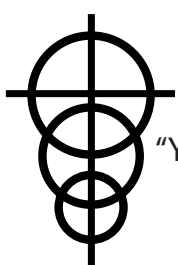
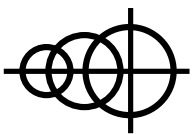


Trinity Small Groups

"You were taught to put away your former way of life, your old self, and to be renewed in the spirit of your minds!"
- Ephesians 4:22-23



Care | Pray | Study | Serve



TRINITY LUTHERAN CHURCH
Nooshhead, Minnesota

www.trinitymhd.org

REGISTRATION FOR SMALL GROUPS PLEASE FILL OUT THE REGISTRATION FORM COMPLETELY

Name _____
E-mail _____
Address _____
City _____ State _____ Zip _____
Preferred phone number _____ (h) (w) (cell)

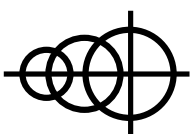
PLEASE LIST YOUR SMALL GROUP CHOICES:

- YOU MAY BE IN MULTIPLE GROUPS, BUT IT IS IMPORTANT TO COMMIT TO EACH GROUP.
- IN SOME 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 BY JANUARY 29TH, 2012.**

FOR MORE INFORMATION, EMAIL SUE ELLINGSON, DIRECTOR OF SMALL GROUP MINISTRY
SUE@TRINITYMHD.ORG OR BY PHONE (218) 236-1333



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EMERGING GROUPS

These small groups are forming as new ideas. A coordinator of the group is still needed, but the Small Group Ministry Team is available to give direction.

Summer Silver Screen (Seasonal Sampler)

Do you like the summer movie lineup? This is your chance to join up with a group and check out all cine-mas together. Meet some new friends around the silver screen, but make sure not to talk during the movie!

'Lax at the Lake (Seasonal Sampler)

Show off your summer lake place and host each other around your favorite getaway. Go boating, make dinner, play yard games and celebrate God's creation while relaxing at the lake.

Why Lutheran? (Interest - Book)

Explore what it means to call yourself Lutheran, because we all know it can be kind of weird. We will use the Lutheran Handbooks to understand more about this unique expression of faith.

Where in the World? (Interest - Conversation)

Meet together and talk about current events, government, politics, and world news as we try to better engage with our neighbors near and far and our interactions with them.

DIY (Interest - Craft)

Do It Yourself (DIY) is a group that meets in each other's homes to help with remodeling projects! Big to small, this is your group if you are interested in some destruction and construction. We promise not to leave the job unfinished!

Seasonal Sports (Interest - Games)

All "Weekend Warriors" of any age or ability are invited to come out for some friendly competition. Winter broomball, spring soccer, summer softball, fall football and anything else you can think of!

I love to tell the Story (Christian Living)

Enjoy a cup of coffee and a story, as we talk about where God is active in our lives. Share devotion and blessings and woes with each other to help give a perspective of how God's story is integrated with our everyday story.

Walk Thru the Bible (Bible Study)

Read the Bible in a year! Follow the suggested guidelines to read a couple chapters everyday, encourage group members, and meet together to read and discuss what you have learned.

INTEREST GROUPS

Interest Groups gather around a specific topic, meeting once or twice a month for one year. They will care, pray, study and serve together, witnessing to how God is active in their lives through conversation and crafts, books, games and culture.

BOOKS

CONVERSATION AND COFFEE

Read through contemporary writings that help to open up the Scriptures without technical theological language. We'll gather in homes on the first and third Mondays beginning February 6. Our time together will begin at 7 p.m. Our first book will be "Reading the Bible for all the Wrong Reasons" by Russell Pregeant.

Leader: Jerry Protector

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. **Leaders: Carmen Qualey and Carole Mathre**

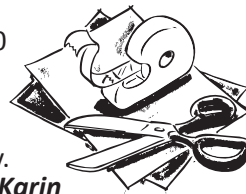
CRAFTS

ADVENT FUNSHOP

Advent Funshop at Trinity celebrated 50 years this winter and 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**

SCRAP-N-STAMP

Meets one Friday a month from 6:00 pm – 12 midnight. We'll take turns sharing devotions, tricks of the craft, and special projects. Bring your supplies for a night of creativity. **Coordinators: Maggie Stewart and Karin Olson Held**



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**

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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 SERVERS

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

SERVICE

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. **Leaders: Brenda Oistad & Dianne Scott**



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 Tuft**

MESSENGER MAILING CREW

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

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.

ARCHIVES & HISTORY

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

MISSION

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..

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.

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

On the 1st and 3rd Thursdays of the month, Trinity provides a meal which includes a hot dish, salad and dessert.

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: Cindy and Gary Nolte**

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**

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: Brenda Oistad

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**

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

LEAD ME TO THE CROSS

This group of people with various artistic skills will meet to study, make and manufacture crosses. These crosses will be given out to others to let people know God loves them through a homemade cross.

Leader: Jon Peterson



GAMES AND CONVERSATION



MAN CAVE

Hanging out with other men. Doing manly things together. Using our hands and tools for small projects. Watching sports in our man caves and at local restaurants. What could be better? **Leader: Ira Bailey**

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 exhaustions of the day. Come out, share some much needed girl talk, put your feet up and relax! You deserve it... We meet regularly at Atomic Coffee in S. Moorhead, and also for little excursions around town with the gals. **Leaders: Sue Cavalier and Lois Balko**

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**

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: Linda Swanson

PAR “FORE”

Time to plan for the golf season! Heading out in 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 to set our summer golf schedule and what the group would like to do. Golfers of all ages and abilities are invited to join. **Coordinator: Donna Peterson**



CULTURE

ENCORE

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

Leader: Pat Frazee

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.

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: Ernie and Marti Simmons



THE MOVABLE FEAST

God feeds our soul in multiple ways and as Christian people, we are hungry to receive God's wonderful gifts of creation and redemption. We pay attention to God through scripture, prayer, each other, and the multiple ways we experience and celebrate truth and beauty in our world. Each month, we will meet for a "mini-retreat" in one of our homes and will share discussion and prayer centered on scripture and readings from the book, "The SONG of the SEED - A Monastic Way of Tending the Soul," by Macrina Wiederkehr. Also, once a month, our group will enjoy "the feast of a shared experience of faith, truth, and beauty" through music, drama, food and drink, sport, nature, or visual arts.

Leaders: Steve Peterson and Eric Peterson

BIBLE STUDY AND CHRISTIAN LIVING

READING THE GOSPELS

Our current project is reading the Gospel of Luke. We deal with intriguing questions which emerge from Luke like, "Why is it impossible for a prophet (like Jesus) to be killed outside of Jerusalem?", and are trying to understand Luke's overall message. We meet twice monthly on Friday mornings.

Leader: Larry Vigen

RISE AND SHINE LECTONARY

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

Leader: Ruth Siegle

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 Clefisch

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 50+ years, and we need you to be a part of this group so that we can make it another 50! Do you have a couple hours a month to join us? **Coordinators: Steve and June Aabye**

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**

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.



COOKING FOR THE SIDE DOOR

Like to cook? Want to learn to cook? If you know your way around a kitchen or if you've never stepped into a kitchen in your life, come cook for The Side Door! We cook our food from scratch every Sunday night at 5:30pm. (Enter through the side door on 3rd Avenue.)

HAPPY-FUN PLAYTIME

If you are a young adult who likes to have fun and hang out - whether playing board games, cards or wii, or likes going bowling or to the movies... anything... if you like to have "happy, fun playtime," this group is for you! Sign up today!

MORNING MOMS

Motherhood is another full time job! Take a break from talking to your toddlers and come 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.

SEASONAL SAMPLERS

OPEN HANDS TO SERVE & PRAY (LENT)

Have you ever wanted to volunteer at one of the shelters, but didn't want to go alone? Or wanted to be a part of community outreach, but didn't know where to begin? Have you ever volunteered in the community, and left with a huge weight on your heart? If you've answered "yes" to any of these, join us for 6 weeks of volunteering around Fargo-Moorhead, followed by a time of prayer and reflection. Get to know how you can be a part of the incredible ministries around town and see where God is active in our community! **Leader: Pastor Alexis Twito**

FAITH AND SCIENCE IN CONVERSATION (SPRING)

Gather to discuss the points of contact between faith and science with others. Dr. Ernie Simmons will provide a book as our point of departure and we will see where God leads our discussion. **Leader: Pastor Colin Grangaard**

FAITH AND SCIENCE IN COMMUNITY (SPRING)

Over the next 8 – 12 weeks, a handful of field trips will be organized to visit businesses, labs and farms in our community that work with emerging technology, farm genetics and medical research everyday. Come and renew on this journey!

SOUP AND TALK

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

SPIRITUAL GIFTS (LENT)

How is God at work in me? What gifts do I have? Explore ways to figure out what gifts God has given us through spiritual gift assessments, Myers-Briggs, and other surveys.

GRIEF SHARE (FALL)

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. **Leader: Char Skaff**

HEALTHY BODY AND SOUL

GOOD GRIEF

A group for people grieving the loss of loved ones will gather for conversation and support. We meet monthly throughout the year, during the 10:05 Sunday School hour.

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**

PRAYER CHAIN MINISTRY

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

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**

BEREAVEMENT MINISTRY

Notes and cards are mailed out to those who have experienced the loss of a loved one. **Led by the Health and Caring Ministry Team.**

WORSHIP, SERVICE AND MISSION

WORSHIP

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.

