

Trinity Forum

September 2008 – May 2009

Trinity Forum Ministry will be celebrating the Trinity Community this year by featuring speakers from within the congregation who will share their insights on how they sustain vitality in their spiritual lives through prayer, art, and service so that they remain centered in their relationships with God in their daily lives and ministries. *Forums are held on the Second Sunday of the month during the Program Year from 10:40-11:20AM, unless otherwise specified.*

September 14	<u>Trinity Reaches Out into the World: Local Organizations FISH and A Woman's Place</u> - Jean Evans
October 12	<u>The Mindful Christian Voter</u> - Jeffrey Harrison
October 19	<u>Mission in Action: Kenya</u> - Kyle Evans and Courtney Smyth
January 11	<u>Mission and Life in Guatemala through a Poet's Eyes</u> - Mary Miller
February 8	<u>Intercessory Prayer in Every Day Life</u> - TBA
March 8	<u>Embracing Simplicity During Lent</u> - The Rev. Mariclaire Partee
March 28	<u>Parenting by Priority</u> - Nancy Harrison, 9AM to 12PM Saturday workshop
April 26	<u>Grief Amidst the Beauty of Spring</u> - Inez Bing
May 4-31	<u>May Lambeth Bible Study</u> - The Rev. Mariclaire Partee, 4 weeks
May	<u>Trinity's Artisans: A Celebration</u> - Phillips Mill Gallery, date and time TBA

Reflection, Meditation and Prayer

Midweek Prayer Times

3rd Mondays – Mindfulness Meditation,
7:30-9:00 pm

A one-hour sitting meditation followed by conversation

Tuesday – Centering Prayer, 8-8:30 am

A 30 minute time of practicing inner stillness

Wednesdays– Holy Eucharist, 8- 8:30 am

Eucharist in a contemplative setting

Thursday – Morning Prayer, 7:30 –8:00 am

Contemplative psalms, canticles and daily readings

Sunday Services

8:00 am Holy Eucharist

9:15 am Holy Eucharist with Music

*(Morning Prayer in Sanctuary
And*

*Youth Eucharist in McArthur Hall
on third Sundays)*

11:30 am Holy Eucharist with Music

*Healing Prayers and Anointing are offered on first
Sundays*

Mindfulness-Based Meditation Classes

Monday 7-9PM Lent 2009

Trinity member Jeffrey Harrison will be offering an eight-week Mindfulness-Based Meditation Series based on the University of Massachusetts Stress-Reduction Program.

Mindfulness is the practice of purposefully attending to our lives and to the world around us in the present moment in a non-judgmental way. and is recognized by both secular and religious circles as a highly effective discipline for dealing with stress, chronic pain, and other illnesses.

Inquirer's Class

Wednesday 6:30-8PM Feb 11-Apr 1

An introduction to life in The Episcopal Church- for those seeking reception or confirmation, or for those who are simply seeking a greater understanding- based on the Catechesis in the Book of Common Prayer. Offered by the Rector and guests.