



ADULT MINISTRIES FALL 2025

TRINITYCHURCHMN.COM

Welcome

Dear Friend,

I'm so glad that you are looking at Trinity's Adult Ministries Catalog for Fall 2025. As a church, Trinity believes in gospel transformation, which means that "the Good News of Jesus is the power to redeem us, free us, and continually transform all creation." We acknowledge that we are all a work in process, and God's goal is to change us more and more into the image of Jesus. So, we believe that discipleship needs to be an active pursuit of every Christian, no matter what level of Christian maturity someone has. Therefore, it is our priority that we pursue "biblical growth and depth at every age and stage of discipleship."

At Trinity Church, we do this in three primary ways:

- Rooted
- Community Groups, Classes, Men's Ministry, and Women's Ministry
- Deep Discipleship (coming, Lord willing, Winter 2026)

Rooted is our foundational 11-week small group experience designed to connect you to God, the Trinity community, and your purpose. Whether you are exploring who Jesus is, brand new to following Him, or have been a mature believer for a long time, Rooted will strengthen your faith and help you discover how your unique story fits into God's epic story in human history.

Our Community Groups, Classes, Men's Ministry, and Women's Ministry help create contexts where people can be known and loved within the body of Trinity. Our Classes focus more on specific content while Community Groups require a deeper level of commitment and have a focus on each person's growth in Christ. Our Men's Ministry and Women's Ministry draw on God's wisdom expressed in the two genders. These ministries include a focus on our unique roles as wives and husbands, fathers and mothers, daughters and sons, and brothers and sisters.

Our Deep Discipleship classes will bring college-level biblical learning into the local church. Our desire is to help the people of Trinity grow in their knowledge of God and equip them for greater service in God's kingdom.

Thank you for choosing Trinity as your church home. We are glad you're here!

Peter Sontag
Adult Ministries Pastor
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REGISTER NOW!

Register online for classes or studies:

trinitychurchmn.com/resources/online-registration

Find group(s):

trinitychurchmn.ccbchurch.com/goto/groups/public



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Our Mission

To glorify God by loving Him and all people through obedience to His Word.

Our Priorities

1

Focused disciple making of the next generation.

2

Biblical growth and depth at every age and stage of discipleship.

3

Gospel engagement here, near, and far.

**Description:**

Get connected and go deeper with Rooted. Rooted is an 11-week small group experience designed to connect you to God, the church community, and your purpose. Together, in a group of 10-16 people, you'll explore the Bible, engage in prayer and serve experiences, share stories, and practice rhythms essential to a healthy Christian life. Whether you are exploring who Jesus is, brand new to following Him, or have been a mature believer for a long time, Rooted will strengthen your faith and help you discover how your unique story fits into God's epic story in human history. Additional prayer experience and serve experience scheduled at a separate time (TBD).

Times:

Sundays, Sept. 21 – Dec. 7, 9-10:15 AM or
Wednesdays, Sept. 24 – Dec. 17, 6:30-8 PM

Cost:

\$15

Leader:

Peter Sontag

Bible Instruction Course (BIC)

Description:

BIC is designed to challenge Middle School students (6th-8th grades) to study God's Word and gain understanding of its precepts. We will be helping the students to be acquainted with basic Bible doctrine, a survey of the Scriptures, important aspects of Christian living, basic information about the Free Church Missions, and a brief history of the Evangelical Free Church of America.

Times:

Sundays, Sept. 21 – May 17, 9-10 AM

Cost:

\$15

Leaders:

Jolyne Cross

Matt Parry

Joel Tornell

Sermon Review & Application

Description:

If you have ever longed to process the Sunday morning messages with a larger group of like-minded believers, this class is for you. Come every week or just occasionally to this larger group discussion of the previous week's sermon. Review, unpack, dig deeper, and think through more personal application of the current sermon series.

Times:

Sundays, Sept. 21 – Dec. 14, 9 -10AM

Leader:

Chris Yohnke

Tim Gutshall

Philippians & 2 Corinthians

Description

Paul's letters are packed with truth, correction, personal confession, and encouragement. Join us online as we study Philippians and 2 Corinthians. This is an online only class via Zoom. To receive the Zoom link, please contact Chuck Tremain.

Times:

Sundays, Sept. 21 – Feb. 8, 9-10 AM
ONLINE ONLY

Leader:

Chuck Tremain

Purposeful Parenting

Description:

Purposeful Parenting is a monthly mentoring group for young and new parents, led by seasoned Christian moms and dads who've been there and want to walk with you through the early years of raising kids. Each session offers practical, faith-based parenting wisdom, honest conversation, and encouragement in a relaxed, supportive community. Join us one Saturday a month to grow in confidence, connection, and purpose. Childcare provided.

Times:

Sept. 13 – May 9, 9-11 AM (2nd Saturday of each month)

Leader:

Sean Starkey

Community Groups

Description:

Trinity Community Groups are where we commit to each other's growth in Christ-likeness through consistent and honest relationships in the context of the local church. Growing in Christ-likeness is diving deeper into the grace of God found in the gospel, imitating Christ by walking in love, and helping others follow Christ. We model our Community Groups after the early church practice found in Acts 2:42-47. Our Community Groups meet at least twice a month and often in each other's homes. Community Groups help us fully realize our identities as both disciples who are still growing and as disciple-makers encouraging growth in each other and sharing our faith.

This fall, as a staff, our prayerful goal is to launch two more community groups. We are currently seeing God raising more groups than that goal. Please reach out to Pastor Peter Sontag if you want to lead or be a part of a group.

Leader:

Peter Sontag: psontag@trinitychurchmn.com

Men's Bible Study

Description:

This group of guys is all about diving into the Word together and really digging into different books of the Bible. They meet all year round to keep themselves fed on God's Word. Men, feel free to join this Bible study anytime throughout the year and start using God's Word as a light to your path. Many of these guys serve in other areas of ministry within Trinity, so they're a great group of guys to get to know and serve with.

Times:

Tuesdays, 6:30-8 PM

Leader:

Jeff Christina

Men's Breakfast

Description:

The author of Hebrews recognized our human tendency to go through life alone, but we need each other. Every man is welcome to come eat, pray, and learn together for the purpose of growing in their faith to tackle the challenges all men face and rise to the calling God has given husbands, fathers and sons who follow Him. This fall we're doing the video series "Every Thought Captive: How Renewing Your Mind Can Change Your Life" which will be addressing the cultural problems of distraction and being offended and studying the alternative of being transformed into the image of Christ.

Times:

3rd Saturday of each month, 8-10 AM
starts Sept. 20

Leader:

Peter Sontag

Men's Coffee & Prayer

Description:

The purpose of our time together is to share our concerns, joys, and life experiences. We take time to pray for requests, share a word from the Lord from our past week and enjoy each other's company as we do life together in service to our Lord Jesus.

Times:

Tuesdays, 9:30-11 AM

Leader:

Jim Gronvall

Women's Study: Colossians

Description:

We are a women's Bible study that strives to encourage one another in our walk with God and with one another. Join us as we study Colossians and Philemon which explains the vital importance of finding fulfillment in Christ. Colossians and Philemon show us how to satisfy our deepest longings. They explain the vital importance of finding fulfillment in Christ.

Times:

Tuesdays, Sept. 16 – Dec. 9, 9:30-11:30 AM

Cost:

\$15

Leader:

Stacey Jagt

Women's Study: Ephesians

Description:

The believers in Ephesus were trying to live by the power of the Holy Spirit but were immersed in an evil culture and surrounded by pagan ways. They needed a reminder of God's grace and love, the blessings they have in Jesus Christ, and their commitment to holiness. Paul writes to encourage all believers to live well and proclaim the gospel into a darkened world.

Times:

Mondays, Sept. 8 – Dec. 8, 9:30-11:30 AM

Cost:

\$9

Leader:

Deb Binder

Women's Study: Jesus In Me

Description:

Please join us as we grow in the understanding of the Holy Spirit and all His beautiful benefits in our daily walk with Him. Become encouraged and strengthened by the gift Christ has given to each of us.

Times:

Sundays, Sept. 28 - Dec. 14, 9-10 AM

Cost:

\$17 study guide with optional \$15 book

Leader:

Ann Manthey

Women's Study: Titus

Description:

The gospel that saves us for all eternity is the same gospel that transforms us day-by-day. Knowing, believing, and living out the truths of the gospel changes not only our lives, but our homes, churches, and culture as well. This is how the gospel of grace is put on display for all to see. Come join some of your sisters in Christ to study the book of Titus verse by verse in order to learn to believe, portray, and proclaim the gospel. We will discover how important sound doctrine is to the integrity and proclamation of the gospel.

Times:

Tuesdays, Sept. 9 – Dec. 16, 6:30-8 PM
(2nd & 4th Tuesdays each month)

Cost

\$22

Leaders:

Shey Larson
Theresa Anderson

Game On for Women

Description:

This is a great opportunity to bring a friend, make new friends and have fun with other women. Bring a game or two and your own beverage. Don't have a game? Come anyway! We look forward to a fun evening together. For ages 13+

Times:

Fri. Sept. 26 and Oct. 24, 6:30-9 PM

Leader:

Kaydene Almquist

Women's Craft Night

Description:

Whether you knit, crochet, scrapbook, create cards, or are working on a unique project, please join other Trinity ladies for a fun-filled Craft Night! It's another great opportunity to help us ladies get to know one another and build community at Trinity. Bring a simple snack or appetizer to share. Beverages will be provided.

Times:

Tues. Oct. 21, 5-8 PM

Leader:

Ann Manthey

Rejuvenate Women's Retreat

Description:

Rejuvenate is a weekend for women to get away to Camp Shamineau. This weekend will be a great time to make new friends, connect with old ones, have heartfelt chapel times, eat delicious food, participate in workshops and activities, and much more. Rejuvenate Weekend includes lodging, meals, and all activities. To ensure Trinity women are housed together and to arrange carpooling, let Deb Binder know you are attending. This event can sell out, so register soon!

<https://shamineau.org/rejuvenate-2/>

Times:

Fri. Sept. 19 - Sun. Sept. 21

Cost:

\$160

Leader:

Deb Binder

Young Adults

Description:

Trinity Young Adults is a gathering for young men and women ages 18-30. We meet every other Thursday (all year long) and talk about various things including, the Bible, discipleship, and culture.

Times:

Thursdays, 6:30-8 PM, every other week

Leaders:

Will Lehman

Mike & Jolyne Cross

Chronic Illness Support Group

Description:

Do you have a chronic illness or care for someone who does? You are not alone! Get resources, network and enjoy Christ-centered friendship here.

Times:

2nd Monday of the month, 6:30-8 PM

Leader:

Lindy Kes

Grief Share

Description:

Grief Share is a safe, welcoming place where people understand the difficult emotions of grief. Over 13 weeks, you'll find relief and comfort as you learn what to expect in the days ahead and how to navigate your personal grief process. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability — and gain solid support each step of the way. Register online at griefshare.org.

Times:

Thursdays, Sept. 11 - Dec. 11, 6:30-8 PM

Cost

\$12

Leaders:

Rachele Taylor
Dan Backer

K2F

Description:

K2F Adoption & Foster Ministries connect with other foster and adoptive parents. Adoption funding available through application.

Leader:

Missy Rock