



HOLY TRINITY
EPISCOPAL CHURCH

TRINITY TRIBUNE

feel the love!

March 2017

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

Dates to Remember

- | | |
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| 1 | Ash Wednesday
7:00pm Lent Begins |
| 4 | Lenten Quiet Day/Retreat
Sister Kate Maxwell
10:30am-1:00pm |
| 5 | Adult Lenten Forum
Sister Kate Maxwell
11:20am-12:00pm |
| 12 | Youth Sunday and CAER
March Foodshare Collection
Daylight Savings begins |
| 18 | ECMN Discernment meeting
9:00am-12:00pm |
| 20 | Feast of St. Joseph |
| 25 | Annunciation of Our Lord
Jesus Christ |

How to Reach Us

Address	1326 4th St. Po Box 65 Elk River, MN 55330
Office Hours	Wed/Thurs/Fri 9:00-12:00pm (Sept-May) Clergy office hours Wednesday 10:00—12:00
Phone	763.441.5482
E-mail	office@holytrinityelkriver.org
Website	Holytrinityelkriver.org

Our Mission Statement

Holy Trinity is a diverse and multi-cultural community which listens to God's word and does God's work. Wherever you are in your journey, you are welcome here.



LENTEN THEME: GROWING IN FREIENDSHIP WITH JESUS

January and February have flown by us. We held our Annual Ministry and Business Meeting on January 15, 2017 and you elected three new people to the Vestry, namely, Dick Anderson, Kate Hansen and Christine Peterson. Thank you to them for offering to serve in this important ministry of overseeing the church's finances, plant and mission in the world. Special thanks also to Jane Lindenfelser and Deb Krogman for their years of service on the Vestry. We appreciate all they did to help build up and grow the Body of Christ in Holy Trinity!

We had close to 40 people participate in our Annual Newcomers' Dinner on February 13, 2017. Thank you, Sue and Jeff Nagorski and all helpers! It was a spectacular meal and evening! We have 15 new members between new ones and those who had been with us in the past and now have returned to Holy Trinity. Please remember to welcome and introduce yourself to these new people: Carol Weber, Dick Gardner, Norma Mohr, Eric Hawkins, Gary Simonson, Danny Liberto, Sherry Tyler, Ray Marketon, Brad and Valerie Patraw, Shar Baughman, Olive and Marion Taylor and Nancy and Jon Lloyd. (If I forgot someone, please forgive me). Thank you to each of them for choosing Holy Trinity to be their faith community. We're so glad to have you join our diverse and growing parish.

I'd like to focus this month on what it means to choose a Lenten Discipline and the meaning of "fast" and how it offers us many choices. This all fits under our Lenten theme for this year: **Growing in Friendship with Jesus!**

On March 1, 2017, Ash Wednesday, we entered the season of Lent. It's not insignificant that Lent lasts for forty days and not by accident. The number forty was evidently suggested by the forty days of fasting recorded in the scriptures: Moses, and Elijah, and especially Jesus himself (following his baptism) all fasted for forty days... which, in these days is quite counter-cultural.

I suspect that if I were to stand on a street corner here in Elk River or, say, in Minneapolis, and take a random survey asking people, "What comes to your mind when you hear the word 'fast'?" I suspect that most people would say something about the pace of life these days: **it is fast, probably too fast.** They would talk about the word "fast" as an adjective of speed and not as a verb of abstinence. Curiously, there is a common etymology for both connotations of the word. "Going fast" – traveling or working fast, or having a fast connection to the internet – *that* kind of fast comes from the same etymological root as "fasting," in the sense of abstaining from food.

Our word "fast" comes from the Old English *fæsten*, which denoted "firm," such as "to hold fast" to some decision or principle. "Hold fast." We also may talk about a "a long, fast friend," meaning someone who has been a secure friend, someone who has been tight with you – a steadfast friend. This word "fast" came to be a

verb, applied to the abstinence of food because of one's "holding fast to a particular observance" which was a firm resolve. This etymological development in English seems consistent to the way the scriptures speak about fasting. Fasting, not in the sense of eliminating something or denying yourself of some food, **but fasting in the sense of holding firm, of fastening our resolve to a kind of discipline or practice. Fasting: more an affirmation of some principle rather than a renunciation of some desire.**

So, for example, Jesus talks about fasting in the Sermon on the Mount directly in the context of his teaching about giving and praying. It's as if there is a pre-sumption that giving, and praying, and fasting are all a part of Christian devotion. In Matthew's gospel, we hear Jesus' saying, "When you fast...." (Not "if," but "when....") He seems to make the assumption that people would hold firm to the practice of fasting, and what people actually needed was instruction on *how* to do it properly. **What might fasting look like for you as you progress through this season of Lent?**

- For some of us, fasting from food may be a grace of identification with so many in this world who do not choose to deny themselves of food. There may be some particular people whom God brings to your attention – those in our own nation or beyond – for whom your heart, your prayer, your intercession, your financial support opens up through *your own* discipline of fasting. ...*"For God so loves the world,"* so much of which hungers. **For some of us, fasting from food (or from *some* food or *some kinds of food*) may be meaningful.**
- **For some of us, fasting may be a way to temporarily abstain from what is new and rather to pray with what is now, already.** To be satisfied – to be sated – or content with what is already there in our lives. This may be a kind of temporary detachment from the consumer culture that surrounds us and may give us a sense freedom or focus or perspective to steadfastly re-engage with our life. To fast from what is new, and to pray with thanks-giving for what is now, already, in our lives, praying with thanksgiving for the grace of contentment with our lives, for what we now have and where we now are.
- **For some of us, fasting from food may symbolically and physiologically get us in touch with other "hungers" and "longings" and "thirstings" and "desirings" (to use language from the Psalms).** Maybe your own hungers and longings and desirings; maybe someone else's with whom you can identify. What do they crave? What do you crave? Fasting may clarify these hungers and focus your prayer for your own life or someone else whom you love.
- **For some of us, either because we cannot fast from food for physiological or psychological reasons, or because our attachment to food isn't as much the issue as our gorging on something else, the grace of fasting may have some other focus.** For some of us it may be helpful throughout Lent to fast from worry, or to fast from regret, or to fast from revenge, or jealousy, or lust, or multi-tasking, or over-activity, or whatever else consumes us. **We may find this season of Lent as a period of time to give up something that bloats our souls and consumes our attention. And we pray, Christ, for the grace of liberation.**

You may find it a helpful discipline during Lent to fast in the sense of eliminating some food or preoccupation or distraction or habit so as to make space for some greater good, such as awareness or empathy or solidarity with God's people, God's causes in the troubled world that surrounds us. It may also be helpful to practice a fast in the sense of "holding fast" to a particular observance or discipline which is not a renunciation but an affirmation. You may find an invitation in your soul to do something different, something more, with your time or your money. You may make some kind of daily resolve to practice an act of kindness or generosity with your spouse or partner, with one or more of your colleagues, or neighbors, or fellow Trinitarians or family members. **May-be to write a "love letter" every day.** Not a business letter; not a letter of duty; but a love letter every day to someone whom you're simply telling that they are remembered, that they matter, that you care for them, that you pray for them. Holding fast to that kind of lenten discipline.

I'll suggest we pause here for a few moments. What about this notion of fasting? Of holding fast to a kind of practice during this season of Lent. Is there something that comes to mind that would be beneficial for your soul to give up? Is there something that comes to mind that would be beneficial for your soul to take on? to

help you bring focus to God's presence and God's work in your own life and in the world around us? Pray and ponder these questions and decide what you want to do.

John Cassian, a monk of the fifth century, writes how, in the tradition before Jesus, the observance of a fast was obligatory from time to time. Cassian writes that, since Jesus, fasting is a voluntary devotion, what he calls an "efficacious sign of detachment" from the world and an "attachment to God alone." **Fasting is a way of fastening on to what is most important, that first love, that ultimate desire, and it may help leave space within us to receive more of a taste of the eternal food Christ promises to us, and to our friends and to our neighbors, and to our enemies: the eternal food which will ultimately satisfy forever.** John 6:27; 6:55f.

Pray that we fast in a more meaningful way this Lent and that as we do so we give God the chance to convince us of his desire for our friendship. Pray too that we learn how to welcome Jesus into our life this Lent as a friend and that we learn how to trust Him.

In closing, make a commitment to make this Lent your most meaningful one by participating in the Ash Wednesday Eucharist on Wednesday, March 1, 2017, at 7:00 pm. **Bea Bastyr has very generously offered to make soup for a simple Lenten repast that evening at 6:00 pm in the Parish Hall. PLEASE JOIN US FOR THIS SIMPLE MEAL AND PARTICIPATE IN THE LITURGY AT 7:00 PM. It won't be a late evening.**

Have a Holy and Blessed Lent! Start it out by signing up for and participating in the **Lenten Men and Women Spiritual Spa** on Saturday, March 4, 2017, 10:30 am to 1:00 pm with Yours Truly and Sister Kate Maxwell, OSB, an Episcopal Benedictine and member of the Order of the Companions of St. Luke. If you can't make the Quiet 1/2 Day, please be with us on Sunday, March 5, 2017, for worship and **A Lenten Forum with Kate Maxwell, OSB**, following the liturgy.

Grow in your personal friendship and relationship with Jesus this Lent, stay well, be good of heart and let go, let God!

Your humble servant in Christ,

Fr. Rob+



SPECIAL LENTEN QUIET DAY/RETREAT/SPIRITUAL SPA for MEN AND WOMEN WITH SISTER KATE MAXWELL, OSB

LENTEN THEME: **GROWING IN FRIENDSHIP WITH JESUS**

Saturday, March 4, 2017, 10:30 am to 1:00 pm. Snack provided. Free will offering.

10 REASONS YOU NEED THIS HALF QUIET DAY:

- 1) Life in Christ requires the same kind of vigilance, preparation and training that an individual undertakes as an athlete.
- 2) You need calm in your life where God is at the center.
- 3) You will be able to renew and deepen your faith.
- 4) You need to be something greater than yourself. This quiet time will help you discern the direction of that "something greater."
- 5) You need to give God a chance to convince you of his desire for your friendship.
- 6) You will experience the unbelievable love and generosity of God towards you and all persons.
- 7) You will understand what it means for your life that God wants to be friends with you.
- 8) You will understand how to offer yourself totally to God through your gifts and talents.

9) You will learn how to welcome Jesus into your life as a friend and learn how to trust him.

10) Lent will be more meaningful to you because you took this short time to think about yourself, your life, its purpose and direction.

SIGN UP ON THE SHEET ON THE TABLE NEXT TO THE OFFICE.

It will be the best 2 and 1/2 hours of your year!

EVANGELISM

SUE NAGORSKI

We had a fabulous time at our 2016-2017 New and Retuning Member dinner.

Held on Feb 3rd we had no bad weather to deal with and everyone arrived without delay.

Soft lighting and clothed tables help set the mood for a fantastic evening! After a thoughtful Grace, we dined on Grilled Pork chops, salad and potatoes. Jeff served wine from his Under the Floor Cellar. Very fine wine! Sherry Tyler brought her fabulous and forever famous Malibu Rum cake for dessert, and it was enjoyed by all! Thank you, Sherry!

Father Rob did a fabulous presentation on who we are in the Episcopal Church and everyone took a minute to introduce themselves. It put a personal touch on the whole evening to hear everyone's story on their experience of joining our church family.

Thanks to Linda and Britney for their help on setting tables. Linda for her extra bread baskets (and other dishware) and expert tree lighting skills. Thanks to Nancy, Gina and Kate for helping with serving and cleanup. They were my right hands in the kitchen. Also, to Dan, Linda and Pam with helping serve and cleanup. Thanks to Julie and Dave Raitz, for providing a ride to a few of our great newcomers. I hope I did not miss anyone. Please know how appreciated you all are.

Pitching in to help is what makes things work at Holy Trinity. It is with God's blessing how everything just falls into place as we enjoy the evening, and how full our hearts feel as we walk out the door after a great time together. It makes me happy to be a part of it. Welcome and Welcome back to Holy Trinity! I am looking forward to Lent and Easter with all of you!

Many blessings,

Sue Nagorski

SERVICE

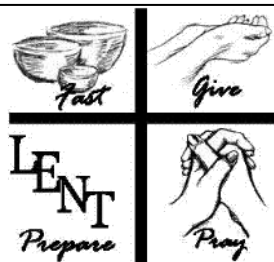
DICK ANDERSON

Just to recap what has been done in February the application to renew our interest in maintaining and cleaning river place park twice a year has been filled out and turned in to the park board. Also the application for the brat stand at cub foods has been filled out and turned in. We will find out some time in March if we get picked. I will keep everyone posted. Flyers have been put up at several locations in Elk River for the blood drive. Thanks to Nancy and everyone that is helping on February 25th.

Lent starts March 1st. See you all in Church.

Blessings,

Dick Anderson



LITURGY

KATE HANSEN

The Liturgy Committee (Fr. Rob, Bea Bastyr and I) met to discuss Lenten Liturgies. The Lenten Theme: ***Growing in Friendship with Jesus***. We are hoping that you will attend the Ash Wednesday Service and the soup and bread dinner being served before worship. Because Lent is a time for daily devotion, we also encourage you to use the Lenten Devotions/Meditation booklets which will be available this Sunday as a tool for deepening your connection to Jesus during the season of Lent.

Would you like to expand your Lenten experience by participating in a midweek service? Father Rob has offered to hold a service at noon each Wednesday during Lent. Please consider signing up. The sign-up sheet is on the round table next to the office. Thank you and may this Lent be an especially holy time for you.



HOLY WEEK AND EASTER SERVICES SCHEDULE

Sunday, April 19, 2017, PALM SUNDAY WITH **PROCESSION AND PALM FRONDS**, Holy Eucharist and Sunday School, 10:00 am

Thursday, April 13, 2017, MAUNDY THURSDAY LITURGY, **AGAPE DINNER WITH HOLY EUCHARIST AND STRIPPING OF THE ALTAR**, 6:30 pm

Friday, April 14, 2017, **GOOD FRIDAY SERVICE WITH HOLY COMMUNION**, 7:00 PM

Sunday, April 16, 2017, **RESURRECTION/EASTER SUNDAY, FESTIVE CHORAL EUCHARIST**, 10:00 am.

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

Special Blessings to all our March Birthday Trinitarians!

03 -- William Simmons	20 -- Jeanne Simonsen
05 -- Megan Nagorski	21 -- Wiltie Russell
10 -- Ione Nichols	26 -- Linda Krieger
20 -- Nevaeh Sheck	

Contemporary Ensemble and Sr. Choir Rehearsal

March 2nd	6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal
March 9th	6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal
March 16th	6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal
March 23rd	6:30 Contemporary Ensemble Rehearsal 7:30 Sr. Choir Rehearsal

CROSS

BY CHARLOTTE ANDERSON

When our burdens become too heavy
And no one seems to care
We lift our hearts to God
For he is always there

Our bodies are so weary
From carrying the load
Of life's many perils
Traveling life's destined road

When our mountains fall to the sea
And our craft, rough waters toss
God will hear our cry for help
And for us bear our cross

Ministry Rota



HOLY TRINITY EPISCOPAL CHURCH

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

Altar Guild	Gail Weber and Scott Svoboda				
	March 1	March 5	March 12	March 19	March 26
Greeter	Gina Cavanna	Dan Krieger	Olive Taylor	Jane Lindenfelser	Nancy I./ Nel L.
Child Care	Pam Toven	Pam Toven	Pam / Alex	Pam / Alex	Alex
Usher	Dick Anderson	Wally Kaminsky	Adrian Russell	Dan Krieger	Dave Raitz
Acolyte	Deb Krogman	Eric Andersen	Wiltie Russell	Matt Krieger	Deb Krogman
Reader 1	Melanie Svoboda	Melanie Svoboda	Gail Weber	Neil Larson	Kelly Simmons
Reader 2	Ken Schultz	Carl Newberg	Rosemary S.	Ken Schultz	Gail Weber
Prayers	Kate Hansen	Sherrill Newberg	Jane Lindenfelser	Linda Krieger	Linda Krieger
Chalice 1	Scott Svoboda	Kate Hansen	Julie Raitz	Scott Svoboda	Marion Marshall
Chalice 2	Melanie Svoboda	Sherrill Newberg	Molly Stewart	Kate Hansen	Julie Raitz
Counter	Linda Krieger	Kate Hansen	Molly Stewart	Deb Krogman	Jennifer Warner
Coffee	N/A	Soup and bread	Soup and bread	Soup and bread	Soup and bread
Psalm	Psalm 103 or 103:8-14	Psalm 32	Psalm 121	Psalm 95	Psalm 23
Lesson 1	Joel 2:1-2,12-17 or Isaiah 58:1-12	Genesis 2:15-17; 3:1-7	Genesis 12:1-4a	Exodus 17:1-71	Samuel 16:1-13
Lesson 2	2 Corinthians 5:20b-6:10	Romans 5:12-19	Romans 4:1-5, 13-17	Romans 5:1-11	Ephesians 5:8-14
Gospel	Matthew 6:1-6,16-21	Matthew 4:1-11	John 3:1-17	John 4:5-42	John 9:1-41

HOLY TRINITY EPISCOPAL CHURCH

Priest-in-Charge	Fr. Rob Cavanna	320-339-4852
Associate Priest	Fr. Ken Toven	218-259-6887
Parish Admin.	Pam Toven	218-259-6882
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 Kate Hansen	763-441-7072
Women's Group Treasurer	Deb Krogman	763-225-7773
Men's Group Chair	Ben Bastyr	763-441-4068
Youth	Fr. Ken and Pam	218-259-6887

HTEC VESTRY MEMBERS

Senior Warden	Dan Krieger	763.441.7072 H
Junior Warden	Tim Ecklund	763.276.1434 H
Service	Dick Anderson	612-812-2581 C
Liturgy	Kate Hansen	763-441-6061 H
Education	Molly Stewart	763.753.6898 H
Evangelism	Sue Nagorski	612.868.9263 C
Pastoral Care	Christine Peterson	612-968-3445 H
Treasurer	Jeff Nagorski	763-234-5000 C
Vestry Clerk	Gina Cavanna	320-291-5456 C