

# Trinity Adult Ministries

## January 2026 - May 2026

Showing all adults the amazing love of God and  
empowering them to search for truth, strive for justice,  
and live out God's purpose for their life.

### ADULT FAITH FORMATION | Sundays 11:30am-12:30pm

The below classes will be offered Sunday mornings this Winter & Spring.

#### UNAFRAID: LIVING WITH COURAGE AND HOPE IN UNCERTAIN TIMES

*Sundays January 11 - February 8 from 11:30am-12:30pm*

Drawing on recent research, inspiring real-life examples, and fresh biblical insight, Adam Hamilton uses a mixture of facts and faith to help readers understand anxiety, counter fear, and find practical solutions.

#### GUEST SPEAKER: DR. ALI METWALLI FROM AL TAWHEED ISLAMIC CENTER

*Sunday February 15 from 11:30am-12:30pm*

Join the Outreach & Advocacy Committee in welcoming Dr. Ali Metwalli, the founding board member of the Islamic Mosque and Religious Institute in Grand Rapids. Dr. Metwalli will discuss the history & mission of the Al Tawheed Islamic Center and an overview of the Muslim community in West Michigan.

#### MIGRATION: EXPERIENCING GOD'S CARE FOR IMMIGRANTS

*Sundays February 22 - March 29 from 11:30am-12:30pm*

This interactive Bible study invites us to explore how the movement of people reflects God's love, purpose, and call in our lives. Through a diverse mix of Scripture, essays, spoken word, visual art, and personal testimonies, *Migration* offers a spiritually rich experience designed to deepen our connection with God and foster compassion for others. Study books available in early February.

#### MIGRATION CONTINUED: GUEST SPEAKERS & COURAGEOUS CONVERSATIONS

*Sundays April 12 - May 3 from 11:30am-12:30pm*

Guest speakers from outside organizations and Trinity friends facilitate conversations that allow us to continue to explore topics related to immigration, refugees, justice, advocacy, and more.

#### IT'S A WRAP. WHAT'S NEXT? DISCUSSION

*Sunday May 17 from 11:30am-12:30pm*

Let's connect about what we've explored this program year and dream about the future together. There will be summer updates and fall teasers!

Trinity United Methodist Church | 1100 Lake Drive SE, 49506 | [grtumc.org](http://grtumc.org)

## ADULT OPPORTUNITIES | Throughout the Week

Faith Formation and other opportunities for connection happen all week long.

### FRIENDS OF ROHR AT TRINITY (FoRT)

*Sundays from 5:00pm-6:30pm (DBC) and Thursdays from 6:15pm-7:30pm (Everything Belongs)*

Join folks who enjoy studying Father Richard Rohr's writings! Two different groups gather each week to discuss our readings and be in fellowship together. We find we are "growing Deeper, loving Better, seeing God more Clearly (DBC)."

*Contact the FoRT Leadership Team for more information or with questions: Merrita Tumonong, Penny Murray, Steve Murray & Laura Johns.*

### GOD'S NATUREHOOD: ADULT EDITION

*Monthly on Fridays at 1:00pm*

Designed for Trinity families & friends ages 18 & up, God's Naturehood: Adult Edition is a great opportunity to visit a new park, get to know members of your Trinity family better, and get your daily steps in. Walk details are shared via email and on the Sunday morning screens.

*Contact Laura Johns to get on the mailing list or with questions. [LJohns@grtumc.org](mailto:LJohns@grtumc.org).*

### SACRED JUSTICE BOOK CLUB

*Quarterly Book Club on First Tuesday at 7:00pm*

Dive into a variety of different non-fiction justice titles with the Library Team. Come for deep conversation, meaningful action, and dessert.

*Contact the Library Team with questions: Hannah Marshall, Dani Patrick & Laura Johns.*

### PINTS WITH THE PASTOR

*Monthly Meet Up on Select Sundays from 6:00pm-7:30pm*

Grab a drink, get a taco, and get to know each other better. Meet up at Taco Borracho at 755 Michigan St NE. No RSVPs required.

*Contact Pastor Mike with questions.*

### UNITED WOMEN IN FAITH

*Various Events & Monthly Book Club on Second Tuesdays at 7:00pm*

Join the Spiritalk Book Club as they discuss & dissect a new book each month! Keep on eye on your email & newsletter for the latest on other UWF events like the Soup Cook-Off, Lenten Breakfast, and more!

*Contact Judi Ryan or Nichea VerVeer Guy for the latest on UWF events. Contact Joy Murphy for information about Spiritalk Book Club.*

See the January & February *Calendar of Events* flyer for more year round opportunities.

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