



HOLY TRINITY
EPISCOPAL CHURCH

TRINITY TRIBUNE

feel the love!

October 2017

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

Dates to Remember

7	Blessing of the Animals
8	Stewardship Begins & Book Club Meets
14	Women's Group
15	Sweet Shoppe Vestry Meeting
18	St. Luke the Evangelist
22	Fall Clean-Up Day after Coffee Fellowship
23	St. James of Jerusalem, Brother of our
28	Sts. Simon and Jude
29	North Star Boys' Choir in Eucharist
11/11	Fall Bazaar

How to Reach Us

Address	1326 4th St. Po Box 65 Elk River, MN 55330
Office Hours	Wed/Thurs/Fri 9:00-2:00pm (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.



We began the new Program/Academic Year with a most meaningful Renew/Rally **Sunday on September 10, 2017. We blessed the kids' backpacks, the Sunday School teachers and enjoyed a delicious Pot Luck Lunch with hamburgers, brats and hot dogs hosted by our very capable and committed Vestry.** Our theme this past month has been Renew, Refresh, and Re-energize! Create in me a clean heart, O God, and renew a right spirit in us. This is from Psalm 51:10 and very aptly expresses our desire for renewal this time of year - renewal of spirit and of re-dedication to Jesus Christ as our Lord and Savior.

On Sunday, September 17, 2017, we joined with thousands of churches across the country observing Back to Church Sunday. Thank you to those of you who **distributed flyers in peoples' newspaper boxes and elsewhere.** On September 30th we again went to Feed My Starving Children headquarters in Coon Rapids to pack food for the starving children of the world. Thank you to all of you who formed the Ministry Team that day giving up of your time on a weekend to **be Christ's hands and feet!**

As you well know, this is an extremely busy time of year. Calendars fill up quickly and people become very busy and easily stressed. This is exactly why as Christians we should be giving encouragement to others. For these reasons and many more, **I'd like to focus this month on giving each other encouragement.**

As the fall progresses, we will predictably see and hear a multitude of geese making their way from Canada and the northern United States southward to warmer climates. **Ornithologists call this "The Atlantic Flyway," and they estimate more than 600,000 geese will make their way through these parts this autumn.** These geese do not fly alone; they need one another to travel the way. And so there are certain habits which the geese teach each succeeding generation as gleaned from Science magazine:

- The geese fly in a V-formation, synchronizing their flapping. The V-shape makes the geese much more energy-efficient with vortices of air created **by each goose's flapping giving some air-lift** to the birds that follow and also lessening the drag for the birds behind. The V-formation also makes it easier for the geese to maintain visual contact with each other and communicate which helps navigation and flock cohesion. Scientists estimate **that the geese's flying in V-formation enables them to fly "upwards" [sic] to 70% further than if they were flying alone... which they won't do.**
- The first goose in the V-formation faces the greatest resistance in wind. When the lead goose tires, it rotates out of the lead position and moves to the rear where it is literally carried on the wing-draft of the geese that precede. This rotation happens continually whenever the lead goose tires but before the lead goose is too tired to be a follower.

- The geese also communicate by sound – **don't we know it! – making a "honk" (if a male) or "hink" (if a female)**, each individual goose having its own recognizable voice. Geese have a vocabulary of two dozen or so different distinct sounds, used to maintain directions for the flight pattern, to encourage stray birds to maintain the correct speed and formation, to warn about predators, to address confusion and to locate places for food and rest.
- **And if a goose is disabled to continue in the air with the airborne group, called "the skein of geese," that goose will land... but not alone. Typically two other geese will fall back to care for and companion the ailing goose.**

This fall watch these majestic patterns of geese flying in V-formation in the air. I want to use this image of **geese enabling one another both to travel the way and to enable one another to reach their journey's end** as a metaphor for encouragement, mutual encouragement. We need to be encouraged – we all do, you do. In **the First Letter to the Thessalonians, St. Paul writes, "encourage one another and build up each other..."** The practice of encouragement is encouraged repeatedly in the Scriptures – Acts of the Apostles, Romans and Timothy to name some scriptures.

Encouragement is an amazing thing. **The English word "encouragement" comes from the Old French, "corage," which is the French word for "heart."** Encouragement is a balm to the heart. Encouragement will bind up the broken hearted, just as Jesus promises us. **When Jesus says, "No one has greater love than this, to lay down one's life for one's friends," you do not necessarily have to share blood, sweat, and tears for others, at least not every day. But every day you can lay down your life for others by bowing before them. Acknowledge their dignity, their amazing worth, their wonderful work, the reality of their giftedness, the essence of their loveliness. This will change their day, and change their lives, and make an eternity of difference. Encouragement will convert someone's fearful heart, or lonely heart, or a heart of stone into the new heart that God promises. Ezekiel 36:26. Encouragement is how courage gets into our hearts. Encouragement produces courage; encouragement makes us strong, very strong. It is as simple and profound as these sentiments. Encouragement: you have the need and you have the power.**

You need encouragement, particularly if you do some things very well, if you bring sustenance and delight to **other people's lives and if you are dependable.** If so, you will likely be taken for granted but you will not be taken with gratitude. At least gratitude will probably not be expressed to you. Not often. **It's not because the people whose lives you touch aren't dependent on you; nor that they are without gratitude for who you are and what you do. But in a kind of paradoxical way, the better you perform, and the more dependable you are, the less likely you will hear praise and gratitude... which would be so encouraging to you.**

Those who look to you and depend upon you probably have a subconscious sense that who you are and **what you do simply emanates from you... and so you are left alone to do what you do so amazingly and predictably well. Surely you know you are wonderful? Surely you know how much you matter? Surely you know how grateful we are for you? Surely? But you actually don't know this.** You might have known this once but you've long since forgotten it.

If people depend on you for something, you are not "down and out," but rather "up and out" and you can easily feel estranged all the same. Your need to be remembered, thanked, encouraged is great. And you're probably not going to admit this point. Unless you blow up or break down and lose your veneer, you're not going to admit you need to be remembered, thanked, supported, encouraged.

Do you remember that scene in "Fiddler on the Roof" where Tevye asks his wife of 25 years, Golde: "Do you love me?" He implores her again and again, "Do you love me?" There's every reason he *should* know he is loved, Golde reminds him but Tevye rather desperately needs to be reminded, or rather, he needs to be told explicitly that he is loved. And so for us. Most of us have short-term memory loss whether we matter and are appreciated – encouraged! – especially in what we do well. I'm probably speaking about you.

We also need support and encouragement as daily bread because of the very personal ways in which we otherwise suffer alone. When we fail, or when we feel ourselves a failure, we suffer three losses: estrangement from God, from other people, and from ourselves. **It's the latter** – our relationship with our own self – that is the lynch pin in all our other relationships.

No matter how much we may belong to other people – in a marriage, to professional colleagues at work or fellow volunteers, or to precious family members and friends – no matter our bonds to other people, the most important relationship we wake up to every morning is our relationship to our own self: whether we are on good speaking terms with our own self; whether we can love, honor, forgive, and enjoy our own selves. The degree to which we can love ourselves will set the bar for how we will relate to others and to God. We will love others the way we love ourselves, just as Jesus said in Mark 12:31-33 and Luke 10:27. We have a great need for the conversion of our existential condemnation and loneliness into a most splendid solitude. The conversion of loneliness into solitude. **There's a reason why we cannot do this alone!**

All of us make mistakes, suffer failures, miss the mark, experience ourselves disappointing. This begins in our early childhood. **We learn about our failures and inadequacies from others and whether or not others' judgment of us is accurate or helpful we will probably believe it and even collude with it as we grow older.** We are graded in life, first by others, then by ourselves. No matter how good we are, we always could have been better. If left to our own devices, our own mean judgments, we will almost inevitably score poorly. **We could have been, should have been better, don't we know.**

There's no way out of this downward, internal spiral unless we are rescued by love. It's otherwise hell, all the way to hell. We are secretly condemned and sentenced to a lifetime, an eternity of inadequacy, failure, and estrangement unless we are rescued by love: someone who will bequeath dignity, worth, recognition, and gratitude upon us, encouragement for us because of who we are and what we do. We simply cannot grasp this alone: that we are precious, and amazing, and of inestimable value unless this truth is mirrored into our being by another person. We need to give and receive support and encouragement for one another as "daily bread."

Encouragement is a need we all have; encouragement is a power we all have. Unleash that power. Watch the airborne geese this fall as an inspiration for encouragement. You have within your heart an almost endless supply of encouragement for other people. Practice it! Even if you are running short on receiving encouragement, practice encouragement, and you will reap what you sow.

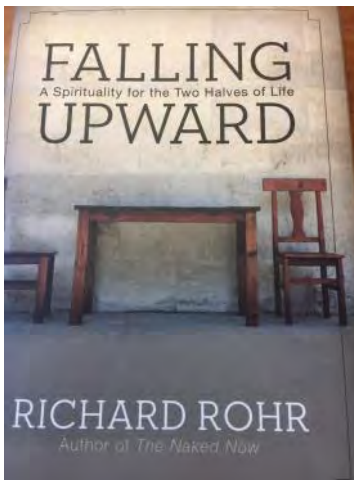
Pray that each of us encourages one another and builds each other up as it reads in 1 Thessalonians 5:1 - **"Therefore encourage one another and build each other up, just as in fact you're doing."**

October will be filled with many and varied activities. We will begin our Stewardship Campaign this month. See an article about it in this Newsletter. The Annual Blessing of the Animals will be held on October 7th. We have a very active Committee working on all aspects of this major community wide outreach event. Thanks to all of them for planning and coordinating all aspects of it from the Bloodmobile to the crafts and the complimentary lunch. On October 15th we will bless our Little Free Community Library which was just re-painted by Tim Ecklund and on November 12th we will bless the brand new church piano during **the 10:00 am Eucharist and on October 29th we will host the North Star Boys Choir. We can't forget the Annual Holiday Bazaar on November 11, 2017, which is a major fund-raiser and Regional Wide Event.**

People come from St. Cloud, Minneapolis and St. Paul as well as from all over the Twin Cities for this very **popular event. (Read in another article about this fall's exciting Book Study** - the book is Falling Upward by Fr. Richard Rohr).

Holy Trinity is on the grow - growing for Christ and in Christ and building up the Body of Christ in Elk River and the entire West Metro region. Thank you to each of you for your devotion to Jesus, your dedication to Holy Trinity and your commitment to serve others in need throughout our communities and the world! Stay well, be good of heart and let go, let God! Have a phenomenal October and feel the love!

Faithfully in Christ,
Fr. Rob+



Book Study to Begin in October

We will have an exciting Book Study this fall as part of our Adult Formation series. **I'm happy and excited to tell you that we will be reading Richard Rohr's book, Falling Upward: A Spirituality for the Two Halves of Life.**

This book offers a new paradigm for understanding one of the most profound of **life's mysteries: how our failings can be the foundation for our ongoing spiritual growth.**

You don't need to have read the book beforehand nor have any particular credentials to participate in these dynamic conversations.

The book can be ordered on Amazon, Barnes & Noble or purchased at any bookstore. The Publisher is: Jossey Bass.

Please sign up on the sheet on the table next to the office. We'll meet on Sunday's beginning on October 8, 2017, after Coffee Fellowship time. Our time together will be an hour. Please see me if you have any questions. This is open to anyone—men and women.

Blessings,

Fr. Rob+

"Put simply, life is a God-given opportunity to become who we are, to affirm our own true spiritual nature, claim our truth, appropriate and integrate the reality of our being, but most of all, to say 'Yes' to the One who calls us the Beloved."

Henri J.M. Nouwen

Dear Trinitarian:

Life is an opportunity and a journey — **a journey to saying "Yes" to the God who calls us Beloved.** Life is a journey to love, to welcome and to invite; a journey to create peace and to live generously.

In his reflection for November 12, Bishop Robert C. Wright of Atlanta writes:

"When we give, we are participating in the personhood of God. We are participating in what is most real in the universe — God's inexhaustibleness! We are making God real in the world by lending God our flesh through partnership."

The Journey to Generosity is about participating in God's inexhaustibleness. But first we must believe that God's love, healing, and forgiveness are inexhaustible. We must overcome our trepidation about God's nature so that we can say "Yes" to God's call to partnership. We will begin our Stewardship Campaign on Sunday, October 8, 2017 and run through Sunday, November 12, 2017, with our 2018 Pledge In-Gathering on that Sunday. Watch for bulletin inserts and listen to fellow Trinitarians talk about their faith and what Holy Trinity means to them.

If this sounds like a great risk, consider also these words of Bishop Wright: "When we give, you might say, we are rolling the dice in a game, the outcome of which we are already certain. God is love. And loving is giving."

I invite you this year to take the risk of believing the outcome is certain and to participate in the inexhaustibleness of God by confidently joining our journey to greater generosity.

Please prayerfully consider committing to a standard of giving that reflects your standard of living. For many, **that means giving 10 percent (the biblical tithe) of their income to God's work through Holy Trinity.** For others, tithing is a goal they are working toward by increasing their giving two or three percent each year. We



are growing spiritually as well as numerically. Your financial support will help us continue to reach out to the communities we serve and bring others to a love of Jesus!

Let's walk together on this Journey to Generosity so the glory of God might shine brighter through the mission and ministries of our beloved *Holy Trinity*!

Faithfully,
 Father Rob+
 Priest-in-Charge/Lead Pastor
 Dan Krieger, Senior Warden

LITURGY

KATE HANSEN

On Sunday, October 1st, we will start setting up for our annual Blessing of Animals event to be held on Saturday, October 7th. There has been a wonderful response from parishioners willing to help. We will continue set up on Saturday morning at 9:30. Thank you!

The actual Feast of St. Francis is Thursday, October 4, 2017. We will celebrate it in the 10:00 am Eucharist on October 1, 2017 and then again with The Blessing of the Animals on Saturday, October 7, 2017. **St. Francis was a great lover of God's creation before there was such a word as environmentalist. He exemplifies many of the best attributes of what it means to be an environmentalist today. We can learn how to live a life of simplicity from St. Francis and not one focused solely on possessions and material things.**

There are flyers in the church hall available for distribution. Please help to circulate them throughout your neighborhoods.

Joyfully,
Kate

EVANGELISM

SUE NAGORSKI

Welcome Fall. We are busy here at Holy Trinity with events! You have stepped up to create, print and take flyers to distribute to neighbors and friends. You have stepped up to hang posters and distribute even more flyers to local area businesses. Events have been posted on social media, liked, shared, and tagged. WOW! Evangelism is all of us, and all of you, who have stepped up to spread the word about the joyful work of service and worship here at Holy Trinity.

Thank you so much! We are truly blessed in our ability to kindly reach out and share with others.

I hope to see you and all your friends (furry or otherwise) on October 7th, for the Animal Blessing service with Father Rob at 11:00 am, and craft sale, raffle, lunch and blood donations (for those who sign up) 10:30 am-1:30pm. **It's ok to bring a photo of your furry family member if they are no longer with us on earth, or perhaps they are just a little too much "animal" to bring that day. Blessings to them all!**

Thanks to Kate, Nancy, the woman's group, all those who have donated crafts or gifts, and the Blessing of Animals committee! Such a wonderful and loving way to reach out into our community in service to all God's creatures, great and small.

I hope you will also consider saving a life by donating blood on this animal blessing day or signing up your neighbors to do it! (please tell them if you do!)

Call Nancy (763) 412-7131

Or sign up online mbc.org/searchdrives (sponsor code 4404)

Blessings and keep on sharing the good news,

Sue Nagorski

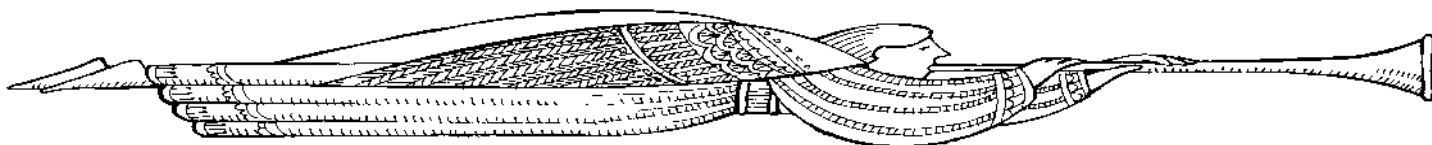
SERVICE

DICK ANDERSON

Fall is in the air, leaves are starting to turn. The fall clean up is Sunday October 22nd. I would like to do the cleanup at the park on the same day. It will only take a few people The kids in the Sunday school could help if possible. Thanks so much.

Blessings,

Dick Anderson



THE ANNUAL HOLIDAY BAZAAR IS NEXT MONTH!

Saturday, November 11th from 9:00 – 3:00

This is a great opportunity to participate in Holy Trinity's annual fundraiser.

Ways you can take part:

SILENT AUCTION - Each year we ask every family (if possible) to donate a "theme basket" for sale at the bazaar. Last year we found that the baskets in the \$25.00 price range sold **very quickly so we encourage the same price range (or less) for this year's baskets.** Some past ideas for baskets include: gardening; bird lovers; book and bath; tea time; car care; pet pampering; fishing; movie night; baby shower; tool time; chocolate decadence; scrap-booking; kitchen gadgets; etc.

HOLIDAY GIFT DONATIONS – Ornaments, bird houses, Christmas Tree Skirts, Holiday decorations, crafts, etc.

BAKERY SHOPPE – Cookies are especially popular. Please help if you can.

THANK YOU!



REGIONALLY KNOWN FAMOUS BOYS' CHOIR TO SING AT HOLY TRINITY

The widely acclaimed North Star Choir Boys under the direction of Francis Stockwell will be singing at the Sunday Worship Service on Sunday, October 29, 2017, 10:00 am.

Come hear this outstanding internationally acclaimed Boys Choir and participate in a very unique Worship Service.

Refreshments served following the service in the Parish Hall. All are welcome!



BLESSING AND DEDICATION OF LITTLE FREE LIBRARY

We will bless and dedicate the Little Free Library on Sunday, October 15, 2017 during the 10:00 am **Eucharist. The Women's Group donated the funds needed to build it and Tim Ecklund** built the library itself. We have now registered it and we will be joining with 50,000 other Little Free Libraries across the country and the world in providing such a service to both young kids and adults.

Tim just recently repainted it and it looks fabulous.

Please be with us as on October 8th as we bless this library and commit ourselves and Holy Trinity to a life of service to others and life long learning!

Fr. Rob and the Vestry



NEW YAMAHA PIANO TO BE BLESSED AND DEDICATED AS A MEMORIAL TO VIRGINIA DUGGAN

The new Yamaha piano in the church will be dedicated in memory of Virginia Duggan, life-long Episcopalian and member of Holy Trinity. Virginia died on February 28, 2017. She was born in 1921 and was 95 years old. The piano is a gift of Judith Larsen, her daughter, James Duggan, her son and **Carlyle Fay, her brother. It is a welcome addition to our church's exceptional music program and** along with our 24 rank organ it enhances and enriches all our liturgies.

Join with the family in remembering this former Trinitarian and devout Episcopalian. Her family will be here for the dedication and blessing on Sunday, November 12, 2017, at 10:00 am. See you on November 12th.

Fr. Rob+ and the Vestry

LITURGY

10:00AM HOLY EUCHARIST

October 1st	10:00am Holy Eucharist
October 8th	10:00 Holy Eucharist Stewardship Begins Book Study Meets
October 15th	10:00am Holy Eucharist & Blessing of Little Free Library
October 22nd	10:00am Holy Eucharist
October 29th	10:00am Holy Eucharist with North Star Boys' Choir

Special Blessings to All our October Birthday Trinitarians!

11 – Annabelle Hoag	22 – Peter Andersen
14 – Kate Hansen	23 – Elliot Robinson
14 – Nancy Lloyd	29 – Charlotte Anderson
19 – Cindy Dols-Finn	
19 – Alexander Stewart	

Help needed!!!

We are in desperate need of acolytes of any age and men and women! Please see Fr. Rob or contact the church office.

Childcare
Acolytes
Counters

Contemporary Ensemble and Sr. Choir Rehearsal

Oct. 5th	6:30pm Contemporary Ensemble rehearsal 7:30pm Sr. Choir rehearsal
Oct. 12th	6:30pm Contemporary Ensemble rehearsal 7:30pm Sr. Choir rehearsal
Oct. 19th	6:30pm Contemporary Ensemble rehearsal 7:30pm Sr. Choir rehearsal
Oct. 26th	6:30pm Contemporary Ensemble rehearsal 7:30pm Sr. Choir rehearsal

Reminder:
Winter Office hours:
9:00am-2:00pm, Sept.-May

Altar Guild

Gail Weber
612-850-4250

Meals on Wheels

Call or see
Cheryl Ecklund
763-276-1434

Senior Choir
and Contemporary
Ensemble Singers and
Musicians

Call or see
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

Call or see
Linda Krieger
763-441-7072
Kate Hansen

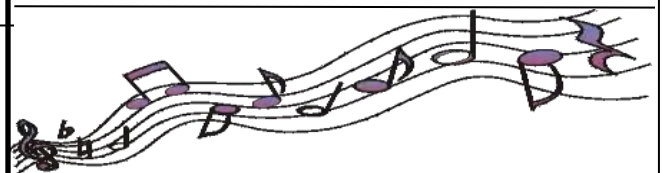
Men's Group

Call or see
Ben Bastyr
763.441.4068

Make a Joyful Noise!

Contemporary Ensemble & Senior Choir rehearsals began in September. This year our rehearsals will be on Thursdays: Contemporary Ensemble at 6:30pm, and Senior Choir at 7:30pm. Making music is lots of fun! Come join us!

Any questions? Call Bea at: 763-441-4068





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!

Altar Guild	Jane Lindenfelser/Pam Toven				
	Oct. 1	Oct. 8	Oct. 15	Oct. 22	Oct. 29
Greeter	Dan Krieger	Shar Baughman	Jane Lindenfelser	Daryl Herrmann	Carl Newberg
Child Care	Alex Stewart	Alex Stewart	Alex Stewart	Alex Stewart	Alex Stewart
Usher	Ben Bastyr	Adrian Russell	Wally Kaminsky	Dave Raitz	Dan Krieger
Acolyte	Matt Krieger	Wiltie Russell	Deb Krogman	Jon Lloyd	Deb Krogman
Reader 1	Melanie Svoboda	Mary Dare	Larry Brugger	Kelly Simmons	Carl Newberg
Reader 2	Gail Weber	Ken Schultz	Rosemary Sobalvarro	Ken Schultz	Daryl Herrmann
Prayers	Melanie Svoboda	Jane Lindenfelser	Mary Brugger	Marion Marshall	Sherrill Newberg
Chalice 1	Scott Svoboda	Mary Dare	Molly Liberto	Julie Raitz	Jane Lindenfelser
Chalice 2	Melanie Svoboda	Julie Raitz	Melanie Svoboda	Marion Marshall	Mary Dare
Counter	Sally Lubrant	Molly Liberto	Linda Krieger	Jennifer Warner	Deb Krogman
Coffee	Linda/Dan Krieger	Sue/Jeff Nagorski	Sweet Shoppe	Jane Lindenfelser	Paula/Steve Hall
Psalm	Psalm 78:1-4, 12-16	Psalm 19 or Psalm 80:7-14	Psalm 106:1-6, 19-23 or Psalm 23	Psalm 99 or Psalm 96:1-9, (10-13)	Psalm 90:1-6, 13-17 or Psalm 1
Lesson 1	Exodus 17:1-7	Exodus 20:1-4, 7-9, 12-20 or Isaiah 5:1-7	Exodus 32:1-14 or Isaiah 25:1-9	Exodus 33:12-23 or Isaiah 45:1-7	Deuteronomy 34:1-12 or Leviticus 19:1-2,15-18
Lesson 2	Philippians 2:1-13	Philippians 3:4b-14	Philippians 4:1-9	1 Thessalonians 1:1-10	1 Thessalonians 2:1-8
Gospel	Matthew 21:23-32	Matthew 21:33-46	Matthew 22:1-14	Matthew 22:15-22	Matthew 22:34-46

HOLY TRINITY EPISCOPAL CHURCH		
Priest-in-Charge	Fr. Rob Cavanna	320-339-4852
Deacon	Rev. Georgia Steele	651-338-7346
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	Linda Krieger	763-441-7072
Men's Group	Ben Bastyr	763-441-4068
Youth	Molly Liberto	763-753-6898

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 Liberto	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