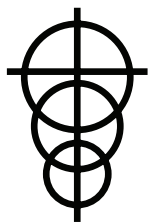


Trinity Small Groups



There's a place for you!



TRINITY LUTHERAN CHURCH

Moorhead, Minnesota

www.trinitymhd.org

218-236-1333

"Welcoming the community to worship and grow in serving God."

Interest Groups

ADVENT FUNSHOP

Advent Funshop has been around at Trinity for over 50 years. This is a family craft/gift event that starts the season of Advent. We will create projects, plan and gather supplies throughout the year and host the event in December.

Leader: *Jolinda Michels*

SOUL FOOD

Try the many wonderful menus at restaurants in the F-M area, dining together for fun and fellowship! This will also include a devotional study.

Leader: *Char Skaff*

BODACIOUS BEADERS

Learn the basics of beading jewelry as you spend time reflecting on your faith. All levels of beading experience welcome. Meets Mondays. Time is flexible.

Leader: *Brenda Oistad*

KNIT AND STITCH

Come together to knit, embroider or do other handiwork. Work on projects and study God's Word together. Meets second and fourth Monday evenings at Trinity.

Leader: *Marti Simmons*

KNIT WITS ETC.

Knit, crochet or work on any needlework or handwork together while sharing prayer concerns and making special projects for others. The group meets the 1st and 3rd Tuesday afternoons from 1:30 – 3:30 p.m. at Trinity.

Leader: *Mary Tangen*

PRAYER SHAWL MINISTRY

Gather with others in daytime or evening group or work at home to knit special shawls that are blessed with prayer and given to people in need of comfort.

Leader: *Marlane Sanderson*

FEM DEN

Come for a night of fun with the girls, away from the stresses and exhaustions of the day. Come out and share much needed girl talk, put your feet up and relax! You deserve it.

ACES WILD

Gather around the card table as you meet others who enjoy playing pinochle, UNO and other card games. Enjoy fellowship, sharing our lives, prayer and fun playing cards. Meets once or twice a month.

Leader: *Pam Olson*

Bible Study & Christian Living

READING THE GOSPELS

We will soon begin reading the Gospel of John. As we do, we will ask intriguing questions like, "What does it mean in John's gospel and in our lives to 'see' the risen Jesus?"

We meet twice monthly on Friday mornings.

Leader: *Larry Vigen*

MEN'S BIBLE STUDY

Blessed by our experiences and by getting to know each other, we share aspects of our faith, learn about the Bible and consider the questions: "What might these things mean for you and me?" Meet each Monday at 7:30 a.m. at the Fryin' Pan in Moorhead East on Highway 10.

Coordinator: *Don Myrvik*

RISE AND SHINE LECTIONARY

Meet Wednesday mornings at Trinity to read, study and discuss the Biblical texts for the coming Sunday.

Leader: *Ruth Siegle*

ADULT HOME BIBLE STUDY

Join in this wonderful opportunity to gather for Bible study and fellowship monthly in member's homes. These groups have been a part of Trinity's history for over 50 years. A detailed brochure of this group is available in the main office.

Coordinators: *Steve and June Aabye*

TLCW CIRCLE BIBLE STUDY

Several women's circles meet daytime or evenings each month for Bible study, for service projects and fellowship. A more detailed brochure of these circles is in the main office.

TLCW

Women of the church meet four Saturday mornings a year with a guest speaker. They gather items for Lutheran World Relief kits throughout the year, and hold a large fund-raiser each May, the Salad and Pie Luncheon. Watch the bulletin for their upcoming events.

WEDNESDAY EVENING PRAYER AND WORSHIP

Come be a part of a relaxed group that shares life and talks about how the Bible applies to our lives today. We do parts of evening prayer service from the ELW, Bible study and communion. Right now we are studying Proverbs. We meet Wednesdays from 5:15-6:30 p.m. in the lounge. All are welcome.

Leader: *Pastor CJ*

SENIOR BIBLE STUDY

A verse by verse study of selected books of the Old and New Testaments. Meets every Monday at 10 a.m. in CLC 1, 2.
Leader: Pastor Lew Clefisch

WAITING ON WEDNESDAY

All parents are invited to gather Wednesday evenings in the CLC Classrooms while their kids are at GIFTS and choir. Come relax and visit with other families anytime between 6 p.m. and 7:30 p.m. Little ones are welcome too.
Leader: Amanda Peterson

Healthy Body & Soul

PARISH NURSE CONNECT

Parish nurses meet monthly to explore faith and health issues. If you are currently a nurse and would like to be trained as a Parish Nurse, there is scholarship funding available. Please contact the office for details.
Leader: Carla Myrum

CAREGIVERS DISCUSSION GROUP

Education and support for families who care for loved ones. Call 218-233-7521 for information. Meets at Trinity the second Thursday of each month at 10 a.m.

FRIENDLY VISITORS

This is a way to connect with a member who may be homebound, not as connected as they used to be or going through difficult times. It is a one hour a month, one year commitment. Training is provided and we meet twice a year to check in.

FAITHFULLY FIT FOREVER

Join in the devotionals, fun and fellowship of exercising together every Tuesday and Friday at 9 a.m.
Leaders: Angie Homuth and Jolinda Michels

PRAYER CHAIN MINISTRY

Provide prayer support for people in times of need. Referrals are held in confidence. You can sign up to be a part of this via phone chain or e-mail. Booklet is provided with suggested prayers and prayer practices.
Coordinator: Marlys Ellefson

BEREAVEMENT SMALL GROUP

Our small group is for those who want to provide outreach and support to members in our community who have lost a loved one. We will review materials available through the Church, Hospice and other community organizations. We will focus on ways we can personalize our follow up mailings and explore other ways we can reach out to members in the grief process.
Leaders: Health and Caring Ministry Team

GRIEF SHARE

God changes our mourning into joy! Join together in sharing our stories of loss with others, as we journey for 13 weeks bearing one another's grief. Offered as needed.
Leader: Char Skaff

HEALING AND HOPE

Having a chronic illness can feel isolating and lonely. Come be a part of a supportive group of people where we share how we are doing really, pray for one another and discuss how God can use us to bring healing and hope to the greater community.
Leader: Pastor CJ

Worship, Mission & Service

CHOIRS

There's a musical group for every age and talent! Call the church for details about the Cathedral Choir, Bell Choir and Trinity Brass for adults, and Youth Choir, Celebration Singers, Joyful Noise, Minims and Joy Ringers for the youth and children. Choirs meet on Wednesday evenings.

ALTAR GUILD

Every week this group prepares the altar for communion. Join a team and help with this important "behind the scenes" service. This group is open to men, women and families.
Coordinators: Jana Kasper and Sue Ellingson

USHERS

Being the first to greet and welcome worshippers to each service is a key role for Trinity's hospitality. Join this dedicated group and help with seating, offerings, bulletins and generally assisting worshippers.

COMMUNION SERVERS

Sign up to assist at communion services by "serving the meal" according to a rotating schedule.

SEEDS TO SOW, GARDEN AND GROW

Gardeners, share your interest in planting and sowing seeds for meaningful relationships with God and each other. Plan and plant summer flower beds together. Meets Thursday afternoons twice a month.
Leader: Rodney Erickson

COST AND JOY OF DISCIPLESHIP

Be an active disciple for Christ. Take on projects to benefit those less fortunate, deliver cribs and other necessities, and hold a Christmas party for families in need. Families are encouraged to join. Meets once a month.
Leader: Clark Tufte

MESSENGER MAILING CREW

Meet the last Wednesday of the month, 9:30 – 11:30 a.m. for fellowship and help assemble the Trinity newsletter.

BULLETIN CREW

Help assemble bulletins together on Fridays, 12:30 – 1:30 p.m., every other month schedule.

FUNERAL SERVING GROUPS

Serve with others for funeral meals, or furnish cakes. Serving groups are assigned eight weeks out of the year.

RECEPTION SERVERS

This group helps plan and serve receptions as needed.

ARCHIVES & HISTORY

This committee operates in an advisory capacity to oversee the archives and helps preserve Trinity's history.

SUPPORT OUR TROOPS

Work together caring for troops overseas through offering prayer and sending cards and care packages, including prayer shawls.

Leaders: Brenda Oistad & Dianne Scott

CHURCHES UNITED FOR THE HOMELESS

Prepare and serve a meal together for adults and children, offering prayers for those who are fed. Many hands make light work while having fun and fellowship together! Once you try it, you'll be back! Gather on the third Tuesday of each month, 3:00 – 7:00 p.m.

MEALS ON WHEELS

Deliver meals on Thursdays from 10:15 a.m. – 12:30 p.m., and make connections with those who are home-bound and eagerly awaiting not only a meal but a friendly conversation.

DOROTHY DAY FOOD PANTRY

On the 3rd Wednesday of the month this group gathers to help unload the daily bread truck at the Dorothy Day Food Pantry.

Coordinator: Jerilyn Forde

MISSION WORKSHOP

This group meets the first Wednesday of the month, from 9:00 – 3:00 p.m., making quilts for Lutheran World Relief and enjoying lunch and fellowship.

HAITI MEDICAL MISSION TRIP

This group collects medical equipment, and travels to Haiti to provide medical care for those in need.

HABITAT FOR HUMANITY

Join this group and support Habitat houses built by Trinity and others in the F-M community. Join this group and support Habitat houses built by Thrivent Lutheran. We help gather volunteers for the days that we work, coordinate the day, fundraise to support the build, and have fun helping serve our neighbor!

PARTNERS WITH HIM (HOSEAN INTERNATIONAL MINISTRY)

Plan for and travel to Haiti to help on non-medical projects, like building and remodeling a kitchen for the local school in Pignon.

Leader: Cindy and Gary Nolte

SOCIAL CONCERNSTEAM

Do you like helping people? Do social justice issues interest you? We are a team of people that live out "loving our neighbor" and help Trinity do this as well. Come join us at a meeting and see how you can plug in! 2nd Tuesday of every month (excluding summers) at 7 p.m. in the Small Youth Room.

New Groups

PRESCHOOL PARTNERS

Come participate in the life of Trinity Lutheran's Preschool. Help by...

- Snacks, either eating or preparing with kids
- Crafts: share a talent, do an activity you enjoy with the kids.
- Read to the children.
- Share a musical talent.
- Accompany kids on field trips.
- Service work; make bibs, wash walls/ cots/ clean fridges and kitchen, paint, etc...
- Pray with and over.
- Share faith.
- Volunteer at book fairs, etc.
- So much more!

Coordinator: Kay Heidrich

CHAPTER 3 TRINITY READERS

Our first two book groups are full. Come be a part of the 'third chapter.' Enjoy developing friendship, study and conversation about a wide variety of Christian classic, and popular reads. Meeting time determined by the group.

FOOD AND FRIENDS

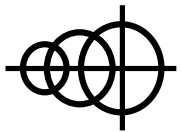
Everyone should eat and drink and enjoy the good of all his labor—it is the gift of God. Ecclesiastes 3:12

This group will explore seasonal ways to enjoy life through harvesting, brewing, cooking, eating together. Some possibilities could include preparing fresh veggies on the grill during the summer farmer's market season, cider pressing during apple season, brewing beer as the snow arrives, preparing fresh caught fish during ice fishing season, etc. Each month we will be focusing on a different way we can harvest, enjoy and share God's bounty. No previous experience required.

Leader: David Manning

SEASONAL OFFERINGS

Make sure to check the bulletin, Messenger and monthly 'Opportunity to Serve' cards for new short-term small group opportunities.



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Registration for Small Groups

Please fill out the registration form completely.

Name _____

E-mail _____

Address _____

City _____ State _____ Zip _____

Preferred phone number _____ (h) (w) (cell)

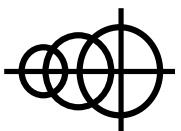
Please list your Small Group choices:

- You may be in multiple groups, but it is important to commit to each group.
- In come cases, a group may be full.
- Enjoy your group(s)!

1. _____
2. _____
3. _____
4. _____
5. _____

**Please return your registration form to the
Trinity Information Desk.**

For more information, E-mail Pastor CJ Valenti at cj@trinitymhd.org or call 218-236-1333.



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