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind.

Wondrous are you, Holy One of Blessing, all you create is a sign of hope for

our journey; And so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

Celebrant and People:

The musical score is written on five staves. The first staff begins with a treble clef and a key signature of one flat (B-flat). The melody is composed of eighth and quarter notes, with some notes beamed together. The lyrics are written below the staves, aligned with the notes. The score is for a hymn or song, with the lyrics: "Ho - ly, ho - ly, ho - ly Lord, God of power and might, heaven and earth are full of your glo - ry. Ho-san-na in the high - est. Bless - ed is he who comes in the name of the Lord. Ho-san-na in the high-est."

Ho - ly, ho - ly, ho - ly,
ho - ly Lord, God of power and might,
heaven and earth are full of your glo - ry. Ho-san-na in the
high - est. Bless - ed is he who
comes in the name of the Lord. Ho-san-na in the high-est.

Please stand or kneel as able.

Celebrant

Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering.

Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said: "Take, eat, this is my Body, broken for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said: "Drink this, all of you: this cup is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

Celebrant and People

Dying, you destroyed our death.

Rising, you restored our life.

Christ Jesus, come in glory!

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice and love.

Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with all your people into the joy of our true eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

Amen

Please stand as able.

And now, as our Savior Christ has taught us, we are bold to say,

**Our Father in heaven,
hallowed be your Name, your kingdom come,
your will be done, on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins as we forgive those
who sin against us.**

**Save us from the time of trial,
and deliver us from evil.**

**For the kingdom, the power,
and the glory are yours, now and for ever. Amen.**

The Breaking of the Bread

The Celebrant breaks the consecrated Bread.

A period of silence is kept.

Celebrant Alleluia! Christ our Passover is sacrificed for us.

People **Therefore let us keep the feast. Alleluia!**





Celebrant The Gifts of God for the People of God.

Take them in remembrance that Christ died for you,
and feed on him in your hearts by faith, with thanksgiving.

This is God's table and all baptized persons are invited to receive communion.

*This is God's table and all baptized persons are invited to receive communion. You may kneel or stand to receive the Holy Sacrament. If you cannot come to the front, we will bring Communion to you. **No one should be embarrassed to have Holy Communion brought to them.***

The bread and Chalice are given to the communicants with these words: The Body (Blood) of Our Lord Jesus Christ keep you in everlasting life.

*Person responds: **Amen.***

Spiritual Communion—Act of Reception

For those participating on Facebook!

Celebrant In union, blessed Jesus, with the faithful gathered at every altar of your Church where your blessed Body and Blood are offered this day, let us now say together The Prayer for Reception.

I long to offer you praise and thanksgiving, for creation and all the blessings of this life, for the redemption won for us by your life, death, and resurrection, for the means of grace and the hope of glory. And particularly for the blessings given me....(pause to think of your blessings) I believe that you are truly present in the Holy Sacrament, and, since I cannot at this time receive communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace. Amen.

Communion Hymns

"Now the Green Blade Riseth" Hymn #204
"As Those of Old Their First Fruits Brought" Hymn #705

Prayer after Communion

Please stand or kneel as able.

Celebrant Let us pray.

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.

Announcements

The Final Blessing

Please stand or kneel as able.

May God's light illumine your life and fill you with blessing and peace. **Amen.**

May the love of Jesus inspire you to keep his word that you may live fearlessly in his peace. **Amen.**

And the blessing of our glorious God, Father, Son and Holy Spirit, be with you and remain with you always. **Amen**

Recessional Hymn "All Creatures of Our God and King " Hymn #400
vs 1, 4, 7

The Dismissal

Celebrant Let us go forth into the world bringing the peace of the Risen Christ to all whom we meet. Alleluia! Alleluia!!

People **Thanks be to God. Alleluia! Alleluia!!**

Postlude

Bea Bastyr

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Sunday Coffee and Fellowship Hour We Need Your Help!

Please sign up for Sunday Coffee for Fellowship Hour. There is a sheet on the kitchen counter. Snacks should be simple: cookies, fruit or donuts.

Your help will be greatly appreciated!

PLEASE PRAY FOR THESE TRINITARIANS AND THEIR LOVED ONES THIS WEEK

For ourselves, and for our families, and all those we love, especially for Annette, Ro, Barbara, Dan, Michelle, Angie, Jarrod, Ed G., Briana, Shirley I, Dave, Jessica, Jennice, Rochelle, Mary Jo, Mark, Linus, Sherry, David, Chris, Emily, Mike, Ray, Carl, Catherine, Michael, all the residents and staff of Guardian Angels, Guardian Angels Board of Directors, Committees and Search Committee, Open Doors for Youth, and Feed My Starving Children.

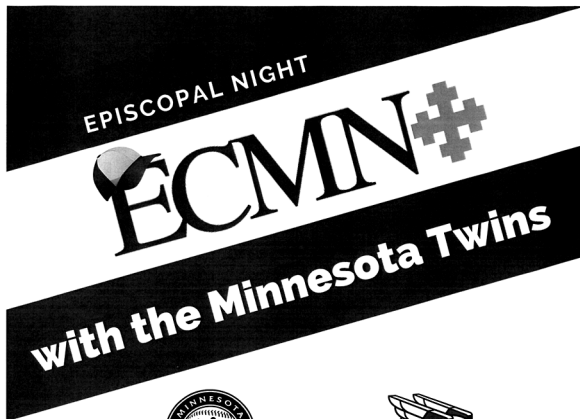
5/17

thank
you!

Thank You for your generous
Special Easter offering above
your pledge and monthly
contribution.



Did you forget your Easter Offering?
Envelopes are still available in the pews.



Minnesota Twins

vs.



Cleveland Guardians

Tuesday, June 21, 6:40pm at Target Field

Join members of your Episcopal family for a night out at the ball game!

Reserved Cub Family Section seats

\$20.00/ticket

FREE hotdog and Pepsi included in ticket price
No alcohol allowed in the Cub Family Section

Reserved Field Box Section 126 seats

\$37.00/ticket

Located down the 3rd base line near the Gray Duck Deck

happy
birthday

Special Blessings to all our
May Birthday Trinitarians!

07 – Janet Marquette
10 – Gary Wedl
13 – Gail Weber
17 – Joyce LeClaire
19 – Shar Baughman
20 – Chris Robinson
20 – Dick Anderson
21 – Jennifer Warner
22 – Laura Huston
22 – Gary Simonsen
25 – Bruce Wilson
28 – Gideon Campbell

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.



Liturgy Ministry Rota —Easter—May 2022

May Altar Guild: Daryl Herrmann and Kate Hansen

<u>Ministry</u>	<u>May 22nd</u>	<u>May 29th</u>	<u>June 5th</u>	<u>June 12th</u>
Greeter	Ginny Anderson	Jane Lindenfelser	Daryl Herrmann	Ann Wedl
Usher	Jerry Waite	Ben Bastyr	Gary Wedl	Gary Wedl
Acolyte	Lyla Aaland	Daryl Herrmann	Mo Campbell	Lyla Aaland
1st Reader	Dustin Campbell	Larry Brugger	Jane Lindenfelser	Mo Campbell
2nd Reader	Dustin Campbell	Larry Brugger	Jane Lindenfelser	Mo Campbell
Prayers	Jane Lindenfelser	Pauline Hoffine	Linda Krieger	Mary Dare
Chalice 1	Lyla Aaland	Jane Lindenfelser	Mo Campbell	Daryl Herrmann
Chalice 2	Daryl Herrmann	Mary Brugger	Daryl Herrmann	Lyla Aaland

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

Holy Trinity Happenings — Eastertide Season

May 22nd	10:00 am 6th Sunday of Easter, Holy Eucharist and Sunday School Rogation Sunday LAST DAY OF SUNDAY SCHOOL
May 26th	Ascension Day Fr. Rob's "Going Away Party" at Rockwoods in Otsego 5:30 pm; <i>Have you signed up?</i>
May 29th	10:00 am 7th Sunday of Easter, Holy Eucharist Holy Baptism of Gideon Campbell and Bruce Wilson
May 30th	Memorial Day - Drive safely!
May 31st	The Visitation of the Blessed Virgin Mary
Coming in June...	
June 5th	Fr. Rob Cavanna Farewell Eucharist/Potluck/Pentecost Sunday! Wear Red
June 18th	9:00-3:00pm Books, Brats and Bake Sale. More information to come.

Holy Trinity is an Episcopal church in the worldwide **Anglican Communion** which has **80 million members in over 160 countries**. We grew out of the Protestant Reformation and are both Protestant and reformed Catholic.

Thank you for joining us today.

If you should have any questions, please see Fr. Rob.



**You Are Cordially Invited to
Fr. Rob's Going Away Party!**

When: Thursday, May 26, 2022 5:30 pm

Drinks & Dinner

*Please understand that each guest will be paying
for beverages and a meal of his or her choice*

Where: Rockwoods, 9100 Quaday Ave NE Otsego

Come and celebrate 10 years of ministry at Holy Trinity!
Show your appreciation for his warm pastoral care and all his
work in building a "beloved community!"



Sign up on the sheet near the office so we can get a reliable count of the number coming.

— HOLY TRINITY EPISCOPAL CHURCH —
SPRING SALE



**YUMMY
BRATS**



**BAKED
GOODS**



**USED
BOOKS**

Saturday, June 18 from 9AM to 3 PM—Parish Hall



LIVE STREAMING

**Facebook Livestream
Media Tech Volunteers
Needed!**

*Interested in learning how to help make our
worship happen electronically?*

*We will train you and help you through the process until you
are comfortable. Contact the office if you are interested.*



HELP! HELP! HELP!

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



**ACOLYTES
ALTAR GUILD
CHALICE BEARERS
GREETER LECTOR
PRAYERS USHER**

*I would like to update these
worship servers lists.*

*Contact Fr. Rob or Emily in the office for information
on how you can be involved! Please consider signing up.
You are needed!!*

ACOLYTES!

ALTAR GUILD!

WE ARE IN DESPERATE NEED

of men and women acolytes and Altar Guild members!
Please see Fr. Rob or email the office of your interest.

Do you miss ironing, the sound of the creaky ironing board, the smell of the heated fabric? Well, have I got a job for you! Seriously, we need altar guild members. I love every aspect of this mission: coming into the church when it is quiet to set up the altar and I can be prayerful and reflective, caring for the altar and altar linens, seeing the altar at church all set up nicely because of your work. And sharing that commitment with other parishioners. If you might be interested, call the office or talk to me, Gail Weber, or Father Rob. Someone will train you and work with you until you are comfortable working on your own.

From Bishop Loya

Beloved in Christ,

Bernard of Clairvaux was a twelfth century monk who framed the spiritual life as four degrees of love we progress through on the path toward emotional and spiritual maturity. The first degree is love of ourselves for our own sake. This is, say, a baby's tendency to focus on getting their own basic needs met. The second degree is love of another (or God) for our own sake. This is our tendency to love someone for what they do for us (I love you because you give me food!). The third degree is love of another (or God) for their own sake. This is an altruistic tendency we might take toward a child or a spouse, where we take delight in another and in their good without reference to what we get in return from them.

The fourth degree of love is, surprisingly, love of our selves for God's (or another's) sake. This kind of love is not about being selfish or self-centered, but about learning how to see ourselves as God sees and loves us. God delights in us, God embraces us despite and in all of our many failures and shortcomings. When we learn to see and love ourselves the way God sees and loves us, then we are truly set free to participate fully in God's mission of healing the world with love. When we learn to see and love ourselves as God does, we know that we are and we have enough, and we can let go of all our competing, comparing, and anxious striving, and meet everyone around us with the same curiosity and delight with which God meets us.

In a world where we all have to carry small and large grief each day, in a world so clearly marked by massive injustices, chasms of inequality, where war still rages and where, just this past week, another mass shooting reminded us again how easily white supremacy's violent ideations are propped up by our repeated failure to enact basic gun control laws, it's easy to be discouraged and overwhelmed. What can we do in the face of so much?

Whatever we do will only be good and faithful if it emerges from people who are so deeply rooted in God's endless love that it permeates every encounter we have and everything we do. Bernard's fourth degree of love is the stuff saints are made of, and what our world and our church need most is people whose lives brilliantly reflect the endless love of God. As we allow ourselves to be possessed and overtaken by that love and that Spirit, we can, little by little by little, join God in turning the nightmare we often see into the dream of Beloved Community.

Grace and peace,

The Right Reverend Craig Loya

X Bishop

Episcopal Church in Minnesota



A SPECIAL MESSAGE FOR YOU OUR GUEST!

We extend a special welcome this morning to those who are single, married, divorced, gay, filthy rich, dirt poor and yo no hablo Ingles. We extend a special welcome to those who are crying newborns, skinny as a rail or could afford to lose a few pounds. We welcome you if you can sing like Andrea Bocelli or you can't carry a note in a bucket. You're welcome here if you're "just browsing," just woke up or just got out of jail. We don't care if you haven't been in church since little Bobbie's Baptism. We extend a special welcome to those who are over 60 but not grown up yet, and to teenagers who are growing up too fast. We welcome soccer moms, NASCAR dads, starving artists, tree-huggers, latte-sippers, vegetarians, junk-food eaters. We welcome those who are in recovery or still addicted. We welcome you if you're having problems or you're down in the dumps or if you don't like "organized religion". We've been there too. If you blew all your offering money at the horse track, you're welcome here. We offer a special welcome to those who think the earth is flat, work too hard, don't work, can't spell, or because Grandma is in town and wanted to go to church. We welcome those who are inked, pierced or both. We offer a special welcome to those who could use a prayer right now, had religion shoved down your throat as a kid or got lost in traffic and wound up here by mistake. We welcome tourists, seekers and doubters, bleeding hearts and YOU to Holy Trinity!

Fr. Rob and all the Holy Trinity Faith Community.

**MAY
IS**

**MENTAL
HEALTH
AWARENESS
MONTH**



What's a Recovery eucharist? 12 step recovery is a spiritual discipline. With 12 step spirituality, millions have had life-transforming experiences. Join us as we celebrate recovery and explore how 12 step spirituality and worship together create a powerful experience.

RECOVERY EUCHARIST

Wednesday, June 1, 6-7:30pm

St. Mark's Cathedral, Minneapolis

Recovery from substance abuse is an act of great faith and great courage. The recovery movement and the spirituality that grounds it is enriching not only for those in recovery but for all of us as disciples seeking and experiencing God's grace. Many twelve-step groups meet in our buildings and their presence further serves to hallow our sacred spaces. All—Episcopalian and not—are welcome to celebrate the immense spiritual gifts of recovery in community at this joyful gathering. Please share this invitation with all in your life and in your communities who are in recovery.



Holy Trinity Episcopal Church
1326 4th Street NW, PO Box 65 Elk River, MN 55330
763-441-5482 office@holytrinityelkriver.org



Home of The Angel of Hope
The Rt. Rev. Craig W. Loya, X Bishop of ECMN

Priest-in-Charge: Fr. Rob Cavanna	320-339-4852
Senior Warden: Daryl Herrmann	269-580-9040
Junior Warden: Gary Wedl	763-427-0776
Liturgy: Gail Weber	612-850-4250
Pastoral Care: Lyla Aaland	763-218-6076
Education: Emily Schroeder	763-227-8269
Evangelism: Wes Gadsden	813-992-9949
Service: Dave Raitz	763-280-0786
Treasurer: Mary Brugger	320-267-3343
Secretary/Clerk: Ann Wedl	763-427-0776
Music: Bea Bastyr	763-441-4068
Altar Guild: Gail Weber	612-850-4250
Women's Group: Linda Krieger	763-441-7072
Pauline Hoffine	763-688-4540
Men's/All Parish Group: Dave Raitz	763-280-0786
Little Free Library Steward: Ann Wedl	

Office Staff: Emily Granlund

Office Hours: Wednesday 10-4pm Tuesday/Thursday: 10 am—3 pm,

Fr. Rob's Office Hours:

Wednesday: 10 am-4pm and by appointment

For emergencies please call Fr. Rob Cavanna

Cell Phone: 320-339-4852

fr.robcaavanna@gmail.com

Church website: holytrinityelkriver.org

feel the love!

