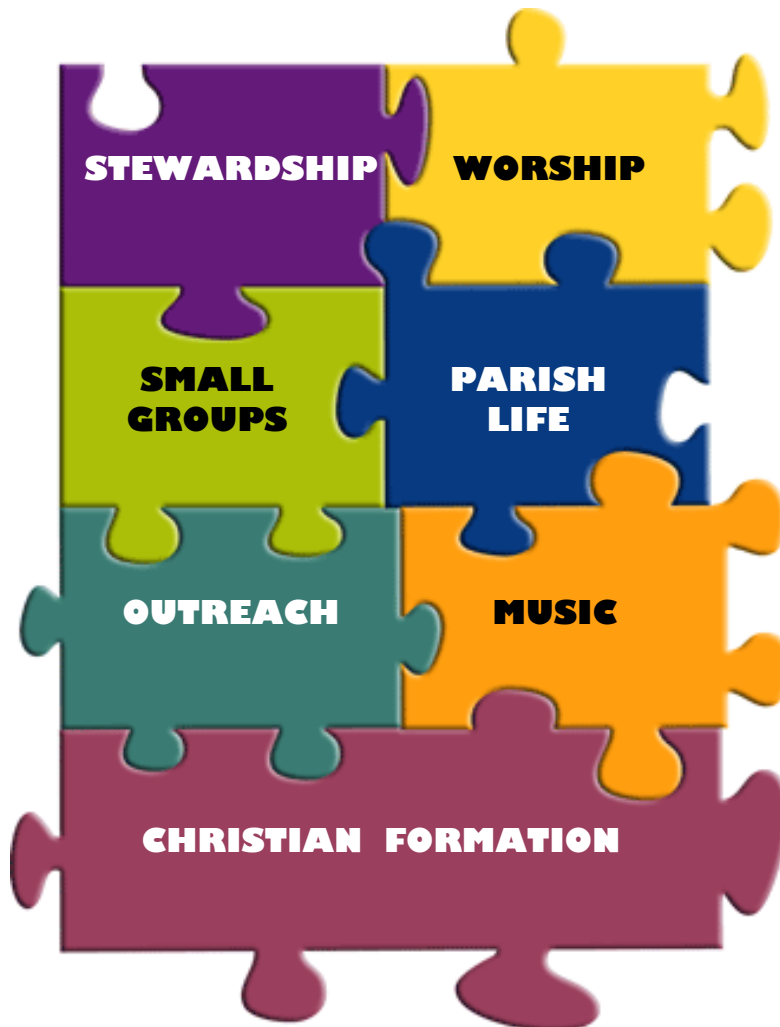
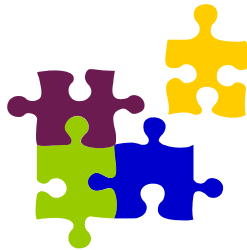


**Get  
connected**



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This booklet is designed to give you an idea of the many ways to get connected at Trinity —opportunities to enhance your worship experience, opportunities to grow in your knowledge and faith, opportunities to reach out to others, opportunities to share lives and care for one another.

The descriptions that follow are short—just enough to spark your curiosity. We hope one or two will intrigue you to find out about something new. Take your time, see what draws you, and consider trying something you haven't tried before.

There is a checklist at the back of the booklet. Check anything that looks interesting and return your form to the church. You may drop it in the office or hand it to one of the staff members. You will receive an email, a call or a note with more information about each of the items you select. We hope you see this booklet as an opportunity to find some new friends, a deeper understanding of your faith or the satisfaction of helping someone in need.

# Worship

Liturgy is the work of the people. Many parishioners participate in worship on Sunday morning. Some wear vestments and serve at the altar, some prepare the flowers and the Elements, some read the lessons and some participate from the pews. Together we create a joyful atmosphere where we respond to God's loving presence.



The mission of the **Liturgy Committee** is to foster an atmosphere in which each member of Trinity can participate fully in the worship of God. Meeting once a month, the committee works to make the liturgy and music at each service a meaningful worship experience.

**Acolytes** assist the priest at the altar. Children in first through third grades may serve as Children's Chapel Crucifers. Senior acolytes, fourth grade through adulthood, serve as Crucifers, Torchbearers, and Thurifers.

Directed by the clergy, members of the **Altar Guild** care for the altar vessels and linens and prepare the Altar and the Eucharistic Elements for each service.

**Bread Guild** members follow a special recipe to bake leavened bread for our Eucharists.

**Bulletin Artists** and poets provide original art for weekly service bulletin covers.

**Chalice Bearers** assist in serving the sacramental wine during Communion on Sundays and other special services.

At Christmas, Easter and other special occasions the **Flower Guild** decorates the altar. Members also provide fresh garden flowers in the summer months. You don't have to be a "member" of the guild to contribute flowers from your garden!

Licensed by the Bishop, **Lay Eucharistic Visitors** take Communion to Trinity parishioners who are sick or homebound.

**Lectors and Intercessors** enhance worship by reading Bible lessons or leading the Prayers of the People during Sunday and weekday Eucharists.

**Ushers** perform a ministry of hospitality for parishioners and newcomers. They welcome people, hand out the bulletins, gather the offering, carry the bread and wine to the altar and direct parishioners to the altar during communion.

# Christian Formation



## Adult Education

Christian life is a journey. There is always more to consider, more to learn, more to read and hear about faith. Take advantage of our resources to continue your journey.

The **Adult Education Committee** plans a program which includes a variety of offerings meant to stimulate the spiritual growth of the parishioners and the larger community.

**Adult Forum** meets each Sunday morning from 10:00 - 10:45am in our Parish Hall for discussion on a wide variety of topics.

Trinity **Bible Study** groups vary in size and focus. One group meets during the summer months to study the lectionary for each Sunday. During Lent several study groups form for short courses. Another group meets throughout the year. There are many opportunities to join or form new groups.

**Via Media** is a series of introductory classes teaching about the Episcopal Church and the Anglican Communion. Led by the clergy and lay leaders, this class is perfect for newcomers or anyone looking for a refresher on the content of our faith.

**Foundations of Faith** is a longer course which offers a more in-depth approach to personal spirituality, liturgy and church history. This is preparation for confirmation or reception into the Episcopal Church.

**EFM—Education for Ministry** is a program of theological education offered through the University of the South at Sewanee. Students sign up for one year at a time for this four-year program which covers the basics of a theological education in the Old and New Testaments, church history, liturgy and theology. Students meet once a week.

**Spiritual Inquiry Event** Trinity hosts an annual day of reflection and dialogue.

The Trinity **Library**, located downstairs, contains an extensive collection of books on theology, spirituality, history, world religion and much more. A small committee maintains the library. If you love books, sign up to help shelve, repair or catalogue.

## Children & Youth

**T**rinity is dedicated to providing our young people with quality worship, education, and fellowship opportunities that will begin the life-long process of spiritual formation. Our Christian Formation Director leads a dedicated group of volunteers who interact with our youth as storytellers, teachers, mentors, and leaders. You need not have a child in the Christian Formation program to share your gifts with our youth.

The **Christian Formation Committee** facilitates the education and nurturing of children through grade 12, with a focus on Biblical knowledge, Episcopal doctrine, community and church service, and Christian fellowship.

The **Nursery** provides for the care and nurture of children ages 0-4 during Sunday morning activities and other special times.

**Children's Chapel** for children ages 3-10 is held during the 11:00am Choral Eucharist. The Chapel service includes a Gospel reading based on the lectionary of the day, a response time, Prayers of the People, prayers, and songs. Children's Chapel or an intergenerational homily is offered during the 8:45 service.

**Godly Play** for children ages 3-12 uses storytelling and play to help them become more aware of God's presence in their lives. Meets Sunday 9:45-10:45 am.



**Journey to Adulthood** is a youth ministry program of spiritual formation for students in 6th –12th grades. It uses Bible study, prayer, rites of passage, outreach ministries and both serious and playful activities to underscore its core messages: 1) Manhood and Womanhood are free gifts from God, and 2) Adulthood must be earned. There are three two-year segments of the program. Meets Sunday 9:45-10:45 am.

**Rite-13** celebrates the individuality and creative potential of each young person. **J2A** engages youth with the skills and critical thinking involved in adulthood. The youth plan and embark on a pilgrimage together at the end of this segment. **YAC** is mentor-based and helps older teens to discern and carry out a ministry within the church or the larger community. Vocation and development of a personal credo are also emphasized. Meets Sunday 9:45-10:45 am.

**Episcopal Youth Club (EYC)** is the lively fellowship and service group for parish teenagers. It provides an opportunity for students in grades 6-12 to serve the community and the parish and to enjoy fellowship and spiritual growth. Meets Sundays 4:30-6:00 pm.

# Stewardship



Everything we have is a gift from God. We are called to take special care of ourselves, our families, our property, our world. We offer back to God, our time, talent and financial resources in thanksgiving for all that has been given to us.

Volunteers working with the **Building and Grounds** do lawn care, small repair projects and painting, provide oversight for the columbarium, make decisions on furniture and use of space, and help with the planning of the facility renovation.

The **Budget and Finance Committee** monitors the financial aspects of Trinity. Whether it's counting money from Sunday services, defining the budget for the year, coordinating an audit, or reviewing investments, this committee welcomes volunteers who like to work with numbers.

Our beautiful courtyard is a sample of the work of Trinity's **Landscaping** group. Gardeners work on designing, planting and maintaining the courtyard and the grounds of the church. You don't need a "green thumb" to be a member of this group. It's enough to appreciate beautiful flowers!

**Office Volunteers** help with general administrative tasks such as: folding bulletins, assembling our newsletter, serving as a sub for the receptionist, inputting data for special projects, maintaining membership records, preparing certificates and memorial books, creating bulletin boards, etc. There is always lots of work to do with a friendly group of coworkers!

A **Planned Giving Committee** is forming to help educate Trinity members in the wise use of personal resources and the need to make thoughtful choices about their ultimate disposition including gifts to the church.

The **Stewardship Committee** addresses giving to take care of the church community, planning and coordinating the process by which annual gifts are made. Each fall, we seek to lead our community in reflecting on our gifts and in celebrating our individuality while we help parishioners discern their annual financial commitment to the church.

**Stewardship of Creation** is committed to caring for God's creation and fostering awareness of our interconnectedness with all living things. We encourage the wise use of the earth's resources through conservation. Activities of this group include prairie planting, canoe trips and educational presentation for the congregation.



## Music

**B**eautiful music is a tradition at Trinity. You are invited to help us make a joyful noise to the Lord!

The **Trinity Choir** sings at our 11:00am services from September through Trinity Sunday in June. Choir rehearsals are on Wednesday evenings from 7:00 - 9:00pm, and Sunday mornings from 10:15—10:45am. The Choir also sings the First Sunday Choral Evensongs from October through May, and participates in services on other special days such as Epiphany and Maundy Thursday.

The **Advent Service of Lessons and Carols** is another choir event with opportunity for those who like to sing and cannot be in the Choir all season to join for the event.

The **Youth Choir** includes youth in second grade and up. Choristers rehearse Wednesday afternoons from 4:15 - 5:30pm during the school year, and sing once a month for the 8:45am or 11:00am service, plus the Christmas Eve family service. Using the RSCM's Voice for Life curriculum, they learn how to sing and read music, how to work together as a team, and how to lead in worship.

**Choir Parents** support the Youth Choir. The Parents are expected to attend the choir Parents' Meetings at the beginning of each semester, to see to it that their young choristers get to rehearsals and services on time and to help provide refreshments or serve as a "Rehearsal Parent".

Many members of the parish who cannot participate on a regular basis in the Trinity music program offer their gifts as guest **Vocalists and Instrumentalists**.

Trinity Church is affiliated with the **Royal School of Church Music (RSCM)**, an international organization dedicated to promoting music in Christian worship and in the world community. The Youth Choir and Trinity Choir use the RSCM's "Voice for Life" curriculum. Choir members have the opportunity to participate in the RSCM's week-long summer courses in various locations in the U.S. and Canada – most years, about half of the Youth Choir goes to the RSCM course in St. Louis.

The **Music Committee** oversees and evaluates the music ministry at Trinity. It develops ideas for new directions in the ministry and controls the expenditure of special Music funds.



## Parish Life



**T**rinity is a community that prays and cares for each of its members. As part of our parish life we welcome newcomers, celebrate births, pray for each other, and mourn with each other. We seek to be a place of deep hospitality, welcoming Christ in the newcomer, serving Christ through people in need, and rejoicing with Christ through the person who comes to us in joy.

When Christians break bread together in the name of Jesus Christ, they are fed by the power of his presence and united into one body and one common life. Trinity's Welcome Team uses the gift of a loaf of bread, the symbol of spiritual sustenance, to welcome our visitors. The **Bread Swat Team** includes a group of bread bakers and a group of bread deliverers who take a loaf of the homemade bread to each Trinity visitor.

The smiles of the Sunday **Greeters** help make Trinity a joyful and welcoming place for our church family, visitors and newcomers. Greeters play an important part by ensuring that all people who enter Trinity's doors have a positive experience as they participate in the life of the church.

Healing of body, mind and soul was a vital part of the ministry of Jesus. At Trinity, members involved in our **Healing Ministry** seek to follow His command to do likewise.

Trinity's **Hospitality Committee** accepts the responsibility for oversight of the ongoing parish social functions. Whether it is the Epiphany dinner, a Lenten Seder, or the refreshments for the Ministries Fair, the Hospitality Committee organizes events and recruits volunteers to help.

**Coffee hours**, potlucks, picnics and parish dinners each provide us time to enjoy and get to know each other better. Our **Special Events** need many volunteers. Sign up to help with one or two events throughout the year. You don't need to bake. There are a variety of ways to help make our parish gatherings successful.

**Pastoral Visitors** provide regular contact for those of our congregation who are confined or semi-confined to living facilities in the area; those who fall ill to a malady that takes a lengthy time for healing; and perhaps others who for one reason or another would benefit from a caring visitor.

"...to create a mantle of caring, a mantle of protection, a mantle of wholeness, a mantle of strength, a mantle of healing, a mantle of patience, and a mantle to empower someone who needs comfort and protection..." is part of the prayer suggested for the group of Trinity members who create

**Prayer Shawls.** The shawls are knitted or crocheted and are given to members in the hospital, nursing homes or those in need of the warmth of the Trinity community. As volunteers are knitting, their prayers are centered on those who will receive the shawls.

Members of the Trinity **Prayer Chain** pray for the people and concerns of the Parish in their daily meditations. Each month members receive a list of parishioners, family and friends who have requested our prayers.

Visiting parishioners who are hospitalized or other Episcopalians who are patients at UI Hospitals and Clinics is the charge of the **Hospital Ministry** team. Led by our Rector, these are individuals who represent the care and concern of our congregation to those who are ill.

**St. Elizabeth's Guild** welcomes new babies to Trinity. Guild members knit caps and booties and take these gifts along with a meal to the family of the new arrival. It is a delightful opportunity for us to meet the smallest and newest members of our parish family.

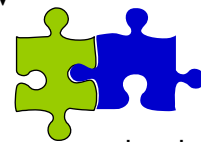
The **Campus Ministry Committee** helps and supports the Campus Minister in developing and maintaining programs for members of the University community.

Join the Cookie Swat Team as a **Cookie Baker** or a **Cookie Deliverer** who welcome Episcopal students to the Trinity community with a gift of homemade cookies.

## Small Groups

Small groups at Trinity provide opportunities for fellowship, support, study and fun. Groups engage in a variety of social, spiritual, and service activities. Some groups are ongoing and meet regularly, whereas others meet for a designated period of time or on an occasional basis. Small groups are a wonderful way to cultivate a sense of community with fellow Trinitarians. Examples of Trinity small groups include:

**Eat with Eight** is a monthly dinner club to help parishioners meet more people at Trinity in a relaxed atmosphere. Don't worry if you aren't a gourmet chef. Meals are low-key and simple and you only have to host once each year in your home. The focus is on fellowship, sharing, and fun.



**Parents with Young Children** includes families with at least one child under the age of 5 who meet on a monthly basis for fellowship and activities. Past activities have included potlucks, swimming, pumpkin picking, and cutting Christmas trees.

The **Usual Suspects** group welcomes everyone who likes to read and discuss mysteries—especially those with a theological flavor. The Usual Suspects meet monthly, except in August, with two mystery movie nights each year. Participants enjoy food, fellowship, and lively discussion.

At least two small groups devoted to **Bible Study**, fellowship, and prayer meet on an ongoing basis at Trinity. One group selects a particular book of the Bible and then works their way through it together one “pericope” (or unit of meaning) at a time. Another group focuses on challenging parables from the Bible.

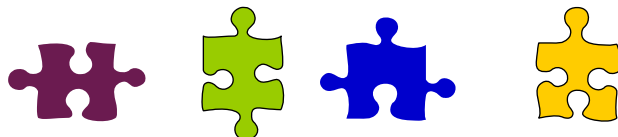
The new **Games Night Group** has already developed a reputation for having great fun and fellowship. This group meets at Trinity one Tuesday night each month and is open to new members at any time. You need not attend every time to be part of this group. Come as often as you like.

The **Contemplative Prayer Group** will begin meeting in the fall on the first and third Wednesdays. Meetings will be held in the St. Francis Chapel from 7:00-8:30 p.m. Various themed meditations will be offered, with opportunities for individual and group response.

The **Brotherhood of St. Andrew** and **Daughters of the King** are groups for men and women, respectively, devoted to prayer and service.

**Brotherhood** service projects include delivering goods donated to the Crisis Center and hosting dinners to benefit our companion diocese in Swaziland. The **Daughters** gather once or twice monthly for prayer, study, support, and fellowship.

The **Small Group Midwives** facilitate the development of new small groups, conduct small group leadership training courses, and provide ongoing resources and support to enrich existing small groups at Trinity. The Midwives currently are working with parishioners to birth groups focused on knitting, movies, and Advent study groups. If you have an idea for a group you’d like to see at Trinity or if you’d like tools for incorporating more fellowship into your existing group, let the Midwives know!



# Outreach

Trinity's many outreach programs seek to minister to people in need in our community, our nation and our world. Newcomers and old-timers, children and youth all bring gifts and energy to our Outreach ministries. Consider where you might be called to join us in reaching out.

The **Outreach Committee** encourages and facilitates an integrated approach of doing and giving as a parish community. Within our mission efforts we support many organizations.

The **Global Mission** group is dedicated to supporting global mission and development and advocating for peace and justice.

**Angel Tree**, part of the national Prison Ministry Fellowship, provides Christmas presents to children whose parents are incarcerated.

Trinity is the location for an **Annual Book Sale** which benefits a designated outreach project each year. During the past several years funds have been donated to Shelter House for the construction of a new larger facility.

**Crisis Center** operates a food bank, a referral service, and a comprehensive crisis and counseling center for people in need. Trinity members serve on the board and help with food bank distributions.

An ecumenical ministry based at Wesley House, the **Free Lunch** program provides a hot lunch for anyone requesting a meal. Trinity volunteers serve on the first Monday of every month. Food preparers, servers and clean up helpers are always needed.

**Habitat for Humanity** builds and provides low cost housing for people who might otherwise never own a home. Trinity partners with the Iowa City affiliate by providing funds and labor. There are always opportunities for individuals or groups to support this organization.

Trinity is one of the host churches for the **Shelter House Overflow**. We provide temporary housing for homeless families and individuals November through March. Volunteers are needed for overnight supervision, scheduling, calling, transportation, and laundry.

**Trinity Caregivers** meet with people on an individual basis to offer needed assistance. These volunteers help clients by funding small emergencies, helping to identify community resources, or just listening.



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