



# ADULT MINISTRIES

## WINTER & SPRING 2026

# Welcome

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Dear Friend,

I'm so glad that you are looking at Trinity's Adult Ministries Catalog for Winter & Spring 2026. 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 Experience
- Community Groups, Classes, Men's Ministry, and Women's Ministry
- Deep Discipleship

Rooted Experience 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 Experience will strengthen your faith and help you discover how your unique story fits into God's epic story in human history.

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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 bring Bible college learning to the local church. We aim to help Trinity members grow in God's knowledge and serve Him better. This spring, we'll study the Torah, the first five books of the Bible. We'll explore how God created the world as a temple to glorify Him, dive into humanity's rebellion against God and its rejection of imaging Him, and follow God's plan of redemption as He establishes His covenant with Israel. This Torah study will deepen your understanding of the Bible and sharpen your worldview.

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

Peter Sontag  
Adult Ministries Pastor  
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952-469-6266

## REGISTER NOW!

**Register online for classes or studies:**  
[trinitychurchmn.com/resources/online-registration](http://trinitychurchmn.com/resources/online-registration)

**Find group(s):**  
[trinitychurchmn.ccbchurch.com/goto/groups/public](http://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.

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## 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.

# Rooted Experience

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## **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:**

Wednesdays, Jan. 21 – Apr. 15, 6:30-8 PM

## **Cost:**

\$15

## **Leader:**

Peter Sontag

# Torah: The Books of Moses

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## **Description:**

Our Deep Discipleship classes bring Bible college learning to the local church. This spring, we'll study the Torah, the first five books of the Bible. We'll explore how God created the world as a temple to glorify Him, dive into humanity's rebellion against God and its rejection of imaging Him, follow God's plan of redemption as He establishes His covenant with Israel, and see how all the major themes of the Bible are established in these first five books. Most importantly, you will learn to know and love Jesus more as you learn how the Torah points to Him. This Torah study will deepen your understanding of the Bible and sharpen your worldview.

## **Times:**

Sundays, Jan. 11 – Apr. 19, 9-10 AM

## **Cost:**

\$30 for new book available for purchase on the first day of class  
Scholarships are available.

Used books available on Amazon:

*What the Old Testament Authors Really Cared About: A Survey of Jesus' Bible* by Jason S. DeRouchie

## **Leaders:**

Peter Sontag  
Jeff Smith

# Bible Instruction Course (BIC)

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**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, Jan. 11 – May 17, 9-10 AM

**Cost:** \$15**Leaders:**

Jolyne Cross

Matt Parry

Joel Tornell

## Sermon Review & Application

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**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, Jan. 11 – May 17, 9-10 AM

**Leader:**

Chris Yohnke

Tim Gutshall

# Galatians & Colossians

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## **Description**

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

## **Times:**

Sundays, Feb. 15 – May 10, 9-10 AM

ONLINE ONLY

## **Leader:**

Chuck Tremain

# Purposeful Parenting

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## **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:**

Jan. 10 – May 9, 9-11 AM (2<sup>nd</sup> Saturday of each month)

## **Leader:**

Sean Starkey

# Community Groups

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## **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 spring, as a staff, our prayerful desire is to launch more Community Groups. Please reach out to Pastor Peter Sontag if you want to lead or be a part of a group.

## **Leader:**

Peter Sontag

# Men's Bible Study

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**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 Coffee & Prayer

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**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

# Men's Breakfast

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## **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. Continuing from 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:**

Jan. 17 - Apr. 18, 8-10 AM (3<sup>rd</sup> Saturday of each month)

## **Leader:**

Peter Sontag

# Men's Burgers, Brats & Bonfire

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## **Description:**

Trinity Men's Ministry is planning one last hurrah before summer! Come join us for a fun-filled day of burgers, brats, and good company. Meet new friends, catch up with old ones, and enjoy some friendly "slightly" competitive games. All men 18 and up are welcome, and there's no need to register. (This event replaces the men's breakfast in May.)

## **Time:**

Fri. May 15, 6-9 PM

## **Leader:**

Peter Sontag

# Women's Study: Judges

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**Description:**

The book of Judges cracks a window into the depths of the human soul. The nation of Israel struggles with its identity and its relationship to God. The stories and truths within are not just archaic tales with no relevance for us today. Rather, we'll work through each chapter unpacking the truth of God's grace in the midst of human wickedness, and see how only God can redeem the fallen.

**Times:**

Mondays, Jan. 19 – Apr. 27, 9:30-11:30 AM

**Leader:**

Deb Binder

# Women's Study: Heaven

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**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 Jennifer Rothchild's *Heaven: When Faith Becomes Sight* to explore the topic of heaven from a biblical perspective. It aims to separate biblical truth about heaven from common misconceptions, helping gain a deeper understanding of what God has prepared for them and how to live with confidence in the present as they anticipate the future.

**Times:**

Tuesdays, Jan. 20 – May 5, 9:30-11:30 AM

**Cost:** \$30**Leader:**

Stacey Jagt

# Women's Study: Way of Wisdom

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**Description:**

The book of Proverbs describes godly wisdom as a path that leads to life and flourishing. Every day we face the choice between the true riches of God's instruction or the fool's gold of earthly pleasures and pursuits. In *The Way of Wisdom* we will discuss wisdom principles on everyday topics like words, work, friendship, marriage, parenting, neighborliness, money management, leadership influence, and more.

**Times:**

Tuesdays, Jan. 20 – Apr. 28, 6:30-8 PM (every other week)

**Cost:** \$25

**Leaders:**

Shey Larson

Theresa Anderson

# Women's Study: Chosen

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**Description:**

Go deeper into Ephesians with *Chosen*, a Bible study that complements our current sermon series. This study will equip you to understand the gospel, apply it to your daily life and relationships, and learn about prayer as spiritual warfare. Join us to explore God's unmerited favor and the importance of unity within the Church.

**Times:**

Sundays, Feb. 1 - May 17, 9-10 AM

**Cost:** \$17

**Leader:**

Ann Manthey

# Women's Craft Night

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**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:**

Tuesdays, Jan. 27, Mar. 24 and July 28, 5-8 PM

**Leader:**

Ann Manthey

# Game On for Women

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**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:**

Jan. 23 - Apr. 24, 6:30-9 PM (4<sup>th</sup> Friday of each month)

**Leader:**

Kaydene Almquist

# Young Adults

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**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:**

Mike & Jolyne Cross

# Chronic Illness Support Group

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**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.

**Leader:**

Lindy Kes

# K2F

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**Description:**

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

**Leader:**

Missy Rock