



ADULT MINISTRIES FALL 2026

TRINITYCHURCHMN.COM

Welcome

Dear Friend,

I'm so glad that you are looking at Trinity's Adult Ministries Catalog for Fall 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.

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 fall our study is Searching for a Shepherd, as we move through the books of Joshua and end in 1 Samuel. We will explore how God's people desire to be led and protected, but they continue to fall short because they don't trust God as their King. We will explore how our desire for a shepherd can be only met in Christ. This study will deepen your understanding of the Bible, aid you in applying it in your life, and equip you to teach the scriptures to others.

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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Rooted Experience

**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, Sept. 16 – Dec. 9, 6:30-8 PM

Cost:

\$15

Leaders:

Todd Uplegger

Nerissa Uplegger

Searching for a Shepherd

Description:

Our Deep Discipleship classes bring Bible college learning to the local church. This fall, we'll study Joshua, Judges, Ruth, 1 Samuel, and Book 1 of the Psalms. Together, we will follow Israel's journey as God fulfills His promise to give His people the land of Canaan. Yet despite God's faithfulness, Israel repeatedly fails to trust and obey Him, falling short of the fullness of His promises. As we move through these books, we will see a nation searching for a shepherd. The judges prove unable to lead God's people into lasting faithfulness. Israel demands a king like the nations around them, rejecting the Lord as their true King. Even David, the man after God's own heart, cannot ultimately provide the righteous rule, wisdom, and care that God's people need. We will explore major biblical themes of covenant, grace, kingdom, leadership, worship, and redemption. Most importantly, we will learn to know and love Jesus more as we see how these books point beyond every human leader to the greater Shepherd-King. Fully God and fully man, Jesus alone fulfills God's promises, perfectly reigns over His people, and leads them into their ultimate inheritance. This study will deepen your understanding of the Bible, strengthen your grasp of the storyline of Scripture, and sharpen your ability to see how all of God's Word points to Christ.

Times:

Sundays, Sept. 20 – Dec. 13, 9-10 AM

Cost:

\$20 for new book available for purchase on the first day of class
Scholarships are available.

Leaders:

Peter Sontag
Jeff Smith

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. 20 – Dec. 20, 9-10 AM

Cost: \$15**Leaders:**

Jolyne Cross: jcross1688@gmail.com

Joel Tornell: joeltornell@charter.net

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. 20 – Aug. 29, 9-10 AM

Leader:

Chris Yohnke

Tim Gutshall

Matthew

Description

Matthew's Gospel of our Lord Christ Jesus is about the life and times of Jesus from birth to death to resurrection. It's for you and for me. It is just as important today as it was the day it was written. Matthew was this imperfect man, this hated tax collector, who grew to love the Lord Jesus. Matthew walked alongside Jesus and helped to further His ministry to preach and reach out to people who "were like sheep without a shepherd" (Matthew 9:36). This is an online only class via Zoom. To receive the Zoom link, please contact Chuck Tremain.

Times:

Sundays, Sept. 20 – May 16, 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. 12 – May 8, 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.

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: psontag@trinitychurchmn.com

New Community Groups launching this fall:**East Lakeville:**

Brad & Lisa Lynch

West Burnsville:

Dave & Lindy Kes

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 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

Men's Quarterly Events

We believe that no man should have to journey alone. A major aspect of our growth in Christ is seeing how other Christian brothers navigate the trials of life. Men's quarterly events are built to help encourage your walk with Christ alongside other Christian brothers. We also want to aid you in reaching out to your neighbors, coworkers, and family members with the gospel so they can encounter the living Christ. Men's Quarterly Events are organized around activities that you would love to invite unchurched friends to. So, jump in and bring a friend and let us impact the Twin Cities for Christ. Our fall event is Targets & Testimonies.

Men's Targets & Testimonies

Join us for a morning of fellowship, food, and fun at our men's shooting event! Come and be encouraged as the men of Trinity share how God has moved powerfully in their lives. Whether you're a seasoned marksman or a first-time shooter, there's something for everyone:

- Hearty breakfast
- Shooting instruction & safety tips
- Target shooting for pistols, rifles and bows
- Trap shooting for shotguns
- Inspiring testimonies

Bring your own firearms and ammo — handguns, shotguns, rifles (.223 or smaller), or bows — and come ready to enjoy some great company and meaningful conversations. If you don't have a firearm or a bow, come anyway. Fathers are welcome to bring their sons ages 12+, knowing they are responsible for supervising them. Questions? Contact Matt Parry at 952-240-1218.

Time and Location:

Sat. Oct. 3, 9 AM-12 PM

Leader:

Peter Sontag: psontag@trinitychurchmn.com

Women's Study: Truthfilled

Description:

In every changing season of life, we can learn to rest in God's character, reflect deeply on His Word, rehearse our identity in Christ, respond in faith and remember God's provision for us. How can we grow our daily dependence on Him? Or in the midst of the storm? How easy we forget to lean on His power and presence in our daily life. Join us as we learn to grow in this area together.

Times:

Sundays, Sept. 20 – Dec. 20, 9-10 AM

Cost: \$21

Leader:

Ann Manthey

Women's Study: Gospel of John

Description:

Where do you turn when the world around you grows dark? In this study of the Gospel of John, we are reminded of the two purposes for the beloved disciple's book — that we would believe in Jesus and find life in His name. Despite what our culture may argue, there is only one hope that is truly trustworthy and that is our Savior, Jesus Christ. Come learn more about the essential truths of our faith and the love of the Father who is ready to offer us hope and restoration in eternal life through His Son.

Times:

Mondays, Sept. 14 – Apr. 26, 9:30-11:30 AM

Leader:

Deb Binder

Women's Study: David

Description:

Join us anytime during this year-long study and find yourself enriched by David's wisdom, fed through his psalms, warned by his sins, and embraced by his forgiveness. Grow in your knowledge of God's sovereignty, mercy, compassion, love and protection. Each week will include a lesson, small group interaction and large group teaching.

Times:

Tuesdays, Sept. 15 – May 4, 9:30-11:30 AM

Cost: \$15

Leaders:

Peg Gutshall

Women's Study: Encountering God

Description:

Spiritual disciplines are essential to a more vibrant spiritual life and knowing God more intimately. Learn the biblical foundation for these sacred habits along with approachable ways to practice disciplines like prayer, study, worship, rest, simplicity, generosity, celebration, and many more. Instead of being just one more thing on your to-do list, you'll find that these habits of faith can actually create more margin in your life — providing peace and rest as you walk closer with Jesus.

Times:

Tuesdays, Sept. 15 – Dec. 8, 6:30-8 PM (every other week)

Cost: \$23

Leader:

Shey Larson

Theresa Anderson

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:

Tuesdays Oct. 6, Jan. 26, Mar. 9, May 4 and July 20, 5-8 PM
Fri. Nov. 6, 5-10 PM (extended time)

Leader:

Ann Manthey

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:

Sept. 25 - Apr. 23, 6:30-9 PM (4th Friday of each month)

Leader:

Kaydene Almquist

Women's Rejuvenate Retreat

Description:

Rejuvenate is a weekend for women to get away to Camp Shamineau, Fri. Sep. 18 - Sun. Sep. 20. 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 (cost: \$170). 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 today!

Online registration:

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

Times:

Fri. Sept. 18 - Sun. Sept. 20

Contact:

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:

Mike & Jolyne Cross

Classics Ministry

Description:

Our Classics Ministry is a vibrant, welcoming community that fosters meaningful relationships, spiritual support, and intentional living for adults age 60 and older. Through shared meals, gatherings, music, teaching, and conversation, we help senior adults discover all God has for them while inspiring them to invest in the next generation.

Events:

Omelet in a Bag: Sun. Sept. 27, noon

Friendsgiving: Sun. Nov. 15, 4-6 PM

Leaders:

Jane Vandegrift

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.

Leader:

Lindy Kes

K2F

Description:

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

Leader:

Missy Rock