
CELEBRATE THE

Journey!



AS WE CARE, PRAY, STUDY, AND SERVE TOGETHER.

TRINITY SMALL GROUPS

“...for where two or three are gathered in my
name, I am there among them.”
Matthew 18:20

INTEREST GROUPS

Registration fee \$3 for each group

Interest Groups gather around a specific topic meeting about every two weeks for one year led by a trained leader.

They will care, pray, study, and serve together, using revised Small Group guides.

Leaders will have access to new Lutheran Study Bibles provided by a Trinity Foundation Grant.

LOOKING FOR GOD IN ALL KINDS OF PLACES

This group will focus on paying attention to God speaking in different ways at different places. The group will have a cultural experience (art, music, drama, sporting event) followed by table talk afterwards. The group will also have monthly readings from the likes of Paul Tillich and Barbara Taylor meeting together in homes for dinner to discuss the readings. **Leaders: Steve Peterson and Eric Peterson**



FREEZER MEAL FRIENDS

Meet to prepare meals for the freezer in bulk so your household can have ready-to-go nutritious meals. As you cook, talk and pray. **Leader: Tammie Yak**

MAN CAVE

Simple. Hanging out, with other men, watching sports and sharing life. We gather at local restaurants or in our homes every couple of weeks to step away from the demands of work, and enjoy the company of friends.

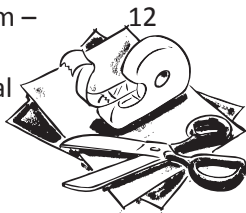
Leaders: Jason Peterson and Lucas Kindseth.

FEM DEN

For all of the ladies who want a "man cave" of their own. Come for a night of fun with the girls, away from the stresses and exhaustion of the day. Come out, share some much needed girl talk, put your feet up and relax! You deserve it. **Leader: Pastor Alexis Twito**

SCRAP-N-STAMP

Meets one Friday a month from 6:00 pm – midnight. We'll take turns sharing devotions, tricks of the craft, and special projects. Bring your supplies for a night of creativity. **Coordinator: Gretchen Kindseth**



BEDAZZLED WOMEN OF FAITH

Learn the basics of beading jewelry as you reflect on your faith. All levels of beading experience welcome. Meets Monday evenings. **Leader: Lois Balko and Anise Lean**

DAYTIME BEADING GROUP

Learn the basics of beading jewelry as you spend time reflecting on your faith. All levels of beading experience welcome. Meets Monday afternoons.

Leader: Paula Sebelius

READING THE GOSPELS

This group is beginning its current project, reading Luke.

We will read the entire gospel, deal with important questions which emerge from it like, "Why is the naming of John the Baptist so important? And try to understand Luke's overall message.

We meet twice monthly on Friday mornings

Leader: Larry Vigen



BOOK DISCUSSION

Come discuss books and have dessert. Last year we read authors like Marcus Borg, N.T. Wright and John Shelby Spong. The group meets Monday evenings twice monthly in member homes. **Leader: Jerry Protector**

FAITH OF OUR NEIGHBORS

Let's study and learn something of the major religions represented by our neighbors living in the F-M area. If the members of the group agree we will read and discuss books on the subject and have representatives of other religions meet with us. **Coordinator: Al Traaseth**

TRINITY READERS

Enjoy developing friendship, study and conversation about a wide variety of Christian classic, and popular reads. Meeting time determined by the group.

Leaders: Su Botner and LeRoyce Hagen

CHAPTER TWO TRINITY READERS

Another group that enjoys developing friendship, study, and conversation about a wide variety of Christian, classic, and popular reads. Meeting time determined by the group. **Leader: Joan Aaker and Carole Mathre**

EMPTY NESTERS

Connect with other new empty nesters. Enjoy an opportunity to share your faith, make new friends and have new adventures.

Leaders: Liz Stabenow and Cindi Bondy



ACES WILD

Gather around the card table as you meet others who enjoy playing pinochle. Enjoy fellowship, sharing our lives, prayer and fun playing cards. **Leader: Pam Olson**

ENCORE

Attend local theatrical productions or films and afterward discuss them over coffee, dessert and devotions.

Leader: Barry and Renee Steen

ARE YOU GAME?

Let's liven up our afternoons by shouting "UNO," collecting our phases (Phase 10,) or using our dictionary minds to spell 49 point words (Scrabble). This group will engage the competitive enthusiast of Trinity as we meet in the afternoon to play a variety of games.

Leader: Lola Quam

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.

Leader: Rodney Erickson



SUPPORT OUR TROOPS

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

Leader: Brenda Oistad



RUN WITH PERSEVERANCE

The race is set before us. Let's gather Trinity runners together as faith is nurtured through holy jogging. We will meet a couple times a month to run with perseverance around Fargo and Moorhead.

Leader: Pastor Rick Reiten

KNIT AND STITCH

Come together to knit, embroider or do other handiwork. Work on projects and study God's Word together. Meets 2nd and 4th 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. This year the group will read a book concerning the 12 disciples. The group meets the 1st and 3rd Tuesday afternoons from 1:30 – 3:30 pm at Trinity. **Leader: Mary Tangen**

LEAD ME TO THE CROSS

This group of people with various artistic skills will meet to study crosses and make/manufacture crosses for Pastor Clefish. These crosses will be left behind when Pastor Lew does visitation. Let people know God loves them through a homemade cross. These crosses will not be perfect; however the love of God is truly perfect.

Leader: Jon Peterson



PARTY BRIDGE

Enjoy meeting others and fellowship together while you play bridge. Geared for intermediate and advanced players (no conventions). The meeting time will be determined by the group, please indicate if day or evening is best. **Leader: Sheryl Harvey**

PLAY CHESS

Make the right move and learn to play chess! Enjoy fellowship and fun! Any level of experience and skill is welcome. Meets 1st and 3rd Monday evenings or as group chooses. **Leader: Sheryl Harvey**

LETTERS FROM DAD

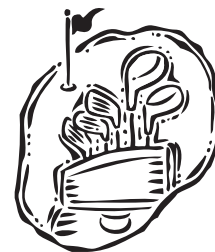
Based on the book by Greg Vaughn, this group for fathers will meet 4 times during January – May. The purpose will be to help each other express our legacy to our families, including faith, hope and love. Group members will support and guide one another, by sharing the experience of others who have worked on such an idea, each in the own way. First session in January. **Leader: Don Myrvik**

GUITAR STRUMMERS

We gather around Trinity friends of all ages to learn basic guitar chords and strumming patterns. The hardest part of learning guitar is switching between chords and strumming in rhythm. If you ever wanted to strengthen your beginning guitar skills, join this group and let us make music together. **Leader: Pastor Rick Reiten**

PAR "FORE"

There is not a better end in sight of a long FM winter that to plan for the golf season. Heading out in out three or foursomes provides perfect small groups where we can talk and walk, covering everything from prayer concerns and big events to our golf swings. We will meet this winter initially to set our summer golf schedule and what the group would like to do. Golfers of all ages and abilities are invited to join. **Leader: Pastor Colin Grangaard**



TURNING WATER INTO WINE

Interested in home wine-making? This small group will come together throughout the year to make a few batches of wine and study "wine stories" in scripture. We will learn the art of making wine together, so that you may be able to bring this hobby to your own home.

Peace, love and wine!

Leader: Pastor Rick Reiten



YOUNG ADULT SPECIAL INTEREST GROUPS

CINEMA AND CONVERSATION

Are you a film buff? Or someone who annoys their friends by analyzing or discussing every movie you see? Do you find pleasure in looking at significant faith or cultural themes in movies? If so, join this cinema and conversation group. We will explore films through the years, of all genres, as we undergo this cinematic adventure. Time will be split between watching films in each others homes, and going out to the movies. Good discussion will follow, no matter where we are. Come join us.

Leaders: Pastor Alexis Twito and Pastor Colin Grangaard

YOUNG ADULT HAPPY FUN-TIME

If you are a young adult who likes to play.... board games, cards, Wii, charades.... anything... this group is for you. We will meet in each others' homes and share our favorite games with each other. No prior skills necessary, but ability to have fun is a must.

Leader: Pastor Alexis Twito

COUPLE CULTURE

Come together and meet other young couples once a month. We'll enjoy getting to know new people while spending time with our partners as we do meals out, go for a wine tasting and even have a relationship workshop.

Leaders: Pastor Colin Grangaard and Gretchen Kindseth



BIBLE STUDY AND CHRISTIAN LIVING GROUPS

No Registration Fee

RISE AND SHINE LECTONARY

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

Leader: Fran Bertheuson

SENIOR BIBLE STUDY

A verse by verse study of selected books of the Old and New Testaments. Meets every Monday at 10:00 AM in CLC 1, 2. Join in – the coffee is waiting! **Leader: Pastor Lew Clefish**

ADULT HOME BIBLE STUDY

Join in this wonderful opportunity to gather for Bible study and fellowship monthly in member's homes. These groups have a 50+ year history at Trinity!

Coordinators: Leon and Lois Bylund

TLCW CIRCLE BIBLE STUDY

Several women's circles meet daytime or evening each month for Bible study, for service projects, and to meet and welcome new members.

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.

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 for me?" Meet each Monday at 6:30 AM at a local restaurant. **Coordinator: Don Myrvik**



CROSSROADS

Young Adults are invited on Wednesdays at 6:30 pm to the Moorhead Moxie Java where our YAM young adult Bible study gathers to challenge and support one another as we focus on the topics that center our faith.

Leaders: Hope Deutscher and Pastor Colin Grangaard

TAIZE TEAM

Join us on the first Tuesday of each month as we take time to sing, pray and focus our minds and hearts through the songs and silence of Taize. Join the team by contributing a musical gift instrumentally or shape the worship space and help with logistics.

Leader: Pastor Colin Grangaard



SENIOR HIGH SMALL GROUPS

A fun way for youth to connect with peers and caring adults and have faith-centered discussion and fellowship, two Wednesdays a month.

JUNIOR HIGH MENTOR GROUPS

Twice monthly on Wednesdays, 7th and 8th graders meet with mentors to engage in discussion about the Bible and faith topics, and participate in fun off site activities.

FRIDAY MORNING MOMS

Motherhood is another full time job! Take a break from talking to your toddlers and come and meet some of your colleagues. We'll share exciting news, help each other when we're frustrated and give some support when things seem overwhelming.

Leader: Gretchen Kindseth

“WOW” WAITING ON WEDNESDAYS

Hey parents, we’ve got something for you on Wednesday nights too! Come to the lounge from 5:45 to 7:15 on Wednesday nights to talk and spend time with other parents or to just have some space to unwind with a cup of coffee as kids come and go from choir and gifts. Feel free to come and go as you need/please.

Leaders: Gretchen Kindseth and Pastor Colin Grangaard



SOUP AND TALK

During Lent meet at noon on Fridays for lunch and hear a speaker each week.

TRUCK STOP MINISTRY

Are you a truck driver? Does your son or brother have a CDL? Do you know a trucker or have connections to the transportation industry? If so this group is your opportunity to serve others from all over right here in Fargo-Moorhead. There is a core group that would like you to join us in looking for ways to reach out to the over-the-road truckers that happen to be at our local truck stops.



Leader: Daniel Alto

HEALTHY BODY AND SOUL SGS

No Registration Fee

A GRIEF OBSERVED

A group for people grieving the loss of loved ones will gather for conversation and support. Meets 2nd Sunday of the month.

CAREGIVERS DISCUSSION GROUP

Education and support for families who care for loved ones. Call 218-233-7521 for information. Meets at Trinity 2nd Thursday each month at 10:00 AM.

FRIENDLY VISITORS

Members reach out to those who may be homebound or may be going through difficult times. No special training is needed but support is provided through quarterly meetings.

FAITHFULLY FIT FOREVER

Join in the devotionals, fun, and fellowship of exercising together every Tuesday at 9:00 AM & Fridays at 9:00 AM.

Leaders: Angie Homuth and Ellen Liddle

PARISH NURSE CONNECT

Parish Nurses meet monthly to explore faith and health issues. **Leader: Ellen Liddle, Parish Nurse**

PARKINSON’S & CAREGIVERS SUPPORT

Informational programs geared for patients, families and caregivers of those with Parkinson’s or other neurological diseases. Call Trinity office for meeting schedule. **Coordinator: Judy Baumann, Trinity Parish Nurse**



SERVANT SMALL GROUPS

No Registration Fee

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

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.

Leader: Clark Tufte

BEREAVEMENT MINISTRY

Notes and cards are mailed out to those who have experienced the loss of a loved one.

Lead by the Caring Ministry Team.

PRAYER CHAIN MINISTRY

Provide prayer support for people in times of need. Referrals are held in confidence. Choice of telephone or e-mail groups.

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 3rd Tuesday of each month, 3:00 – 7:00 PM.

HELPING HANDS

Rev up your power tools! Work on special maintenance projects as needed for the church, Camp Emmaus and the community.



MESSENGER MAILING CREW

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

MEALS ON WHEELS

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

BULLETIN CREW

Help assemble bulletins together on Fridays, 12:30 – 2:00 PM, 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.

CHOIRS

There's a musical group for every age and talent! Call the church for details about the Cathedral Choir and Trinity



Brass for adults, and Youth Choir, Celebration Singers, Joyful Noise, Minims, and Joy Ringers for youth and children. Choirs meet on Wednesday evenings.

ALTAR GUILD

Every week this group prepares the altar and chancel for communion, prepares the elements and candles, cares for the linens and cloths, and sets the table with reverence. This is an important "behind the scenes" service, open to men and women, and families.

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 DEACONS

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

ARCHIVES & HISTORY

Open to people interested in preserving Trinity's history, the committee operates in an advisory capacity to oversee the archives.

FAIR TRADE CABINET

Coffee! Chocolate! Tea! We can serve our brothers and sisters in developing countries through purchasing goods at a fair compensation for the work they do producing these decadent treats. This group promotes fair trade justice through selling items Sunday morning and bringing fair trade opportunities to our community's attention. Not only is this a good faith practice...the products taste great! **Leader: Susan Wee**

ADVENT FUNSHOP

Meet throughout the year to plan special crafts for the Advent Fun Shop event in December.

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.



DOROTHY DAY HOUSE

Every Thursday Trinity provides a meal which includes a hot dish, salad and dessert.

SMALL GROUP SAMPLER

Get a taste for a Small Group in these short-term experiences. No fee.

SEASONAL SPORTS

Come on out and have some fun trying broomball, softball, and the like with folks of all ages and ability.

Leaders: Corey Perryman



EAT. PRAY. LOVE

For this 4 session Lenten sampler we will read and discuss Elizabeth Gilbert's bestseller "Eat Pray Love." During this church season of self-examination, discipline and repentance, we will look at the book's themes of self-discovery, indulgence, prayer and self-love to determine if there is anything we might learn from Ms. Gilbert as we make our own way throughout the darkness of Lent toward the brightness of Easter!

Leader: Pastor Alexis Twito

MISSION SMALL GROUPS

No Registration Fee

MISSION WORKSHOP

This group meets first Wednesdays, from 9:00 – 3:00 PM, making quilts for Lutheran World Relief and enjoy lunch and fellowship.

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: Terrie Wold**



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.

Congregational Coordinator: David Barth

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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)

Paid Will Pay Later

REGISTRATION FOR INTEREST GROUPS

PLEASE LIST FIRST, SECOND AND THIRD CHOICES. EVERY EFFORT WILL BE MADE TO PLACE YOU IN YOUR FIRST GROUP CHOICE. COUPLES, PLEASE SIGN UP INDIVIDUALLY.

1. _____

2. _____

3. _____

REGISTRATION FOR SAMPLER, BIBLE STUDY, HEALTHY BODY AND SOUL, SERVANT, AND MISSION SMALL GROUPS

Please indicate the title of the group(s) you would like to join. No need to register if you are already a member of one of these groups.

No fee is required for the Bible study, Healthy Body and Soul, Servant, Mission, and Sampler Small Groups. Return form to the info desk by February 1, 2011.

1. _____

2. _____

3. _____

For more information, E-mail Sue at sue@trinitymhd.org or by phone at 218-236-1333.