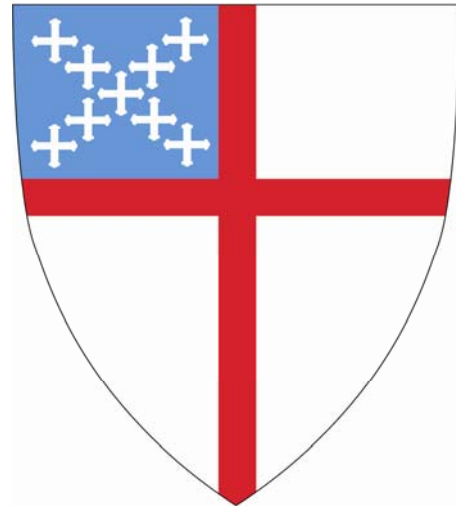




**Trinity
Episcopal
Parish**



THE LINK

MAY/JUNE 2009

FROM THE RECTOR:

**ALLELUIA THE LORD IS RISEN!
THE LORD IS RISEN INDEED ALLELUIA!**

This is the triumphant shout of Easter. It is the shout that proclaims to all who hear it that the Messiah has saved us from sin and triumphed over evil. It is rallying cry of all Christianity. Have you responded to it?

For many in our church the answer is yes, and proof of this yes was seen in our successful Holy Week. It was seen in our deep and meaningful weekday services, in our beautiful baptisms, in our fabulous brunch, and in the fun Easter egg hunt on Easter Morning. The volunteers who made this week happen are too numerous to name, especially since one must consider the fact that over 90% of our regular members volunteered in some aspect of the week, but a special mention and thank yous deserve to be given to Anne Doughty, the Choir, Kathleen Sallee, and Christine Havens, all of whom took key leadership roles in our services and our celebrations. Because of their work and because of your work momentum has been built, momentum which deserves to be carried over into the rest of our year.

So how do we carry this momentum anyway? And while were asking questions what exactly is the momentum that we are talking about? Is it the mysterious role of the crowd as "6th man" in college basketball, or is it something more?

I think the momentum of Trinity is the momentum we have built up from doing our best to live into our prayer "to be the hands and feet of Christ in the world." It is in our Food Bank ministry and our book study on *The Screwtape Letters*, both led by Christine. It is in our church softball team and the fellowship we hold. It is in YELL (the Young Episcopal Ladies League) and the Tuesday morning men's groups, which seek to hold each other up in prayer. It is in the beginning uses of our screens and in our movement to become a green church, it is in the success of the Sunday school program and children's chapel, and it is in the amazing transformation that we see when we bring a new person to Christ. The momentum of Trinity is simply the momentum of the Holy Spirit, which weaves her way through us, around us, and into all that we do for good in the name of Christ.

So how do we carry this momentum forward? For this summer my primary goal centers on evangelism. My prayer and my hope is that we step up our evangelism efforts starting first with our own church directory, our call lists in our respective cell phones, and our white pages. I can't tell you how many places or events I attend during which I hear the words "oh... You're the new priest at Trinity! I used to go there." It happens all the time. And while I am not entirely new any longer new stuff is continuing to happen, and while I invite these people time and time again to come back to their church, I know for a fact that I am the wrong person doing the inviting. You are the ones with the relationships, you are the ones with the friends who have gone away, you are the ones with the power to rekindle these friendships, not me. You can help to carry the momentum of our church by making some simple phone calls. I don't care if someone says they're a member of such and such church now, or if you think they might be a member of St. Smithen's by the Sea, invite them anyway. You will never know until the invitation is extended whether they miss their Trinity home or not. Tell them things are different, tell them things are exciting and spirit filled, tell them that will be missing out if they miss out on the chance to see and experience a wonderful church. In short invite them and tell them the truth!



SENIOR WARDEN'S REPORT FOR APRIL 2009

Submitted by Samuel Gladden

PEACE,

At this month's Vestry meeting, I reported on several items, including reflections on Holy Week and opportunities for marketing and outreach. I'd like to share my thoughts about those matters with you here, and I invite you to share your thoughts with me after church during one of our social hours, by telephone at 233.2319, or by email at <samuel.gladden@uni.edu>.

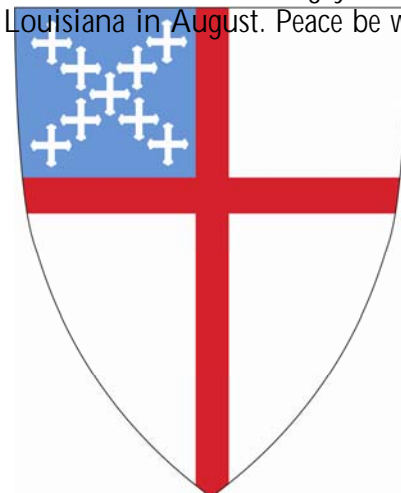
What bounteous blessings we experienced throughout Holy Week 2009! We all owe much thanks to those who worked to make the week so special, including Anne Doughty, who organized the Easter brunch; Amanda Kline, who prepared the beautiful stained-glass images for projection on the screens during services; and Christine Havens, who took charge of the Tenebrae service. Thanks also to Mel Valentine for the "small noise," which makes the Tenebrae service even more meaningful! As Father Mitch has said, our attendance during Holy Week set new records, especially during the Sunday morning service, which saw the church filled almost to capacity!

Despite these blessings, however, we have seen a downturn in attendance at several of the Holy Week services, and I'd like us to begin a conversation about how we can bring people back for those services next year. I'm thinking specifically of the Good Friday and Easter Vigil (Saturday) services. I know that many feel we have lost attendees for the Vigil since we have stopped hosting the fireworks show—a magnificent and rather expensive display we've had to forego as the church deals responsibly with unanticipated financial burdens. At the same time, I believe that fireworks are the wrong reason for people to come to church: if we've lost attendees *simply because* we've stopped the fireworks, we need to examine what we are *not* doing to make the services sufficiently meaningful in and of themselves to bring members in. What, in other words, are we failing to provide—perhaps in the kinds of Holy Week services we offer, the scheduling of those services, or the pre- and post-service activities? Let's all begin anticipating the needs of our parishioners for next year's Holy Week services, and let's work together to bring bodies in the door. How wonderful it would be to see the 160+ attendees we hosted Easter morning at

church every night of Holy Week!

As we look to the future and the growth of Trinity, I'd like to invite you to share your thoughts with me about how we can build a greater presence in the community, both in the charitable activities to which we are committed (such as the Food Bank, meals at The Hub, and Meals on Wheels) and in the ways in which we make Episcopalianism a visible identity in the Cedar Valley (such as through our involvement in softball). To that end, I encourage and challenge you all to find creative ways to announce your Episcopalianism by displaying our beautiful shield prominently and publicly. This summer, while I am away in Louisiana, I will assemble a menu of items we can purchase that will help us display the shield—license plate frames, yard flags, lapel pins, water bottles, dog and cat collars, and so on. At the same time, Father Mitch is working with a local company to get some prices for fabricating T-shirts, caps, and other apparel that would let us display the shield and the name of our church on an everyday, casual basis. If you can think of items I've not mentioned here, please let me know so that I can include these in our ordering list! (Such items are widely available on line at sites such as < http://terrasanctaguild.com/mm5/merchant.mvc?Screen=CTGY&Store_Code=TSG&Category_Code=cat19&gclid=CMB-vbTaiZoCFSMgDQodKFZ9FQ >.) We'll do a group order some time in the early fall and then, as interest dictates, every month or so afterwards.

It is a pleasure and an honor to serve the church and its members as Senior Warden. I welcome your feedback, and I look forward to seeing you all when I return from Louisiana in August. Peace be with you!



ST. MARGARET’S CIRCLE

This study group meets on the second Monday of every month at 7:00 PM at Trinity. Please join us as we focus our learning on the women of the Bible. If you have any questions, please speak with Kathleen Sallee.

LEM, LECTOR, AND ACOLYTE TRAINING

Look for training sessions for Lay Eucharistic Ministers, lectors, and acolytes to be held on a quarterly basis. Dates will be announced shortly.

“WILDE” FORUM

On Sunday, May 3 and Sunday, May 10, from 9:15 - 10:00 AM in the church library, Samuel Gladden will lead a forum, “Christianity and the Cult of the Self: Oscar Wilde’s ‘Poems in Prose.’” Reading packets are available from the church

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!

YOUNG EPISCOPAL LADIES LEAGUE

YELL meets on the first and third Saturdays of each month at 9:00 AM at the church. Please contact Denise Smith, or come on out, if you are interested. You will be welcomed!

CHAT & SEW

This informal group meets every 1st, 3rd and 5th Monday evenings at Trinity Parish at 6:00 PM to share patterns, sew, knit, crochet, work on crafts, chat, share stories, and pray. We are currently making tote bags for the children to use at church, scarves, premie project items, etc.

We are in the planning stages for a Fall Bazaar in October, combined with St. Margaret’s “This & That sale”—date to be announced soon! Any donations of fabric, yarn, etc. will be appreciated, and if you know of someone in need of a prayer shawl or wrap, please contact.

Peace,
Helen Hill & Sue McClure

ST. ELLEN’S CIRCLE

St. Ellen’s Circle meets the second Tuesday of each month at a local restaurant for lunch. We gather for friendship, fellowship, and to enjoy each other’s company. Scripture tells us that when two or three gather in His name, He will also be present among them. For this, we are grateful! Our dues are \$15 per year. If you are looking for good conversation, the 8:00 AM and 10:30 AM women gathering, eating a good meal you didn’t need to cook yourself, and sharing God’s love, we encourage you to visit St. Ellen’s. You will be welcomed! Contact Jean Hall or Jan Van Metre for more information.

COMING SOON!

Clothing items embroidered with Trinity’s logo will be on display soon and available for ordering through the office. There will be T-shirts, polo shirts, hoodies, and micro-fleece vests, and others from which to choose. This will be a great way to make Trinity Episcopal Parish more visible in our community!

NEW BULLETIN FORMAT & BIBLE DRIVE

In an effort to reduce costs as well as being “faithful stewards of God’s bounty,” by going almost paperless, the text of the readings for each service will no longer be printed in the bulletins. Instead, please bring your favorite Bible along to the service each week if you like to read as well as hear the scriptures. Thanks to our ongoing drive, Bibles will also be available near each entrance for use during the service.

Shelly Hinz has issued a challenge to the rest of the Trinity community: she will match the first eight Bibles donated. Let’s meet that challenge!



MANY THANKS!

Trinity received a card from the Hub with this message inside:

"Dear Trinity Episcopal,

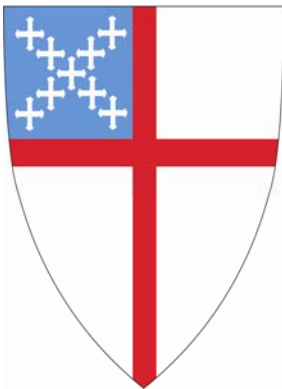
A round of applause goes out to your group for all your help in making the meal happen, especially in our time of being misplaced. Nothing carries more potential for change than individual acts of human kindness. I just want your group to know how much your kindness means to myself and to each and everyone of my participants.

Thank you!"

Patty N.

Thank you to Debbie Lane, Judy and Eric Thorson, Neil and Janine Benjamin, Judy Henry, Kathleen Sallee, and everyone who donated food, for making this community meal such a success!

LET'S DANCE SO THEY CAN RIDE!



As Fr. Mitch encourages us to become more involved in the community, I'm sending you an invite to The ASPIRE 10th Anniversary Dinner/Dance celebration where all proceeds go to the students' scholarship fund. If you are interested in an evening of hoe-down-style fun, please let me know as I organize tables of friends and family. You can call me at 319-235-9859 for more information about the Dinner/Dance and for more info about ASPIRE. I invite you all to come out to visit the facility, which is just south of Trinity on Kimball Ave. Come see where the magic happens, observe a class in action, pet the lovable mini horses, etc.! You can check out more about ASPIRE by logging onto www.aspiretrp.org.

Event details:

Saturday, May 2 at the Five Sullivan Brothers' Center.

There will be a Southwestern-style dinner, auction items, dancing to music by Milk and Honey!, and 'surprises' throughout the evening. Dress in your best western attire...jeans, boots, belt buckles, comfy shirts, etc! Tickets are \$40 in advance, **or** let's fill a Trinity Episcopal table of 8, which results in less \$\$\$ per person to join in the fun!

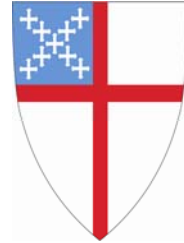
Your friend in Christ,
Cindy Kline

FIRST SUNDAY OF THE MONTH
TRINITY LUNCH:

Starting in March, anyone who wants to gather for lunch after the 10:30 service and fellowship period is welcome to do so! We won't take reservations or call ahead; instead, we'll descend on a local eatery at about 12:30 and enjoy lunch and fellowship. Each month, we'll go to a different place, which we'll announce in church the week before and the week of the l u n c h . We hope people will come to these lunches as they are able, and look forward to seeing you there!

WINE, FRIENDS, APPETIZERS

In keeping with the goal of increasing social capital at Trinity, a new endeavor, Wine, Appetizers, Friends continues on the last Friday of each month. Hosts are needed for future WAF evenings except June, please speak to Rev. Mitch if interested.



FAMILY CAMP

June 7 - 14

Do you need an affordable family vacation?
Do you like to water ski or would you like to learn?
How about a Saturday evening pontoon boat ride
or fishing from the dock? Bike-riding?
Spending time with family and friends?

(I know what you're thinking . . . "that's heaven, right?"
Nope, it's Clear Lake, Iowa!)

Trinity has rented a 36-person cabin. You are invited to come up for a weekend or a week—Free of Charge! Just bring some food and drinks to share and an adventuresome spirit. There is lots of room and the water will be nice.

Please contact Bill or Cindy Kline if interested.



Wellness

Mind, Body, and Spirit

Stress Management- Respond, Reduce, & Relax

The word *stress* is so widely used nowadays and has been associated with a negative connotation in our fast-paced, technological and unpredictable modern society. We use “stress” to describe our feelings, situations, physical or mental states. However, rarely do we remember that stress can also be good; the positive “eustress” that motivates us to complete projects on time and to give us that drive in life.

How a certain event is perceived is determined by our attitudes, values, and even by our moods. It may seem that there’s nothing you can do about your stress level. The bills aren’t going to stop coming, there will never be more hours in the day for your to-do list, and your career or family responsibilities will always be demanding. But you have a lot more control than you might think. In truth, the simple realization that you’re in control of your life is the foundation of stress management.

Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, and the way you handle problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun.

The first step in managing stress is identifying stressors in your life. Stressors are the sources of your stress. An example may include work deadlines. But maybe it’s your procrastination, rather than the actual job demands, that leads to deadline stress. Take the time to start a stress journal to find the true sources of your stress, whether self-inducing or environmental.

The second step is to begin to accept that stress is an integral and normal part of your lifestyle. As an alternative to blaming your stress on outside events or people, begin to accept your responsibility in learning to manage and cope with your stress. Until you accept accountability for the role you play in creating or maintaining it, your stress level will remain outside your control.

Then the third step is to learn different coping techniques for managing stress. This is typically thought of as the first step, but until the previously mentioned steps are taken first (awareness of stressors and responsibility) the stress in your life will continue the viscous cycle. There are many coping strategies and relaxation techniques to choose from. Just as every person is unique, finding the right coping strategy may take some time and practice to find what works best for you. In the following step-by-step insert for strategies to manage your stress and also a list of relaxation techniques that you can try for when the road gets rough.

Yours Truly in Health and Wellness,

Kay McClure

Clinical Exercise Specialist

BA, ACE, AFAA, YogaFit

KmcclureCES@aol.com

Stress management strategy

#1: Avoid unnecessary stress: learning to say “no”, avoiding Hot-button topics, and prioritizing your to-do list.

#2: Alter the situation: compromise, managing time better, expressing feeling vs. bottling them up

#3: Adapt to the stressor: look at the big picture, put a positive spin on it, and set reasonable standards

#4: Accept the things you can’t change: learn to forgive, look to the present moment and leave the past in the past

#5: Make time for fun and relaxation: see the following list for relaxation ideas!

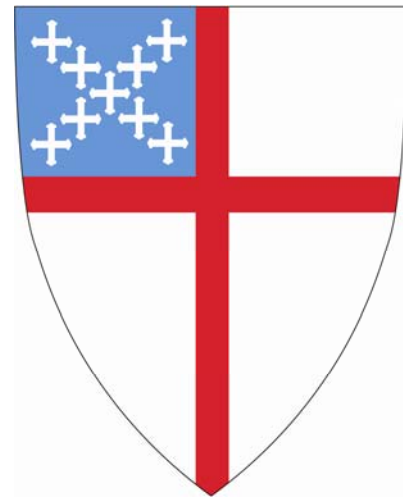
Healthy ways to relax and recharge

- | | |
|--|------------------------------------|
| Go for a walk. | Savor a warm cup of coffee or tea. |
| Practice Deep Breathing. | Play with a pet. |
| Spend time in nature. | Work in your garden. |
| Call a good friend. | Get a massage. |
| Sweat out tension with a good workout. | Curl up with a good book. |
| Write in your journal. | Listen to music. |
| Take a long bath. | Watch a comedy |
| | Light scented candles |



WATERS OF HOPE-MISSOURI

The second Waters of Hope Bicycle Ride is May 25-May 31, this year taking place around the Diocese of Missouri. Trinity will have three people riding—Rev. Mitch, Matt Nieman, Terry Doughty,—as well as one support driver (Christine Havens) for this event. Please continue Trinity’s generous support of this non-profit group that provides chlorinators and deep-water wells to the people of Swaziland and the Sudan, who need clean water. WoH change boxes will be available on the tables near each church entrance, or give your donation directly to one of those going to Missouri. If you are interested in participating, speak to Mitch—there is plenty of room for more bicyclists from Trinity! Check out the website at www.watersofhope.org.



Yoga

Tuesday evening at 6pm Parish Hall (Free!)

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.

Beginner to Intermediate level—ALL are welcome!

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



TRINITY MARTYRS

Our first softball game of 2009 is Thursday, May 7!

Come and cheer the Trinity Martyrs as we begin another season of softball! Or join the team--everyone is welcome to play! Games are every Thursday evening at Pfeiffer Park on Rainbow Drive in Cedar Falls, specific times will be announced soon and will be posted on the calendar on our website. After the each game, we gather at Pepper’s for more fun and fellowship (and possibly to nurse our wounds). Speak with Rev. Mitch if you’re interested.



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 and twenty-one targets include:

Eradicate extreme poverty and hunger:

- Halve, between 1990 and 2015, the proportion of people whose income is less than one dollar a day;
- Achieve full and productive employment and decent work for all, including women and young people;
- Halve, between 1990 and 2015, the proportion of people who suffer from hunger.

Achieve universal primary education:

- Ensure that, by 2015, children everywhere, boys and girls alike, will be able to complete a full course of primary schooling.

Promote gender equality and empower women:

- Eliminate gender disparity in primary and secondary education preferably by 2005, and at all levels by 2015.

Reduce child mortality:

- Reduce by two-thirds, between 1990 and 2015, the under-five mortality rate.

Improve maternal health:

- Reduce by three quarters, between 1990 and 2015, the maternal mortality ratio;
- Achieve, by 2015, universal access to reproductive health.

Combat HIV/AIDS, malaria, and other diseases:

- Have halted by 2015 and begun to reverse the spread of HIV/AIDS;
- Achieve, by 2010, universal access to treatment for HIV/AIDS for all those who need it;
- Have halted by 2015 and begun to reverse the incidence of malaria and other major diseases.

Ensure environmental sustainability:

- Integrate the principles of sustainable development into country policies and programs; reverse loss of environmental resources;
- Reduce biodiversity loss, achieving, by 2010, a significant reduction in the rate of loss;
- Halve, by 2015, the proportion of people without sustainable access to safe drinking water and basic sanitation (for more information see the entry on water supply);
- By 2020, to have achieved a significant improvement in the lives of at least 100 million slum-dwellers.

Develop a global partnership for development:

- Develop further an open trading and financial system that is rule-based, predictable and non-discriminatory. Includes a commitment to good governance, development and poverty reduction—nationally and internationally;
- Address the special needs of the least developed countries. This includes tariff and quota free access for their exports; enhanced program of debt relief for heavily indebted poor countries; and cancellation of official bilateral debt; and more generous official development assistance for countries committed to poverty reduction;
- Address the special needs of landlocked and small island developing states;
- Deal comprehensively with the debt problems of developing countries through national and international measures in order to make debt sustainable in the long term;
- In cooperation with pharmaceutical companies, provide access to affordable drugs in developing countries;
- In cooperation with the private sector, make available the benefits of new technologies, especially information and communications.



**BIRTHDAYS
MAY/JUNE**

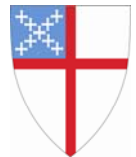


- 5/1 Julie Aldrich
- 5/1 Chuck Johnson
- 5/2 Sami Pearce
- 5/2 Joe Power
- 5/4 Mary Reuling
- 5/8 Bailey Bergman
- 5/8 Matt Nieman
- 5/8 Joe Van Dorn
- 5/10 Kristin Kline
- 5/10 Katherine Jackson
- 5/12 Ginny Schoneberg
- 5/14 Elner Edsill
- 5/15 Mindy Valentine Davis
- 5/15 Paddy Ham
- 5/16 Chuck Adams
- 5/16 Hanna Henry
- 5/18 Amanda Kline
- 5/19 Mary Miller
- 5/23 Jo Van Doren

- 5/25 George Nicholas
- 5/25 Rev. Mitch Smith
- 5/28 Paul Porter
- 5/29 Robert McDonald
- 5/29 Nate Kline
- 5/31 Joseph Van Metre
- 5/31 Michael Coons
- 6/3 Dennis Stoneman
- 6/7 Kay McClure
- 6/9 Alexander Austin
- 6/10 Helen Hill
- 6/10 Robert Hill
- 6/10 Devin Hilleshiem
- 6/11 KayLynn Iverson
- 6/12 Ray Stitchman
- 6/14 David Benjamin
- 6/15 Alexander Benson
- 6/16 Crystal Bazan

- 6/24 Larry Roberts
- 6/25 Jeanne Gehl-Austin
- 6/25 Cheyenne Austin
- 6/28 Ellen Talmadge
- 6/28 Rev. Ron Osborne
- 6/30 Phoebe Kyle

**ANNIVERSARIES
MAY/JUNE**



- 5/4 Robert & Helen Hill
- 5/14 Janine & Neil Benjamin
- 5/16 Gary & Lucy Duncan
- 5/21 Chuck & Becky Adams
- 6/3 Colleen & Harold Brown
- 6/7 Mel & Linda Valentine
- 6/10 Kevin & Mindy Davis
- 6/12 Kathy & Bob Braun
- 6/21 Reinhard & Chantel Boesch
- 6/21 Rev. Mitch & Denise Smith
- 6/29 Cheryl & Dennis Stoneman

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.



MAY 2009

					1	2 9:00 am YELL
<p>3 8:00 am Holy Eucharist 9:00 am Spring Breakfast 9:15 am Adult Forum 10:30 am Holy Eucharist 10:30 am Children's Chapel</p>	<p>4 6:00 pm Chat & Sew</p>	<p>5 7:00 am Men's Breakfast Cotton Wood Canyon 6:00 pm Yoga 7:00 pm EFM</p>	<p>6 10:00 am Eucharist (Gunnell)</p>	<p>7 Church Softball</p>	<p>8</p>	<p>9</p>
<p>10 <i>Mother's Day</i> 8:00 am Holy Eucharist 9:15 am Adult Forum 10:30 am Holy Eucharist 10:30 am Children's Chapel</p>	<p>11 7:00 pm St. Margaret's</p>	<p>12 7:00 am Men's Breakfast Cotton Wood Canyon 12:30 pm St. Ellen's 6:00 pm Yoga 7:00 pm EFM</p>	<p>13 10:00 am Eucharist (Gunnell)</p>	<p>14 Church Softball 6:30 pm Preschool Board Mtg</p>	<p>15</p>	<p>16 9:00 am YELL</p>
<p>17 8:00 am Holy Eucharist 9:15 am Adult Forum 10:30 am Holy Eucharist 10:30 am Children's Chapel 12:30 pm Vestry Mtg</p>	<p>18 6:00 pm Chat & Sew</p>	<p>19 7:00 am Men's Breakfast Cotton Wood Canyon 6:00 pm Yoga 7:00 pm EFM</p>	<p>20 10:00 am Eucharist (Gunnell)</p>	<p>21 Church Softball</p>	<p>22</p>	<p>23</p>
<p>24 <i>Ascension of the Lord</i> 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel</p>	<p>25 <i>Waters of Hope Ride in Missouri begins</i></p>	<p>26 7:00 am Men's Breakfast Cotton Wood Canyon 12:30 pm St. Ellen's 6:00 pm Yoga 7:00 pm EFM</p>	<p>27 10:00 am Eucharist (Gunnell)</p>	<p>28 Church Softball</p>	<p>29</p>	<p>30</p>
<p>31 <i>Pentecost</i> 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel</p>						

JUNE 2009

	1	2	3	4	5	6
		7:00 am Men's Breakfast Cotton Wood Canyon 6:00 pm Yoga	10:00 am Eucharist (Gunnell)	Church Softball		9:00 am YELL
7 Trinity Sunday 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel Family Camp	8 6:00 pm Chat & Sew Family Camp	9 7:00 am Men's Breakfast Cotton Wood Canyon 12:30 pm St. Ellen's 6:00 pm Yoga Family Camp	10 10:00 am Eucharist (Gunnell) Family Camp	11 Church Softball 6:30 pm Preschool Board Mtg Family Camp	12 Family Camp Weekend	13 Family Camp Weekend
14 Flag Day Family Camp Weekend 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel 5:00 pm Recovery Service	15 7:00 pm St. Margaret's	16 7:00 am Men's Breakfast Cotton Wood Canyon 6:00 pm Yoga	17 10:00 am Eucharist (Gunnell)	18 Church Softball	19	20 9:00 am YELL
21 Father's Day 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel 12:30 pm Vestry Mtg	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)	25 Church Softball	26	27
28 8:00 am Holy Eucharist 10:30 am Holy Eucharist 10:30 am Children's Chapel	29	30 7:00 am Men's Breakfast Cotton Wood Canyon 6:00 pm Yoga				

Trinity Episcopal Parish

4535 Kimball Avenue
Waterloo, IA 50701
Phone: 319-232-4714
Fax: 319-232-9085


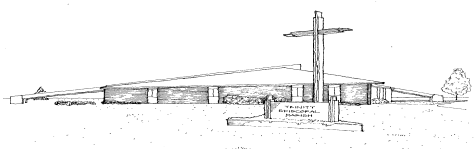
E-mail: tepiscopal@waterlootrinity.com

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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		Worship
The Bishop of Iowa	The Rt. Rev Alan Scarfe	Sunday 8:00 AM Holy Eucharist
The Rector	The Rev. Mitchell Smith	10:30 AM Holy Eucharist
The Deacon	The Rev. Charles Lane	10:30 AM Children's Chapel
Music Director/Organist	Jo Capoccioni	
Senior Warden		2nd Sunday of the Month
Junior Warden		5:00 PM Recovery Service
Treasurer	Jerold Raber	
Parish Admin. Coordinator	Christine Havens	Wednesday 10:00 AM Eucharist
Parish Registrar	Ginny Schoneberg	
Christian Formation Director		
Pastoral Care Coordinators	Carol Houk	
	Sue McClure	
	Debbie Lane	

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

