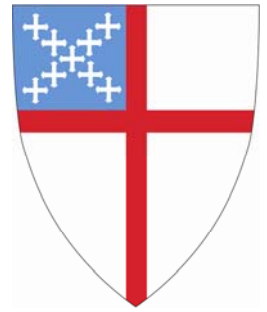


Trinity Episcopal Parish



THE LINK

SEPTEMBER/OCTOBER 2010



FROM THE RECTOR:

Dear Brothers and Sisters in Christ,

It has been a while since my last letter to you all, as publication of the LINK took a break during the summer, but rest assured a lot has happened. Denise and I are amazed that time has seemingly moved so quickly. When we moved here, Denise was pregnant, and we were just beginning to contemplate the change from being Denise and Mitch to being a family with children. Now four years later, we have a four-year-old, a one-year-old and two careers. Perhaps it is the black dirt, but I have discovered that roots in the Cedar Valley can sink pretty deep in a hurry. Our children play sports at the Y, and Denise and I are members of various civic organizations around town. The time from knowing no one to being known has gone very quickly.

In many ways, the church has grown, too. I am amazed that in my first four years I did two weddings for Episcopalians (one couple was member of St. Luke's), and now in my fifth year, I am planning on doing four. I am also amazed at the wonderful ministries and opportunities our church has had and capitalized on. RAGBRAI was a tremendous opportunity and thanks to Helen and Ann, Janine and Jo, Diane and Carrie, and so many others, we were a wonderful stopover, a good witness to Jesus, and we had an extremely successful mission fundraiser. We also had a lot of fun!

Beyond that, we have made some very large transitions. Our vestry is working extremely hard at leading ministries and tasks. This year, while I will still preach a stewardship sermon, Carol Hauk will be leading a stewardship team and campaign. In the same capacity, Kathleen Sallee will be leading a team charged with raising money for a building campaign. The work before these two is great. You all have seen from the bulletin that we have been operating at a loss for quite some time. We simply need more money. Your gifts matter, and they allow Trinity to operate at a capacity that impacts our community. Next time you see a play at the Waterloo Community Playhouse, remember that it was Trinity that bought pressure washers and cleansers and volunteers from our body that cleaned the building and helped to save its existence. We do not only do these things here, but also around the world, and your gifts matter.

Assisting Kathleen and Carol will once again be Robert Hill. Robert has graciously accepted the role as Trinity's treasurer, replacing Jerry Raber. Jerry spent the last three and a half years as Trinity's treasurer. His tenure was harder than most as Jerry had to financially manage the opening of a preschool, the start of new ministries such as Waters of Hope, the church's finances, and refinance our loans for the building. This was a difficult task and as Robert said in a recent note to me "he [Jerry] was the right guy at the right time, and the church really owes him a big thank you." I couldn't agree more. We all owe Jerry a great deal of thanks.

Helping Robert will be Sue McClure. Sue will be bringing her many years of financial expertise and work with the school system into her examination of our books and records. She is a calm presence in the office and a great help.

Financially Trinity is trying to make some big steps in streamlining how we do business, reviewing our contracts (thanks to Matt Harrison) and raising the level of transparency on how we spend and on what we spend our money. We are taking great strides forward, but as we do so, I hope to impart two very important thoughts. The first is that financial fears will never stop our church or me from stepping into our mission fields. Our community needs us. The Food Bank needs us, Habitat for Humanity needs us, Crop Walk needs us, the YMCA needs us, Meals on Wheels needs us, the domestic violence services need us, and many other organizations need our volunteers and our monies. We will do our best to raise help in any way we can whenever we can because that is what our Gospel tells us to do.

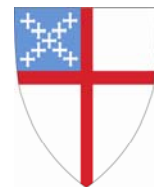
(Continued on page 2)

(Continued from page 1)

My second thought is this: our work, our church, our church family, needs to know that we must always grow. We need to grow in mission; we need to grow in evangelism; we need to grow in education, preaching, and teaching. Each ministry and service that we offer could be better. From choir to pastoral care to my own preaching and writing to the work from our office and service to our community, each thing that we do must always seek improvement and growth. We must try new things and we must follow the spirit. Jesus made in his first miracle new wine. New wine that was also the best thing each guest had ever tasted.

What can you do to make our church the best spiritual food that is possible? I know I can seek to improve as a preacher and that I have never preached the perfect sermon; I know I can lead services better. Can you, in your service of God, move toward a better sense of excellence? Can you do a better job inviting people to church? Can you give a little more of your time, talent, or treasure? The answer is most assuredly yes. If we are to be an excellent place, our church must always strive to be better. Jesus calls us to be perfect and we are a long way from that call. Striving to be less than perfect is not mentioned in the gospel once; finishing the race with endurance is and we are a long way from our finish.

Peace,
Fr. Mitch



**SENIOR WARDEN'S REPORT
SUBMITTED BY SAMUEL GLADDEN**

The members of the Vestry have been working prayerfully and conscientiously to be among the hands and feet of God at Trinity! In the past few months, we have considered our short- and long-term goals; we have begun reviewing contracts to identify possible areas for savings; and we have welcomed Robert Hill as our new Treasurer, with assistance to be provided by Sue McClure. This summer has been quite a busy season with the continuation of our preschool ministry, the amazing success of our RAGBRAI ministry, and, most recently, a wonderfully productive work day during which many inside and outside projects were completed. We are so grateful to all of you who have served in these roles and to all members of the congregation for working with us and supporting us as we seek to be good stewards of all of the responsibilities with which we have been charged!

The Vestry's next large undertaking will be our second seasonal Thanks Feast. You may remember that we began these feasts last year as occasions for saying "thank you" to those in the congregation who have devoted extraordinary amounts of time, talent, and attention to our ongoing work. Of course, each person's contribution is important and is valued, and we hope that eventually everyone at Trinity will be honored at a Thanks Feast for specific contributions to our ministries and to the life of our church! This season's feast will be on Sunday, September 12, immediately following the 10:30 service, when the Vestry will host a potluck honoring so many who have served us so faithfully: We hope to see you there, and we look forward to our honorees serving as judges for our salsa contest! This salsa contest is about the *food product* salsa, not the *dancing* salsa—but we hope you will all put pressure on two of our parishioners to offer some salsa lessons at the potluck, too: rumor has it that our very own Matt Harrison and Amanda Brown enjoyed local reputations as the Salsa King and Queen of Texas before moving here to enjoy a more sedate life.

I'll close by mentioning one project I'm working on with another member of the Vestry. Linda Valentine and I have been hoping to form some sort of adult Sunday School group, which we look forward to introducing some time in the fall. Linda and I will soon be reviewing several options for Bible study, and we hope to get Sunday School off the ground later this year in a form that may—or may not—become the model Trinity ultimately adopts. Linda and I are especially interested in scriptural study of the Bible, and we are searching for a curriculum that will give those interested in such an opportunity to gather on Sunday mornings between services. After we complete that trial unit, we can all decide how to proceed from there, whether with a similar curriculum or with one that better meets the needs of the group. Our ultimate goal is to become even more immersed in the Word of God, and we look forward to embarking on this task with those of you who are interested.

As always, I thank you for the opportunity you have given me to serve as Senior Warden. This is a blessing in my life, as are all of you.



MAKETH MERRY MUSIC

Jo Capoccioni – Music Coordinator/Director

As I write this, the Fourth of July is only a matter of days away—my how the summer seems to just fly! Summer gives the choirs the opportunity to rest, enjoy church, and visit family and friends. But come Wednesday, September 8, the Chancel Choir will be back in rehearsal mode preparing for another season of musical merriment. The Chime Choir will resume their ding-y togetherness near the end of September (TBA).

Hopefully this summer you have enjoyed singing some old familiar hymns, a few new ones, experimenting with one or two possible new Fraction Anthems (we have so few to choose from that I have been searching for suitable others), and my usual array of Offertory Sentences. Some of you may have noticed I bought more piano books and cannot resist the desire to play new arrangements of very familiar hymn tunes in very unique styles for our services. Summer always provides that great opportunity to brush up my piano skills beyond accompaniment.

Below is a listing of the financial aspects of running the music department. This is for your financial understanding of the costs that are necessary for your choirs to have more up-to-date music and that the instruments are in tune and in good repair.

- A. 15 copies per choral music title: *One title* averages \$1.95 = \$29.25
- B. For Chimes, I *order one copy per person*, one copy averages \$4.50 to \$4.95; thus one set of music for one selection is \$54 - \$59.40
- C. One piano tuning is \$75.00
- D. One organ repair visit is roughly \$300

I again say to all of you – PLEASE come and join us!! Especially the Chancel Choir. Without fresh blood joining us, someday we may not have a Chancel Choir and that would be a very, very sad day. We hope that we have impressed you this past year with many new and upbeat anthems to enhance your worship as well as demonstrate our belief that music can be stretched beyond the normal borders of what we are all used to. Come join us as we stretch and expand our wings in singing.

In harmony,
jrhc



COLUMN ON SPIRITUAL LIFE AND SPORT

Recently, Fr. Mitch was asked to write an article sharing his thoughts and experiences on sport and his spiritual life for *Broadcast*, which is a newsletter from the National Church’s Office for Young Adult and Campus Ministries that is sent out around the country and published on the Episcopal Commons website. For those who would like to read Mitch’s thought-provoking insights, you can connect to it using this link: <http://episcopalcommons.org/broadcast/august2010/stride/>. This link is also available on Trinity’s webpage.

RAGBRAI THANKS

VOLUNTEER HONORED

Judy Henry was honored at the Governor's Volunteer Awards on July 22 held at the Gallagher-Bluedorn Performing Arts Center for her work as volunteer at Lowell Elementary School. She was nominated by the Waterloo Schools Mentoring program.

I want to thank everyone for their contributions for the RAGBRAI event. It was wonderful to see everyone pull together and make this such a success. We had a really nice group of campers and they were very generous and supportive of our Waters of Hope mission. We ended up making \$1,500 to send to Waters of Hope, which was great, but the fellowship we shared with the campers and each other was beyond great. This was a very special experience, and again I wish to say thank you to everyone for making this such a memorable time.

Helen Hill



CHURCH OPERATIONS

Needed weekly in September for church operations: \$3,538.

Robert Hill, Treasurer

“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.”
Hebrews 13:16 (NRSV)

GREETERS/USHERS NEEDED

Contact Kathleen Sallee if you are willing to help with our 10:30 am Sunday services as a greeter and usher. This simple ministry means so much; any and all of our church family can contribute in this way. Please consider sharing yourself with others this fall!

PASTORAL CARE VISITS

If you know of someone homebound, in the hospital, or who needs a visit, please call the church so one of the Pastoral Care people, Deacon Chuck Lane, or Father Mitch can see them. We try to visit as many people as possible, if we have prior notification. Thanks, Carol Houk

HY-VEE RECEIPTS

Our latest receipt count is \$7054.48. The last day for receipts is April 30, 2011. So keep them coming. Thank you for your support. Carol

CROP WALK

The annual Cedar Valley Crop Walk for Hunger Relief is Sunday, October 3; registration begins at 1:30 pm with the send-off at 1:50. The Walk starts at the United Church of Christ on University Avenue in Cedar Falls; walkers can choose a 3-mile or 6-mile route. 25% of funds raised stay in the area and are split between the Food Bank and the Jesse Crosby Neighborhood Center. Contact Debbie Lane if interested in participating. Let's get a team from Trinity together!



BUILDING FUND THANK YOU

With much generous out pouring of financial gifts and pledges, Trinity members were able to raise the funds to pay the building loan principal and interest payment that was due this June. All who responded are very much thanked and appreciated. In an effort to retire our building debt, a Capital Campaign Committee will begin work to devise a financial plan to meet our loan obligation annually. I have agreed to chair the work group and will be joined by Bill Kline, Eric Thorson and Robert Hill, our new treasurer. Please be looking for our updates and share your ideas with us.

Kathleen Sallee
Vestry member

COATS FOR KIDS

With fall and winter months approaching, it is time to begin this year's Coats for Kids Drive. Our area schools are always in need of kids coats, mittens, and headgear. If you have coats(light jackets to heavy winter coats sizes 5 to small adult), please bring to church. There will be a coat rack in back of sanctuary and a basket for hats, scarves and mittens for kids. Coat drive will end November 28th. Thanks! Diane Neuhaus and Kathleen Sallee

BACK-TO-SCHOOL PROJECT

Thank you for all the donations to the Back-to-School Project! As always Trinity members' gave enough to fill several boxes! Your generosity went a long way toward providing children with much-needed supplies with which to start the school year.

Debbie Lane



BLESSING OF THE ANIMALS

Once a year, church goes to the dogs (well, cats, dogs, horses, turtles, hamsters, stuffed animals, rats, snakes, fish, and more) when we celebrate St. Francis of Assisi and his ministry. And that time is just around the corner again. Can you believe it? This year's celebration is on Sunday, October 17, at the 10:30 service

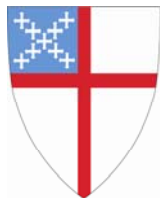
The Blessing of the Animals is a great time to reflect on our role and responsibility to be stewards of creation and in the spirit of this, all pets and all creatures great and small are welcome. As you know, the offerings from this service go to support the Cedar Bend Humane Society.

This is a great Sunday to invite friends and their furry friends to church—please come and participate!

Mitch+

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!



TRINITY SOFTBALL

The ACF Sports Family Softball season ended on Thursday, August 19; Trinity finished 7-9. This put us second in the standings—a record for us! A big thank you to everyone who played this season and everyone who came out to cheer us on. The family league is a wonderful ecumenical ministry that allows for fun and fellowship that creates bonds across denominations. Can't wait until next season!

FALL BAZAAR

Chat & Sew and St. Margaret's Circle are having their 3rd Annual Bazaar on Saturday, October 2, 2010 from 8:00 AM – 3:00 PM. We will have crafts, a bake sale, 'This & That' items, a raffle, book sale, breakfast (rolls) & luncheon (sloppy joes/nachos) Please bring donated items to Trinity Episcopal Church by September 30.

'This and That' includes most garage sale items in workable condition, but no clothes.

You do not have to be a member of either group to participate. All are welcome—bakers, cooks, crafters, and especially shoppers! Let your friends know, too!

We will set up for the Bazaar in the afternoon on Friday, October 1. If you have items you need to have picked up, please contact Helen Hill @ 233-8011, or Sue McClure @ 984-5432.

COMPLINE SERVICE CHANGE

Beginning in September, the Compline service will now be offered on the first Wednesday of each month at 7:00 pm. Everyone is invited to this quiet, contemplative worship service.

*"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)*

CHAT & SEW

We continue to meet every Monday night at 6:00 - 7:30 (or later, depending on how long we chat, or to finish a row, etc.) We have some new members, and continue to be excited about our "show & tell" items, and cheering on everyone's progress. We, along with St. Margaret's Circle, will be having our 3rd Annual Fall Bazaar, on Saturday, October 2, from 8 am - 3 pm. Our raffle items will include a quick-build miniature 1/12 Scale Log Cabin this year. Along with our prayer shawls, chemo hats, and premie baby items, we have a "stash" of bazaar items that continues to grow. Donations are always accepted. Come join the fun—no experience necessary; we have plenty of materials & supplies for all.

Contacts: Helen Hill 233-8011 or Sue McClure 984-5432



YOUNKERS COMMUNITY DAY COUPON BOOKLET FUNDRAISER

Trinity has a wonderful opportunity to raise money for the Preschool Tuition Scholarship Fund, which will help families who have children in our preschool and who may be undergoing financial hardship. We are selling Community Day Coupon booklets that are good at Younkens or any other Bon Ton store on Saturday, November 13. The booklets do not cost us any money and Trinity keeps all the proceeds. The booklets cost \$5 and include a \$10 off coupon good on items priced \$10 or more (there are some exclusions), 6 tiered coupons (20%, 15%, 10%) off regular and sale items, a 30% off Early Bird coupon, and many other specials. We can sell these at any time, and we also have signed up for three days at Younkens in Crossroads Mall, which will provide with extra opportunities to sell the booklets. If you are interested in buying, taking some to sell, or helping out during our Younkens days, please contact Christine in the church office. The Younkens dates are: Mon., Sept. 6, 6-8 pm; Sat., Oct. 9, 10 am-noon; and Fri., Nov. 5, 6-8 pm. Please tell your friends and family to come out and support our fundraiser! The more we sell, the more money we raise for the scholarship fund!! Thank you!

FOOD BANK MINISTRY

September is Feeding America’s Hunger Action Month 2010! Feeding America is the national organization that partners with agencies such as our own NE Iowa Food Bank, and works toward alleviating and solving hunger issues in communities like the Cedar Valley. Trinity can help support Hunger Action Month in many ways, such as these three:

1. Volunteer at the Food Bank, either on the fourth Saturday of each month from 9 - 11 am, or any other time. They always appreciate every volunteer who comes in, and they receive money from the government based on the number of volunteer hours.
2. Take one of the reusable grocery bags, hanging on the rack in one of the sanctuary alcoves, to the grocery store of your choice and fill it with items from the Food Bank’s wish list below. Return it to the Food Bank bin in the alcove.
3. “Take The Pledge”—Go to the Food Bank’s website, www.northeastiowafoodbank.org, or fill out one of the pledge forms that are in the literature rack near our east entrance and leave it in the office. Our pledges could help the Food Bank win a truckload of food if they receive enough!
4. Go to the Food Bank’s website and check out the “30 Ways in 30 Days” Hunger Action Month calendar for more ideas!

FOOD BANK WISH LIST CLIP, KEEP, DONATE



<p><u>Kids Cafe</u> Ziploc bags glue sticks/glue gallon containers for leftovers board games & dice poster board paint (all kinds) paper towels & plates serving spoons paper lunch bags napkins disposable silverware child sized scissors large white drawing paper disposable cups crayons</p>	<p><u>Northeast Iowa Food Bank</u> Gift wrapping supplies for Annual Gift Wrapping Fundraiser black permanent markers 3-inch clear packaging tape canned meat – tuna, chicken noodles canned fruits & vegetables soups & crackers pasta/sauce (canned, not glass) toilet paper bar soap shampoo toothpaste</p>	<p><u>Elderly Nutrition Programs</u> canned meat (tuna, chicken) boxed meals cake, cookie, muffin mixes peanut butter canned fruits senior-friendly snack items pasta, pasta sauce rice flour</p> <p><u>BackPack Program</u> <u>(formerly Operation Family Pack)</u> microwaveable meals and meal cups fruit cups single-serve dried fruits, nuts & jerky peanut butter</p>
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**CARITAS CLOSET:
FREE CLOTHING FOR OUR COMMUNITY**

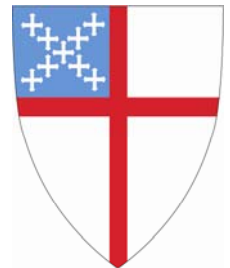
The first Caritas Closet was a wonderful success! Thirty-eight people from all over the Cedar Valley area came to Trinity and went away with at least 4 bags of clothes each. They were all very happy and grateful to know that members of the community cared enough to do something such as this. This is a great opportunity to develop a mission project into a ministry within our own community. Thank you for your support!

Our next date is going to be a Saturday in mid-October. Ask your friends, neighbors, and extended family to consider giving their clothing to our free closet. We are accepting clothing, especially winter clothing, in all sizes for men, women, youth, and infants. Bring your donations to the church Sundays through Fridays during church office hours (8 am - 1 pm) now through October 3. Contact any of the Young Episcopal Ladies League for more information.

The Young Episcopal Ladies League

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 LINK is published at least five times annually. Articles and suggestions are welcomed. The deadline is the 20th of each even-numbered month. All articles must be submitted in writing



Wellness

Brown- Baggin' it!

Yes, it's that time of year where the kids are all back in school! Now's the time to start packing those lunch boxes or brown bags for a healthy homemade lunch to keep them energized throughout their day. But brown bags are not just for kids!

Taking a healthy lunch to work is one of the simplest ways to trim your budget. Most people think nothing of spending \$10 or so for a restaurant lunch, but over the course of a month—or a year—the expense can really add up.

Beyond the cost savings, most meals packed at home are healthier than foods at restaurants. When we eat out, we're often faced with whopper portions and fattening extras—like the french fries that routinely come with sandwiches. But when you pack lunch at home, you can control your portions and choose healthier ingredients.

Still, unless you're willing to eat the same peanut butter sandwich day in and day out, it's easy to run out of ideas and fall back into the restaurant rut. So here are some healthy, creative lunch ideas that are not only cheap, but easy to prepare.

First of all, make sure your lunch is balanced, experts recommend. Lunches that include some lean or low-fat protein along with carbohydrates will keep your body fueled for the afternoon, says Connie Diekman, RD, president of the American Dietetic Association.

"The combination of protein and fiber from whole grains, beans, nuts, vegetables and/or fruit will give you the most satisfying and nutritious combination of foods that will keep you feeling full until dinner," she says

If you love sandwiches, use a variety of whole-grain breads, pitas, and wraps. Choose lean fillings like sliced eggs, tuna fish, cheese or lean meats. Then jazz up your sandwiches with assorted greens, fresh basil, sprouts, sliced cucumbers, onions, and/or tomatoes.

But sandwiches are far from your only option when you're brown-bagging it. Last night's dinner, hard boiled eggs, vegetarian wraps, cereal -- anything you enjoy at home can be packed up and eaten for lunch.

In fact, you might want to make extra food for dinner so you'll have leftovers to bring for lunch, experts suggest. "Leftovers are the perfect food to pack and take for lunch because you can control the portions and calories in the meal to ensure it will be nutritious, filling and delicious," says Diekman.

To take this idea a bit further, try cooking in bulk. On the weekend, make a big pot of chili, soup, or rice and beans and freeze into individual portions that are ready to take to work in a flash.

American Dietetic Association spokesperson Angela Ginn-Meadow, RD, says planning ahead is essential for quick lunch assembly. "A planned menu with all the ingredients in the kitchen will make it easy to put together tomorrow's lunch after dinner," she says.

She compiled this grocery list for a week's worth of lunches costing \$5 or less a day (assuming you already have salad dressings on hand):

- Whole wheat pita bread
- Romaine lettuce
- 2 tomatoes
- 1 cucumber
- 1 bag baby carrots
- 1 bag of apples & oranges
- 1 can of light tuna in water
- 1 can of salmon (split for two meals)
- 1 prepared grilled chicken
- 3 cans of low-sodium, broth-based soup

With this list of foods, you can prepare:

- 1 pita with lettuce and grilled chicken with light Caesar dressing; baby carrots; and an apple.
- Salmon lettuce wraps with light sesame Asian dressing; 1 can of broth-based soup; and an orange.
- Tomato & cucumber salad with olive oil and vinegar; tuna salad on pita; baby carrots; and an apple.
- 1 can of soup; and grilled chicken on a bed of romaine with sliced apple and light vinaigrette.
- Garden salad with salmon, tomato, cucumber, and baby carrots; an orange; and 1 can of soup.

To save money on beverages, use the water cooler at work instead of buying bottled water or a soda from the vending machine. And bring coffee in a to-go mug instead of stopping at your favorite coffee shop. Got a sweet tooth after lunch? Have fruit, a few pieces of hard candy, or a few low-fat Graham crackers or vanilla wafers.

Don't forget: Lunches that include meat, fish, poultry, or dairy need to kept refrigerated. Toss your lunch in the refrigerator at work. If you don't have access to refrigeration, invest in a lunchbox, Thermos, reusable plastic containers, plastic baggies, and ice packs to keep your lunch at the proper temperature.

Yours Truly in Health and Wellness,

Kay McClure
Advanced Health & Fitness Specialist
 BA, MA, ACE, AFAA, YogaFit



Congratulations!!

Amanda Valentine and Nate Whitesell

Matt Harrison and Amanda Brown

John Doughty and Tiffany McDade

Kay Marie McClure and Jason Wenzel



Congratulations!!



**Alec Boeschen
West High
Class of 2010**

BIRTHDAYS SEPTEMBER/OCTOBER

- 9/2 JoAnn Matous
- 9/3 David Kline
- 9/4 Lori Fisher
- 9/5 Elizabeth Doughty
- 9/6 Sara Johnson
- 9/7 Ashlee Henry
- 9/8 John Cleveland
- 9/10 Jayne Kemmerer
- 9/10 Matthew McClure
- 9/12 Dot Teague
- 9/13 Anita Kirby
- 9/14 Rachel Powers
- 9/15 Rhonda Pearce
- 9/15 Don Potter
- 9/15 LeRay Henry
- 9/16 Terry Doughty
- 9/21 Dan Roth
- 9/23 Eric Locke
- 9/28 Calvin Fan

9/28 Irene Henry

10/2 Ben Bergman

10/8 Gail Smith

10/8 Andrew Kline

10/12 Dale Bazan

10/17 Lennie Petersen

10/20 Samuel Gladden

10/22 Chris Kemmerer

10/23 Mary Kalberg

10/24 Cheryl Stoneman



ANNIVERSARIES SEPTEMBER/OCTOBER

9/10 James & Betty Johnson

9/17 Audrey & Paul Porter

9/25 Crystal & Dale Bazan

10/10 Rhonda & Al Pearce

10/27 Carrie & Tim Nieman II

OCTOBER 2010

S U N M O N T U E W E D T H U F R I S A T

					1	2
						2 FALL BAZAAR - Parish Hall 8:00 am - 3:00 pm
3 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel 7:30 pm YELL	4 5:00 pm Yoga 6:00 pm Chat & Sew	5	6 10:00 am Eucharist (Gunnell Chapel) 7:00 pm Compline (Gunnell Chapel) 6:30 pm Chime Practice	7	8	9
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	11 5:00 pm Yoga 6:00 pm Chat & Sew	12 12:30 pm St. Ellen's Circle	13 10:00 am Eucharist (Gunnell Chapel) 6:30 pm Chime Practice 7:15 pm Choir Practice	14	15	16
17 8:00 am Holy Eucharist 10:30 am BLESSING OF THE ANIMALS AND HOLY EUCHARIST 10:30 am Children's Chapel 7:30 pm YELL	18 5:00 pm Yoga 6:00 pm Chat & Sew	19	20 10:00 am Eucharist (Gunnell Chapel) 6:30 pm Chime Practice 7:15 pm Choir Practice	21	22	23
24 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel 7:30 pm YELL	25 5:00 pm Yoga 6:00 pm Chat & Sew	26	27 10:00 am Eucharist (Gunnell Chapel) 6:30 pm Chime Practice 7:15 pm Choir Practice	28	29	30 9:00 am Food Bank
31 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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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.

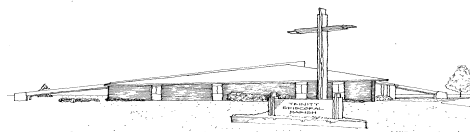
OUR MINISTERS

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



The Rt. Rev Alan Scarfe
The Rev. Mitchell Smith
The Rev. Charles Lane
Jo Capoccioni
Samuel Lyndon Gladden
Terry Doughty
Robert Allen Hill
Christine Havens
Christine Havens

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 Wednesday 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 work in the world.

