

TRANSITIONS

Trinity Mennonite Church



Written and submitted by Andrea Zapf

I started as the Communications Coordinator at Trinity Mennonite Church in April of 2019. My time in the role has been quite unique because throughout it all, I have juggled 3 part time jobs at the same time: Communications Coordinator, High School Math and Science Teacher, and Online Math Teacher.

When balancing these jobs I've learned to estimate the time needed for tasks, how to prioritize between multiple to-do lists, and balance multiple groups needing my time. I've become better at recognizing when things are not within my control and

letting them go. I've learned to put value on myself, and my own personal time, so that I don't wear out too fast. Most of all though, I've become a lot more patient with myself when things don't get done when or how I want them to.

Over half of my time as Communications Coordinator has been during a Global Pandemic, so that changed a lot of my role as well. We had to embrace technology quickly! Initially during the pandemic, I was fielding a lot of tech questions and helping people get set up with technology. Thankfully my time as an online teacher prepared me for a lot of the common issues and we were able to solve most of them quickly (and with minimal tears or angry words being said).



There are several lessons from my time on staff at Trinity that I hope to carry forward:

1. **I've had to be purposeful with maintaining friendships.** It took effort to maintain friendships when the to-do list is endless and there is a pandemic! I hope to continue to put the same sort of effort into my relationships going forward. They are much more enriched because of it.
2. **I've learned what "essential" means for me.** Learning what is truly essential helped me let go of unnecessary expectations from others, expectations of others, and most importantly, expectations I put on myself. Life is a lot less stressful when you can let go of all of the expectations, and just be.
3. **I now enjoy the small things.** Things I used to take for granted, I now truly appreciate as the gifts they are: seeing a friend, the ability to wander through a shop and browse, the opportunity to be spontaneous, being able to lend a helping hand, get out into nature, and the ability to travel.
4. **Video conferences are underrated.** I never realized how much of my time was used travelling to meetings or waiting for meetings. I also didn't

realize how many things I really wanted to take part in, that I couldn't attend due to distance or time constraints, like a meeting with Communications Coordinators from all over Canada. They have let me have a doctor's appointment without spending time in traffic or waiting rooms, and have let me visit with friends without the need for babysitters! On weeks when I haven't felt up to attending church in person, they've let me join in from the comfort of my own home.

As I transition to full time teaching, I'll definitely miss being on staff at Trinity. However, I take comfort in knowing this isn't good-bye as my family and I will still call Trinity our church home.

