



Trinity Episcopal Parish

THE LINK

JANUARY/FEBRUARY 2010



FROM THE RECTOR:

DEAR BROTHERS AND SISTERS IN CHRIST,

2009 is coming to an end. What a year! We have added four new families, new children have been welcomed into this world and into the body of Christ through baptism, and we have seen the continued growth of ongoing ministries. YELL, Choir, Chat & Sew (Sow), Snow-Shoveling Elves, the Trinity Marathoners, church softball, St. Ellen's, St Margaret's, Tuesday Morning Men's coffee, the Bazaar, Waters of Hope, Sunday School and Children's Chapel, Altar Guild and Flower Delivery, Family Camp, the Food Bank, the Coat Drive, and the preschool are all ongoing ministries that seem to be stronger and more beautiful than 2008. While 2009 was tough for many, for Trinity Episcopal Parish it was a year of ongoing blessings, and I am positive that 2010 will be much the same. My certainty comes from a belief that Trinity Episcopal Church is truly committed to being the body of Christ in the world. As long as this is the case, we continue to pray together, worship together, play together, and grow together in fellowship and love.

2010 will not be without its challenges. We now have two classes for Sunday school, with our preschoolers in one group and our elementary-age children in another. In order to ensure success, we must have more teachers. In each and every baptism that we do, we make a commitment to do all in our power to raise a child with Christ. Please consider helping with Sunday school and Children's Chapel. Not only is it a fulfillment of our promise but it is also a lot of fun. If you can help, call the church, or better yet call one of our church leaders who are actively involved in this ministry such as Denise Smith, Angie Shanley, Amanda Kline, or Mindy Valentine Davis. I am sure they would love to both hear from you and have you involved.

In 2010, we will also continue to face budgetary issues. While giving has increased through the years this year was financially as much of a challenge for the church as it was for many of our individuals. Despite this challenge, cost-saving measures such as the refinancing of our loan combined with the success of our new preschool director have done wonders for our financial wellbeing. An example of that success is the fact that once again we have pulled less from our endowment than in the previous year. Deficit spending is an organizational addiction, and for over 20 years our church has suffered from this addiction. It is my hope that we can continue to wean ourselves away from a deficit budget and eventually instead of pulling from our endowment, we will be able to add to it.

While we have saved money in many places, I think it is important to point out some of the good things on which we have spent our money. This year, organizations such as the YMCA's afterschool programs for underprivileged children, Seeds of Hope (our area's Domestic Violence Help Center) Waters of Hope (our clean water mission), the Food Bank, Episcopal Relief and Development, the United Thank Offering, and others have all received generous contributions from Trinity. Just as I have asked you to give of yourselves to the church, our organization has given of itself to others. Also, please know that as a leader of our church I am confident that we spend our dollars wisely and strategically on those things that leave our community better. In this ministry, your blessings in terms of gifts to your church have and will continue to bless others who need it. Please pledge as this allows your vestry to budget and position ourselves for future ministry and mission.

In 2010, I see our church continuing in growth. Our missions will continue. Waters of Hope will once again roll out of a church near you, and our successful two-year total of \$110,000 raised for clean water projects will increase. Our membership through evangelism, proclamation of the Good News, education, and welcome will continue to increase as well. Our visibility from services, service projects, and advertising in family centers like the YMCA and others will continue to make us shine! Our relationship with Christ and each other through the prayerful work and play of each and every one of our members will deepen. In closing, I wish you all a Merry Christmas and a Happy New Year, and I ask you to consider how you can commit to the continued health and vitality of your church.



ANNUAL MEETING

Mark your calendars for Trinity's annual meeting, which is scheduled for Sunday, January 31. We will have Holy Eucharist at 10:00 am, continue with the meeting and discussion, then adjourn for fellowship and food with a potluck meal. There is not an early service on this day. Everyone is welcome!

Also, vestry elections will be held during the meeting, so if you're interested in being a member of the board, please contact Rev. Mitch Smith; Samuel Gladden, senior warden; or any other member of the vestry.

RECOVERY SERVICE

A Recovery Service is held at Trinity every second Sunday of the month at 5:00 pm. If that Sunday falls on a Holy Day such as Easter, the service will then be celebrated on the third Sunday of that month. Everyone is always welcome to share in this liturgy of thanksgiving!

BISHOP'S VISIT

Bishop Scarfe will be at Trinity on Sunday, February 21—the first Sunday in Lent. We will celebrate one service that day at 10:30 AM. Everyone is invited to stay for fellowship afterward.

COMPLINE CHANGE

Starting January 7, Compline will be held the first and third Thursdays of each month at 7 pm.

WEEK OF PRAYER FOR CHRISTIAN UNITY

January 18-25, 2010 is the annual ecumenical observance of the Week of Prayer for Christian Unity. This week gives Christians an opportunity to continue their quest for the unity they already share in Christ. In addition to our regular Sunday and Wednesday services, we will have daily prayer services at 10:00 AM. Everyone is welcome—invite family and friends to join in this celebration of the continuing dialogue between denominations.

ALTAR GUILD

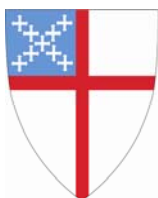
Altar Guild is always needing helpers. Currently, we have six altar guild teams consisting of two members who share two months out of the year. Increasing the team with a third person would help greatly. It is a wonderful way to support our worship. If you would like to learn how to set up the altar and be part of the Altar Guild team, contact Kathleen Sallee at 319-287-4116.

NEW OFFICE HOURS

Beginning January 11, and continuing into the first week of March, church office hours will be from 8:00 AM - 1:00 PM Monday through Friday.

2010 PLEDGING

2010 pledge cards are available on the information tables and will also be going out in the mail soon. Also, if you would like offering envelopes, please contact the church office. Donation statements for 2009 will be available in the parish hall beginning Sunday, January 10, and will be mailed January 18. Contact the office if you'd like yours



HABITAT FOR HUMANITY PROJECT

In our day and age, I think Jesus could have as easily said, "When I was homeless, you gave me a home." Trinity is putting together a team of people with skill and know-how to build a house for Habitat for Humanity. Hopefully, this will become a yearly mission event! Please call the office if interested in joining the team, or contact Rev. Mitch or Matt Harrison.

Peace,
Mitch

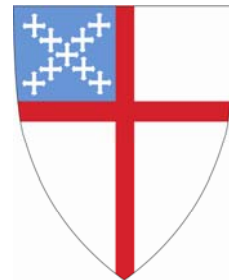
CARING CLOSET

Do you have beautiful pieces of clothing that you do not wear or may have even forgotten about? I know I do. With spring cleaning just around the corner, the women of YELL would love to take those beautiful pieces of clothing from you and give them away. We are hosting a community-wide free closet of gently used and new clothing. Our vision is to supply those in need with fashionable clothes that help to boost self-confidence and ease the financial burden that is gripping our neighbors.

Trinity's Caring Closet will be held in April. Ask your friends, neighbors, and extended family to consider giving their clothing to our free closet. We are accepting clothing in all sizes for men, women, youth, and infants. Bring your donations to church for sorting, or if you need donations picked up please contact Our goal is to collect and give away enough clothing for one hundred families. Thank you for your support and donations!

Denise Smith.

*I was hungry and you fed me,
I was thirsty and you gave me a drink,
I was homeless and you gave me a room,
I was shivering and you gave me clothes,
I was sick and you stopped to visit,
I was in prison and you came to me.'*
—Matthew 25:35-36 (*The Mes-*



ADOPT-A-FAMILY PROJECT

St. Margaret's Circle would like to thank everyone who gave to the Adopt-a-Family mission this year. Your generous donations made it possible to buy many things on the family's wish list. Our family was a single mom with three children aged 6, 8, and 10.

We purchased each child two books, a game, pajamas, shoes, blankets, towels, and toys. Mom received bath towels, kitchen towels, and a new coffee maker. Plus, we had enough left over to give Mom a nice gift card to purchase much needed paper products and groceries.

So thank you Trinity family! The family so appreciated your generosity and I'm sure they enjoyed a Happy Christmas morning with presents under the tree. (A thank you note from the family will be posted in the church.)



LENTEN LOVE LOAVES

On Ash Wednesday, Love Loaf donation boxes will be available on the tables near each church entrance. Please take one home for the Lenten season. We will collect them on Palm Sunday. All monies will go to one or two food-providing charities.

“Because there is one bread, we who are many are one body, for we all partake of the one bread.”
 1 Corinthians 10:17 (NRSV)

FOOD BANK VOLUNTEERS

On each fourth Saturday of the month from 9:00 - 11:00 am, Trinity members can volunteer at the North-east Iowa Food Bank, located at 106 11th St. in Waterloo. The fourth Saturday is a busy day for the Food Bank because they are putting together upwards of 500 food boxes for the elderly. These are supplemental nutrition boxes, delivered on a monthly basis throughout 10 counties; goods packed vary based on donations, but usually include a dozen or so items, such as a box of cereal, a jar of peanut butter, a can of juice, some canned/boxed meals, and a can of veggies. If you have time and are looking for a good way to get involved in our community, please call or talk to Christine in the church office. The spirit of togetherness as we all work as the hands and feet of Christ to help those in need is amazing!

Trinity also supports the Food Bank with any non-perishable contributions such as those listed below. A

✂

FOOD BANK WISH LIST (CLIP AND SAVE)	
Elderly Nutrition Programs	canned meat (tuna, chicken) boxed meals canned fruits
Operation Family Pack	microwaveable meal cups fruit cups single-serve dried fruits & nuts

✂

LENTEN SOUP SUPPERS

Our traditional Lenten Forum & Soup Suppers begin Wednesday, February 24. Sign up sheets for people wanting to host one of these meals will soon be posted in the parish hall. Team up with family or friends and share your favorite soups or stews; then stay for Rev. Mitch’s Lenten Christian formation class afterward. Look for more information in upcoming bulletins.

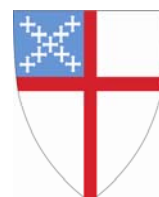
MEALS ON WHEELS

Meals-on-Wheels is such a fulfilling ministry—to share an hour and a half, once a week or once every two weeks is not asking too much when you meet these wonderful and beautiful people. They look forward to just a few minutes of sunshine everyday from a Meals-on-Wheels delivery person. A few minutes of friendly talk. Anyone who is interested, please see Jo Capoccioni.

CHAT & SEW

Chat & Sew meets every Monday night at the church from 6:00 - 7:30 PM. Everyone is welcome, we have plenty of supplies, so come and knit, crochet, quilt, or chat with us.

We’d like to say a big thank you to folks such as Jan Van Metre for donating baked goods and other items, which helped make the Fall Bazaar and the Christmas Mini-Bazaar such a success. Part of the money raised helped with the tiling in preschool eating area, and we will be purchasing other needed items for the kitchen, too.



MUSIC @ TRINITY EPISCOPAL PARISH
Jo Ruth H. Capoccioni

Thank you to everyone in the chancel and chime choirs for all your hard work in 2009! Chime choir will resume rehearsals February 3 at 6:30 PM, at which time new members are welcome to join. Chancel Choir will be meeting at 7 PM until Feb. 3 at which time it will move to 7:15 PM, right after chimes. Dates for choir members to keep in mind: Palm Sunday is March 28 and Easter is April 4 this year.

Please feel free to see me with any comments or if you are interested in either or both of the choirs. Membership is open to all. We will train you. Don't be afraid to try something new.

ALTAR FLOWER MEMORIALS

Altar flowers are given to the Glory of God and in memory of loved ones or special occasions. Please consider setting up a memorial (permanent or just once) on a Sunday that is meaningful to you. If you already have a permanent date set aside, please remember your offering for 2010. An annual donation of \$35 covers the cost of the lovely arrangements. You are always welcome to take your memorial home; otherwise the Altar Guild delivers the bouquets to those who are ill or housebound. Donation envelopes are always available on the tables near the entrances or just indicate on your check who the memorial is for.

DRUM CIRCLE

The Drum Circle meets the first Friday of every month from 7:00–8:00pm in the parish hall. This is a fun, stress-relieving, community-building activity! Everyone is welcome—no musical experience necessary. There will be instruments available, but bring your own if you have them! For more information, contact Ann

TRINITY DIRECTORY

A 2010 church directory will be available at the annual meeting in January. If you haven't already done so, please contact the office with any changes in contact information that you'd like to have appear in the direc-

EPISCOPAL LIFE

It's time to update our mailing list for *Episcopal Life* newspaper. Please contact the office with updated addresses, if you'd like to continue receiving the paper, if you want to discontinue it, or if you'd like to begin receiving it.

*"... Love your spiritual family."
 —1 Peter 2: 17 (The Message)*

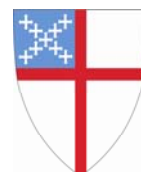
SOCIAL HOUR HOSTS NEEDED

Coffee hour/social time after church is an important ministry. Please consider signing up for a Sunday or two to continue this tradition of community. Remember not to bring anything with peanuts due to children with severe allergies. Contact the church office with questions; a sign-up sheet is in the

HY-VEE RECEIPTS

Hy-Vee receipts total \$41, 351.28. Wow! This is great! Keep the receipts coming. Thank you for bringing them in. It is really appreciated. The money we get back from Hy-Vee will help the preschool.

Thank you!





YOU ARE INVITED!

What: *Jeopardy!* viewing party
When: Tuesday, January 19 2 pm
Where: Bourre Lounge at Roux Orleans
 501 Sycamore, Waterloo

Come on down (sorry, wrong game show) to watch Trinity's own Christine Havens in her appearance on America's favorite game show, *Jeopardy!* The show will be on all the big-screen TVs and we'll have some great munchies! Maybe even some champagne!



Yoga

Tuesday evening at 6pm Parish Hall (Free!)

Have back pain? Sleepless nights? High blood pressure? Aches or pains? Restless legs or stressed out? Depression or anxiety?

Find balance, find relief, find inner peace

Learn to de-stress and relax while working out tension in the body and mind. Strengthen and stretch and restore the mind, body, and spirit connection with the breath.

Class is great for beginners—ALL are welcome!

Instructor, Kay McClure: YogaFit Instructor Training, Levels 1-3, Anatomy & Alignment, Seniors, and Yoga Therapy

**We've got PROPS—
 blocks, straps, and
 eye pillows!
 Come learn how to use
 these wonderful tools to
 help stabilize in balance
 poses, deepen a stretch,**



TRINITY WINTER COAT DRIVE

Have a coat? Give a coat!

Help us celebrate the joy of Christmastime and the selfless love of Jesus Christ by sharing warmth with those who are cold. Trinity Episcopal Parish is honored to sponsor the Winter Coat Drive 2009-2010, now through the end of the winter season. Each Sunday, we'll have a coat rack set up in the back of the church. Please bring coats, caps, mittens, gloves, scarves, and any other winter weather gear you'd like to donate, and these will go to those in need.

The Bible commands us to "Share with God's people who are in need" (Romans 12:13). Let us share the joy of Christmas with others in our community by providing the warmth of winter wear, and let us invite all who are in need into our parish, this and every season.

If you'd prefer to offer cash contributions, please send them to the office, and we will purchase items at the end of the drive to supplement our donations.



Wellness

It's a New Year!

It's that time of year for many to be thinking of New Year's Resolutions. So many times we strive for a goal to reach by the end of the year, but fall off the wagon as soon as mid-February. This year, set aside some time to really focus on your goal and learn some tips that can help you along the way to success!

Step 1: Take a close look at the words that express your goals.

Take a moment to read over your goals. If you keep them written in your head, jot them down on paper quickly before you read further. Done? Now look through your goals for any of the following words: NO, NOT, NEVER, STOP, LOSE, REDUCE, LIMIT, or QUIT. If these negative words (or similar ones) play an important role in the way you have stated your goals, you may be setting yourself up for problems. Here's why:

Words are very powerful! They focus your attention in one area while other possibilities fade away. When words are negative (like those above), their results are negative. When you say, for example, that you will "Stop eating chocolate," what are you really doing? *Y o u a r e focusing your attention on the very thing you want to avoid—chocolate.* IF going without something you want when it is always on your mind were easy, this might work. But, we all know that "out of sight, out of mind, out of reach" works a lot better.

Step 2: Do your goals deprive you of something you want (or think you want)?

If so, you're just setting yourself up for feelings of deprivation, resentment, and rebelliousness. How many times have you gone a day, a week, or even longer without caving in to a food on your forbidden list, only to find yourself binging on it later, as if out of sheer spite? Contrary to belief, making something off-limits isn't the best way to maintain control. It'll get that two-year-old inside us really geared up to do bat

Step 3: Do your goals set you up for failure?

Framing your goals in negative terms creates an all-or-nothing situation, where even one small slip means failure. And we all know where this leads—"Well, I've

already blown it, I might as well enjoy it and start over tomorrow," which turns into next week, next month, or next year. Soon you feel like you can't control your own behavior, but aren't sure what to do about it.

It all starts with the words.

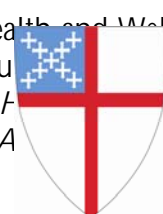
The great thing about having the capacity for language is that we can use words to help ourselves want what it is best for us to have.

Framing your goals in **positive terms** makes reaching them that much easier. Positive words allow you to:

- Focus on what you really want, and on what is helpful and achievable. This creates positive energy and momentum instead of feelings of deprivation and resentment.
- Adjust your plans when you have the inevitable slip-up or bad day. Instead of giving up when you mess up, you can make small changes to balance things out.
- Check in with yourself before you act. Ask yourself if what you are about to eat will help you reach your goals.
- Have true freedom of choice, rather than forcing yourself to rely on will power alone. We just aren't designed to white-knuckle our way through life, always resisting what we think we really want.

So, go through your goals with a fine-toothed comb, and make sure they are positive. Focus on what you DO want to eat and what you WILL accomplish—not just on how many pounds you want to lose. Keep track of your calories as a necessary tactical measure, but don't confuse going over on any given day with "failure." There's more going on than what happens o n a n y single day, and well-framed goals can help you keep that in view.

Yours Truly in Health and Wellness,
 Kay McClu
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 BA, ACE, A
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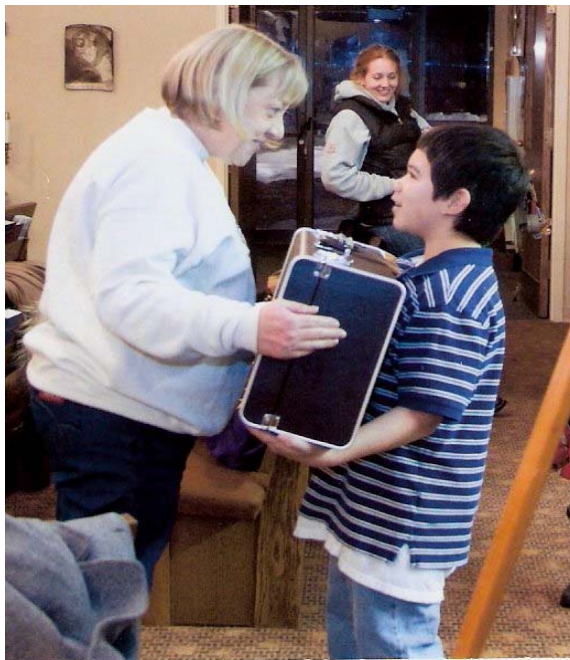
MANY THANKS!

Dear Chime Choir:

I would like to thank everyone in the Chancel and Chime Choirs for my saxophone. I was so surprised and happy. I love music, the time I spend with everyone in Chime Choir, and my whole church family. My mom, stepdad, brother, and sister enjoyed listening to the Chime Choir play at the Christmas Eve Service. They also liked the pictures that Robert took and the nice picture frame. I want to thank Robert, too, for taking the pictures. And thank you, Father Mitch, for coming up with the idea. I will always remember this and I will keep my saxophone in great condition until I have a child of my own to give it to. Thank you all again and God bless you.

Sincerely,

Patrick Roe

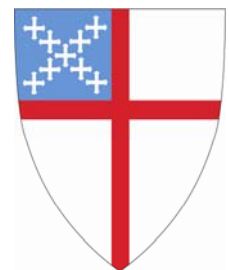


THE MILLENNIUM DEVELOPMENT GOALS

The Millennium Development Goals (MDGs) were developed out of the eight chapters of the [United Nations Millennium Declaration](#), signed in September 2000.

The eight goals are:

- ◆ Eradicate extreme poverty and hunger
- ◆ Achieve universal primary education
- ◆ Promote gender equality and empower women
- ◆ Reduce child mortality
- ◆ Improve maternal health
- ◆ Combat HIV/AIDS, malaria, and other diseases
- ◆ Ensure environmental sustainability
- ◆ Develop a global partnership for development



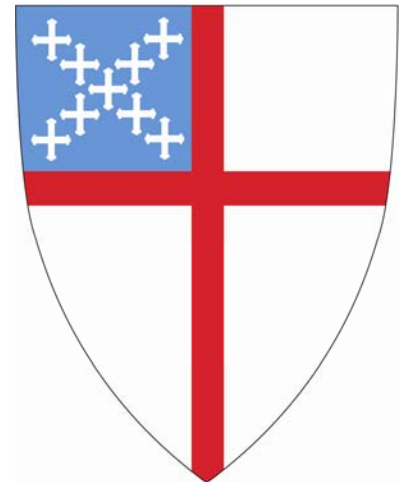
**BIRTHDAYS
JANUARY/FEBRUARY**

- 1/2 Kathy Barnett
- 1/3 Marlon Barnett
- 1/5 Audrey Underwood
- 1/5 Judy Thorson
- 1/6 Jan Van Metre
- 1/6 Phillip Wiese
- 1/8 Ryan Barnett
- 1/8 Paula Edwards
- 1/9 Spencer Davis
- 1/10 Tim Nieman II
- 1/13 Natalie Fisher
- 1/17 Ginny Phelps
- 1/17 Stephanie Werner
- 1/17 Jerry Raber
- 1/17 Susan Johnson
- 1/18 Amanda Valentine
- 1/18 Bill Kline
- 1/19 Brody Hinz
- 1/23 Andrea Ham

- 1/23 Chantel Boesch
- 1/24 Hunter Capoccioni
- 1/31 Ann Enderlein
- 2/1 Jon Fister
- 2/3 Lucy Duncan
- 2/4 Jo Capoccioni
- 2/5 Diane Neuhaus
- 2/8 Terri Jackson
- 2/9 Allan Eckelman
- 2/9 Sandra Benson
- 2/10 Vickie Buss
- 2/10 Bob Bergman
- 2/12 Sara Cammoun
- 2/14 Harvey Hess
- 2/20 Isabella Davis
- 2/20 Trinity Weiskamp
- 2/27 Al Pearce
- 2/28 Stephen Jackson

**ANNIVERSARIES
JANUARY/FEBRUARY**

- 1/4 David & Amanda Kline
- 1/4 Tim & Chris Nieman
- 2/9 Jim & Norma Jackson
- 2/11 Don & Georgia Potter



The LINK is published at least five times annually. Articles and suggestions are welcomed. The deadline is the 15th day of the preceding month. All articles must be submitted in writing to the office.



JANUARY 2010

S U N	M O N	T U E	W E D	T H U	F R I	S A T
<p>3 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel 7:30 pm YELL</p>	<p>4 6:00 pm Chat & Sew</p>	<p>5 7:00 am Men's Breakfast @ Cotton Wood Canyon 6:00 pm Yoga</p>	<p>6 <i>The Epiphany</i> 7:00 pm Choir Practice</p>	<p>7 7:00 pm Compline (Gunnell Chapel)</p>	<p>8 7:00 pm Drum Circle</p>	<p>9 1 New Year's Day 2</p>
<p>10 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel 5:00 pm Recovery Service 7:30 pm YELL</p>	<p>11 6:00 pm Chat & Sew 7:00 pm St. Margaret's</p>	<p>12 7:00 am Men's Breakfast @ Cotton Wood Canyon 6:00 pm Yoga</p>	<p>13 10:00 am Eucharist (Gunnell Chapel) 7:00 pm Choir Practice</p>	<p>14</p>	<p>15</p>	<p>16</p>
<p>17 8:00 am Holy Eucharist 9:00 am Guest Speaker 10:30 am Holy Eucharist 10:30 am Children's Chapel 12:30 pm Vestry Meeting 7:30 pm YELL</p>	<p>18 <i>Martin Luther King, Jr. Day</i> Week of Prayer for Christian Unity begins 10:00 am Prayer Service 6:00 pm Chat & Sew</p>	<p>19 7:00 am Men's Breakfast @ Cotton Wood Canyon 10:00 am Prayer Service 2:00 pm Jeopardy/ Viewing Party (Roux Orleans) 6:00 pm Yoga</p>	<p>20 10:00 am Eucharist (Gunnell Chapel) 7:00 pm Choir Practice</p>	<p>21 10:00 am Prayer Service 7:00 pm Compline (Gunnell Chapel)</p>	<p>22 10:00 am Prayer Service</p>	<p>23 9:00 am Food Bank Volunteer Day</p>
<p>24 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel 7:30 pm YELL</p>	<p>25 Week of Prayer for Christian Unity ends 6:00 pm Chat & Sew</p>	<p>26 7:00 am Men's Breakfast @ Cotton Wood Canyon 6:00 pm Yoga</p>	<p>27 10:00 am Eucharist (Gunnell Chapel) 7:00 pm Choir Practice</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>31 10:00 am HOLY EUCHARIST & ANNUAL MEETING Noon Potluck 7:30 pm YELL</p>						

FEBRUARY 2010

S U N	M O N	T U E	W E D	T H U	F R I	S A T
	1	2	3 10:00 am Eucharist (Gunnell Chapel) 6:30 pm Chime Practice 7:15 pm Choir Practice	4 7:00 pm Compline (Gunnell Chapel)	5 7:00 pm Drum Circle	6
7 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel 7:30 pm YELL	8 6:00 pm Chat & Sew	9 7:00 am Men's Breakfast @ Cotton Wood Canyon 6:00 pm Yoga	10 10:00 am Eucharist (Gunnell Chapel) 6:30 pm Chime Practice 7:15 pm Choir Practice	11	12	13
14 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel 5:00 pm Recovery Service 7:30 pm YELL	15 <i>Presidents' Day</i> 6:00 pm Chat & Sew 7:00 pm St. Margaret's	16 <i>Mardi Gras</i> 7:00 am Men's Breakfast @ Cotton Wood Canyon	17 <i>Ash Wednesday</i> 10:00 am Eucharist (Gunnell) 6:30 pm Ash Wednesday Service	18 7:00 pm Compline (Gunnell Chapel)	19	20
21 <i>First Sunday in Lent</i> BISHOP'S VISIT 10:30 am Holy Eucharist 10:30 am Children's Chapel 7:30 pm YELL	22 6:00 pm Chat & Sew	23 7:00 am Men's Breakfast @ Cotton Wood Canyon 6:00 pm Yoga	24 10:00 am Eucharist (Gunnell Chapel) 5:00 pm Lenten Soup Supper and Forum 6:30 pm Chime Practice 7:15 pm Choir Practice	25	26	27 9:00 am Food Bank Volunteer Day
28 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel 7:30 pm YELL						

Trinity Episcopal Parish

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Waterloo, IA 50701
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Fax: 319-232-9085

E-mail: tepiscopal@waterlootrinity.com

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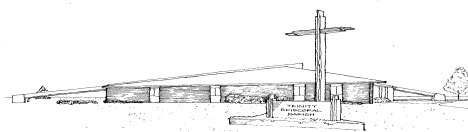
Our mission is to grow as a faithful community through which all people can deepen companionship with God and each other in Christ, through the Spirit, and participate in God's continuing work in the world.

OUR MINISTERS

The Bishop of Iowa
The Rector
The Deacon
Music Director/Organist
Senior Warden
Junior Warden
Treasurer
Parish Admin. Coordinator
Parish Registrar
Christian Formation Director
Pastoral Care Coordinators

Jerold Raber

The Rt. Rev Alan Scarfe
The Rev. Mitchell Smith
The Rev. Charles Lane
Jo Capoccioni
Samuel Lyndon Gladden
Eric Thorson
Christine Havens
Ginny Schoneberg
Carol Houk
Sue McClure
Debbie Lane



Worship

Sunday 8:00 AM Holy Eucharist
10:30 AM Holy Eucharist
10:30 AM Children's Chapel

2nd Sunday of the Month
5:00 PM Recovery Service

Wednesday 10:00 AM Eucharist

1st & 3rd Thursdays of each Month
7:00 PM Compline

Our mission is to grow as a faithful community through which all people can deepen companionship with God and each other in Christ, through the Spirit, and participate in God's continuing