



HOLY TRINITY

LUTHERAN CHURCH

650 240th St. North Liberty, IA 52317

Vol. 18, No. 3

March 2026

“WAY, TRUTH, AND LIFE” IS OUR EASTER THEME FOR 2026



Our worship series this Easter season, based on John 14, is intended to highlight all of the ways that resurrection hope is evident within our lives, our community, and our world.

Join us on Sundays at 9:00 a.m., (8:30 and 10:00 on Easter Sunday proper) and/or on Wednesdays at 6:30 p.m. for WYN worship. See you there!

MEAL PACKING RETURNS APRIL 11! SIGN UP YOUR TEAM TODAY!

Our 2026 Meal-Packing Event has been set for April 11th! It's already past time to get your teams signed up with hour-long shifts available from 9-2 that Saturday.

If each participant provides \$30, we'll be able to purchase the

food we pack with no issues! Our goal this year? Still 40,000 meals, but that will require way more packers than we have to date. Come join the fun – and make a difference in the process!

LEND US YOUR HANDS



TO FIGHT HUNGER!

MEGAN MILLER JOINS STAFF AS DIRECTOR OF COMMUNICATION AND MEDIA



We're truly blessed that Megan Miller has rejoined our staff as Director of Digital Communication and Media. While we've only been able to budget 4-6 hours a week, Megan brings a host of experience in web design, branding, and church social media management. She's back in the community and we are blessed to welcome her back to our midst!

MATT SEBERGER APPOINTED TO COUNCIL

In lieu of a youth representative which proved difficult to find, the Visioning Council has appointed Matt Seberger to fill the recent vacancy left when Isaac Blackwell's term expired. Matt is a systems engineer from Coralville, a current confirmation small group leader, our prairie management point-person, and parent of three WYN youth at present. Take a moment to thank him for his service as you're able!



PALM SUNDAY PUBLIC WITNESS

Christians from around the county gathered on the Pentacrest Palm Sunday, 3/29, for an intentional Christian witness! Offered in the spirit of both Palm Sunday and Matthew 25, it was an opportunity to mirror Jesus' example of challenging authority and was planned by a team of local clergy; the event was paralleled by a host of communities around the country. Modeled after similar events in Minneapolis and Des Moines, marchers joined at the corner of Clinton and Washington streets in Iowa City starting at 2:30 p.m. They waved palms for the march to the Pentacrest stage, where they prayed, sang, and listened until about 3:15.

CALL COMMITTEE BEGINS THEIR WORK

Now that Council has appointed them from among our several willing volunteers, our newly-established Call Committee are meeting with synod staff on March 31 to formally begin their work of discernment. Please keep them in prayer during the months ahead! They are **Eric Johnson, Lori Berry, Ariel Romero Cartaya, Nancy Hurd, Kelsi Pelzer, Diane Baumbach, and Kent Ambler**. Thank them for their service!



“NEXT STEPS” FOR NEW FACES BEGINS SUNDAY, APRIL 12



If you are seeking a place to call your spiritual home, build healthy relationships with others seeking to grow in their faith, or simply want to know more about Holy Trinity and how best to get connected here, please consider being part of this spring’s “Next Steps” series starting Sunday, April 12th.

Pastor Tim will be facilitating discussion over key areas of faith - many of your choosing on three consecutive Sunday mornings from 10:15-11:30 a.m. We’ll plan on gathering in person to build some community together, explore your questions and curiosities about Holy Trinity, and share a bit of our spiritual journeys together. Children are welcome to come with you! If you’d like to participate, let us know at tim@holytrinityNL.org.

THINK FLOWERS!

Mark your May calendar for Thursday, May 21 at 6 :30 p.m. to plant the patio!

IOWA FAITH AND CLIMATE NETWORK'S ANNUAL CONFERENCE DREW 300 TO CEDAR RAPIDS

A powerful daylong annual conference was offered on March 21 by Iowa Faith and Climate



Network. It featured a wide variety of speakers addressing a host of climate-related issues. For info on the issues and opportunities discussed, see Pastor Tim!

MOWING VOLUNTEERS SOUGHT!

It's April and, with temperatures already in the 70's, the grass is already greening and growing! The Facilities Team is seeking volunteers to mow the rear parking lot island and a few hard-to-access areas for our zero-turn. If you'd like to be part of our rotating cast of hand-mowers, please contact the office at office@holytrinityNL.org.

UPDATED SAFETY PROTOCOL

A newly-formed team of members is serving on behalf of our Visioning Council to implement new safety protocols. These are being drafted in the hopes that they can help assure the assumption that our worship environment is indeed a sanctuary, even while we may still wrestle here with uncomfortable issues! Security cameras have already been installed. Stay tuned for updates, including the planned locking of doors during worship, yet also look for ways that you, too, can help us make this possible each and every week.

JOIN US TO WALK AND TALK FOR MENTAL HEALTH SATURDAY, APRIL 25 AT 9:00 A.M.

Many of our friends, neighbors, and family members are facing mental health challenges. Fortunately, NAMI (the National Alliance on Mental Illness) is a wonderful local resource. They offer support groups and classes for individuals and families. NAMIWalks, their annual fundraiser, helps them provide these programs at no cost to community members. Holy Trinity has formed a team, the “Holy Trinity Walkers and Talkers,” as a way to support NAMI. Our Holy Trinity walk will happen in North Liberty on Saturday, April 25. A week later, the Johnson County walk will occur in Iowa City on May 2, at Trueblood Recreation Area. We invite you to join our team to “Walk and Talk” in support of mental health. At 9 a.m. we’ll start walking a 3-mile loop from church, followed by socializing on the patio at around 10 a.m. Bring a friend. All are welcome!

Join our team, “Holy Trinity Walkers and Talkers,” using the link: <https://www.namiwalks.org/team/80637>

Not a walker?
Not a
problem! Join
us before we
head out at 9
a.m. to cheer
us on or later
on the patio
to socialize at
10 a.m.



Ways **YOU** can participate:

Walk with us, gather at church to socialize, donate, and encourage.



2026

Holy Trinity Walk & Talk

Event Date: Saturday, April 25th

Event Time: 9:00 am

Event Location: Holy Trinity



Not a talker? Also, not a problem! You can still join us on our walk and enjoy some fresh air.

Not available on April 25? We still want you on our team! You can do the Johnson County walk on May 2 or simply donate to NAMI.

RECONCILING IN CHRIST FORUM VIDEOS NOW AVAILABLE

Past RIC Educational Event Recordings

- #1 Personal Stories (Sept) please contact the office for a URL
- #2 Marginalization (Dec.) <https://youtu.be/Mvz-NrqaGT8>
- #3 Texts that have Harmed (Jan)
https://youtu.be/pFGo_ZshFsl
- #4 Physiology and Gender Identity (Feb)
<https://www.youtube.com/watch?v=-nspsCYO2PQ>
- #5 Texts that can Heal (March) -
<https://www.youtube.com/watch?v=KWaGJ5YBss8>



Diagnosis, Treatment, and Resilience:

The Mental Health Care of LGBTQ+ Youth

Dr. Eric Johnson
(psychiatrist and renowned guitarist)

Thursday, April 9 (6:30 - 8:00)

Sunday, April 12 (10:15 - 11:00)

Thursday, April 16 (11:00 - 1:00): Video & Lunch

PRAIRIE BURN EXPECTED

With both a bit of luck and a bit of help, we hope to be able to conduct our first “prairie burn” this year, intending to stimulate the growth and eliminate weeds from our acre of native prairie established in 2023. Are you willing to help? No certification will be needed, as we should have experienced guidance on hand. If interested, please contact Pastor Tim

JOIN US IN ADULT FORUM THIS MONTH!!

Rich conversations and insights abound each Sunday at 10:15 in Room 4! Whether you come for one, or come for all, grab a coffee and join in! (see more detail in other articles in this issue)

MANY THANKS

... **ERIC JOHNSON, LORI BERRY, NANCY HURD, KENT AMBLER, ARIEL ROMERO-CARTAYA, KELSI PELZER, and DIANE BAUMBACH** for their willingness to serve as our Call Committee
... to **KEN MORSE, RYAN BOBST, and DOUG GOETTSCH** for their leadership offered at the recent Men's Chili and Brew event
... to **FOREVERGREEN NURSERY** for their faithful and timely plowing of our lot!
... to **EVERY BLOOMING THING** for providing our Holy Week Palms
... to **ALL** who continue to offer their help regularly as assistants in both Sunday worship and Wednesday worship. Liturgy is indeed the "work of the people!"

PRAYER PAGES UPDATES

- Pray for a timely end to the **war with Iran** and the growing conflict throughout the Middle East. Meanwhile, pray for our military and all who find themselves in harm's way.
- Pray for the people of **Ukraine, Gaza, Yemen, South Sudan, and the Democratic Republic of Congo**, as they struggle to live amid ongoing conflicts.
- Pray for a timely end to tensions between the **U.S. and Cuba, Greenland, and Canada**, that international law would be honored.
- Pray for **Roger Sivers**, recovering from immunotherapy for leukemia.
- Pray for **Bill Nehring**, recently diagnosed with advance kidney disease
- Pray for **Lila Bowman**, facing surgery on Apr. 8 for a knee fracture
- Pray for **Tim Stammeyer**, experiencing a recurrence of his recent chronic fatigue.
- Pray for **Greg Carolan**, recovering from cancer surgery.
- Pray for **Evelyn Bollinger**, currently confined to home.
- Pray for **Joyce Gruhn**, (sister of Larry Kudej,) facing a host of

health challenges at present.

- Pray for **Janet Gitch**, sister-in-law of Gretchen Warkentin, who is undergoing cancer treatment.
- Pray for **Rodney Patterson**, husband of Carol Severino, facing several health challenges.
- Pray for **Matt Baumann** (son of Sue Baumann), recovering from cancer treatment.
- Pray for **Emy Charlebois**, sister of Clay Peterson, living with metastatic breast cancer.
- Pray for **Don Hellem**, father of Dan Hellem, homebound at present.
- Pray for **JoAnn Cantwell**, Pastor Tim's aunt, facing both heart failure and kidney failure.
- Pray for **Elym Choun**, being treated for severe aplastic anemia.
- Pray for **Susan Palmer**, friend of Nancy Grove, being treated for cancer.
- Pray for **Marian Zierath**, a dear friend of the Smith family, who passed through death to life eternal March 30th.

DID YOU KNOW THAT ... ?

... mothers carry cells from their biological children, which pass across the placenta when the baby is in the womb? Children carry cells transferred to them in utero from their mothers and even cells from their maternal grandmothers and older siblings. These “microchimeric” cells, while rare, have been found in every organ studied so far – and they challenge the basic principles of how we define ourselves as human, according to journalist Lise Barneoud, author of *Hidden Guests*. If we are all chimeras, she wonders, are we truly unique? And does the persistence of our cells across generations reflect a form of immortality that calls into question the binary distinction between life and death? (*Nature, January*)

... According to the National Alliance on Mental Illness (NAMI), that “Although the full range of LGBTQ+ identities are not commonly included in large-scale studies of mental health, there is strong evidence from recent research that members of this community are at a higher risk for experiencing mental health conditions—especially depression and anxiety disorders.”

... And that LGBTQ+ youth are more than twice as likely to report experiencing persistent feelings of sadness or hopelessness than their heterosexual peers. Transgender youth face further disparities as they are twice as likely to experience depressive symptoms, seriously consider suicide, and attempt suicide compared to cisgender lesbian, gay, bisexual, queer and questioning youth.

... For many LGBTQ+ people, socioeconomic and cultural conditions negatively impact mental health conditions. Many in the LGBTQ+ community face discrimination, prejudice, denial of civil and human rights, harassment and family rejection, which can lead to new or worsened symptoms, particularly for those with intersecting racial or socioeconomic identities.”

... Important Risk Factors Of LGBTQ+ Mental Health

- **Coming Out** at a younger developmental age can negatively impact social experiences and relationships—especially for those without a supportive environment
- **Rejection** by family and peers
- **Trauma** resulting from being a victim of bullying or hate crimes
- **Substance misuse or overuse**, which is being used as a coping mechanism or method of self-medication
- **Homelessness** due to family rejection and/or discrimination
- **Suicide**—HS students who identify as lesbian, gay or bisexual are more four times as likely to have attempted suicide compared to their heterosexual peers. 40% of transgender adults have attempted suicide in their lifetime, compared to less than 5% of the general U.S. population.

(Source: NAMI Website)

WHAT IS NAMI?

NAMI is the National Alliance on Mental Illness

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

All of the NAMI programs and support groups listed below are free. For more details regarding these opportunities, please visit the websites for NAMI Johnson County <https://namijc.org> or NAMI Linn County <https://namilinncounty.org>.

For those living with a mental illness:

- NAMI Peer-to-Peer: 8-week class led by trained peers
- NAMI Connection Support Group: Weekly support group for adults living with mental illness

For families and friends:

- NAMI Family-to-Family: 8-week class for family members—experience a sense of belonging and improve coping skills
- NAMI Family Support Group: Weekly support group designed for adults with loved ones living with mental health conditions. The support group is confidential and individuals can share their concerns and gain support from others about dealing with issues surrounding their loved one.

Did You Know?

NAMI offers FREE self-help, education and support groups for those living with a mental illness as well as their families

“I realized that I'm not alone and I have found a supportive community.”

“I no longer feel full of shame and guilt because of the stigma.”

“I learned how to communicate better about what's going on with me.”



Mental Health Advocacy
Way Trinity Lutheran Church



NAMI
National Alliance on Mental Illness