

Welcome: Whether you are a first-time visitor or a long-time member, we are honored to worship with you today. If you are searching for a church home, we would love to tell you more about this congregation and to learn more about you. Fill out a visitor card found in the back of the pew in front of you, drop it in the offering plate, and we'll be in conversation with you this week. Above all, please know that this is your Cathedral, and all are welcome.

THE HOLY EUCHARIST, RITE I

All stand as the ministers enter the Cathedral.

Celebrant Blessed be God: Father, Son, and Holy Spirit.

People **And blessed be his kingdom, now and for ever. Amen.**

Celebrant Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. **Amen.**

Celebrant Hear what our Lord Jesus Christ saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

Celebrant Lord, have mercy upon us.

People **Christ, have mercy upon us.**

Celebrant Lord, have mercy upon us.

Celebrant and People **Glory be to God on high, and on earth peace, good will towards men. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, heavenly King, God the Father Almighty. O Lord, the only-begotten Son, Jesus Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us. For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. Amen.**

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People **And with thy spirit**

Celebrant Let us pray.

Almighty and everlasting God, who dost govern all things in heaven and earth:
Mercifully hear the supplications of thy people, and in our time grant us thy peace;
through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit,
one God, for ever and ever. **Amen.**

All sit.

THE FIRST READING

MICAH 6:1-8

Hear what the LORD says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the LORD, and you enduring foundations of the earth; for the LORD has a controversy with his people, and he will contend with Israel. “O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the LORD.”

“With what shall I come before the LORD, and bow myself before God on high? Shall I come before him with burnt-offerings, with calves a year old? Will the LORD be pleased with thousands of rams, with tens of thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?” He has told you, O mortal, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?

Lector The Word of the Lord.

People **Thanks be to God.**

PSALM 15 *Domine, quis habitabit?*

LORD, who may dwell in your tabernacle? *
who may abide upon your holy hill?

Whoever leads a blameless life and does what is right, *
who speaks the truth from his heart.

There is no guile upon his tongue; he does no evil to his friend; *
he does not heap contempt upon his neighbor.

In his sight the wicked is rejected, *
but he honors those who fear the LORD.

He has sworn to do no wrong *
and does not take back his word.

He does not give his money in hope of gain, *
nor does he take a bribe against the innocent.

Whoever does these things *
shall never be overthrown.

THE SECOND READING

1 CORINTHIANS 1:18-31

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

“I will destroy the wisdom of the wise,
and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are

not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, “Let the one who boasts, boast in the Lord.”

Lector The Word of the Lord.

Thanks be to God.

THE GOSPEL

MATTHEW 5:1-12

Deacon The Holy Gospel of our Lord Jesus Christ according to Matthew.

Glory be to thee, O Lord.

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they will be comforted.

“Blessed are the meek, for they will inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.

“Blessed are the merciful, for they will receive mercy.

“Blessed are the pure in heart, for they will see God.

“Blessed are the peacemakers, for they will be called children of God.

“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

Deacon The Gospel of the Lord.

Praise be to thee, O Christ.

THE SERMON

THE NICENE CREED

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he

rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

THE PRAYERS OF THE PEOPLE

The Deacon says

Let us pray for the whole state of Christ's Church and the world, saying "Lord, in thy mercy, hear our prayer."

All kneel or stand.

The Deacon and People pray responsively

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all men: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Deacon Lord, in thy mercy,
People **Hear our prayer.**

Give grace, O heavenly Father, to all bishops and other ministers, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

Deacon Lord, in thy mercy,
People **Hear our prayer.**

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

Deacon Lord, in thy mercy,
People **Hear our prayer.**

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Deacon
People

Lord, in thy mercy,
Hear our prayer.

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

Deacon
People

Lord, in thy mercy,
Hear our prayer.

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

Deacon
People

Lord, in thy mercy,
Hear our prayer.

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of all thy saints, that with them we may be partakers of thy heavenly kingdom.

Deacon
People

Lord, in thy mercy,
Hear our prayer.

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. **Amen.**

THE CONFESSION AND ABSOLUTION

Deacon Let us humbly confess our sins unto Almighty God.

Silence may be kept.

Deacon and People

Most merciful God, we confess that we have sinned against thee in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved thee with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of thy Son Jesus Christ, have mercy on us and forgive us; that we may delight in thy will, and walk in thy ways, to the glory of thy Name. Amen.

Celebrant Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness

of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

The Celebrant says one or more of the following sentences, first saying

Hear the Word of God to all who truly turn to him.

Come unto me, all ye that travail and are heavy laden, and I will refresh you.

Matthew 11:28

God so loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. *John 3:16*

This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners. *1 Timothy 1:15*

If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the perfect offering for our sins, and not for ours only, but for the sins of the whole world. *1 John 2:1-2*

THE PEACE

Celebrant The peace of the Lord be always with you.

People **And with thy spirit.**

Then all may greet one another in the name of the Lord.

THE HOLY COMMUNION

*At this time ushers collect an offering from the congregation.
Use the QR code to make a plate offering.*



THE GREAT THANKSGIVING

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Lift up your hearts.

People **We lift them up unto the Lord.**

Celebrant Let us give thanks unto our Lord God.

People **It is meet and right so to do.**

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God...

...Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

THE SANCTUS

**Holy, holy, holy, Lord God of Hosts:
Heaven and earth are full of thy Glory.
Glory be to thee, O Lord Most High.
Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.**

All stand or kneel.

Celebrant All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption...

...By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

Celebrant And now as our Savior Christ hath taught us, we are bold to say

People and Celebrant

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

THE BREAKING OF THE BREAD

A period of silence is kept.

Celebrant O Lamb of God, that takest away the sins of the world,

People **have mercy upon us.**

Celebrant O Lamb of God, that takest away the sins of the world,

People **have mercy upon us.**

Celebrant O Lamb of God, that takest away the sins of the world,

People **grant us thy peace.**

Celebrant and People

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

Celebrant The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

THE ADMINISTRATION OF HOLY COMMUNION

To receive the Bread and Wine of Holy Communion, please come forward and kneel or stand at the Altar rail. Gluten-free Bread is available upon request. If you prefer not to drink the Wine, please know that receiving only Bread is a "full Communion." If you prefer to receive a blessing instead of the Bread and Wine, come forward to the rail and cross your arms over your chest. If, for whatever reason, you prefer to receive the Bread and Wine in your pew, let your usher know.

THE POSTCOMMUNION PRAYER

Celebrant Let us pray.

Celebrant and People

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

THE BLESSING

Celebrant May Christ, the Son of God, be manifest in you, that your lives may be a light to the world; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. **Amen.**

THE DISMISSAL

Deacon Go in peace to love and serve the Lord.

People **Thanks be to God.**

❖ ALTAR GIFTS ❖

TO THE GLORY OF GOD AND IN LOVING MEMORY OF
OUR PARENTS LORRAINE HOVIE MOSS AND ROBERT MIKE MOSS, AND MARTHA HILL THOMAS AND
HENRY CASTLEMAN THOMAS;
AND IN THANKSGIVING FOR
THE BIRTHDAY OF ELIZABETH THOMAS SMITH AND CATHERINE THOMAS LANGLEY
BY MARTI THOMAS

LITURGICAL LEADERS

<i>Celebrant</i>	The Right Rev. John T. W. Harmon, <i>Bishop of Arkansas</i>
<i>Preacher</i>	The Very Rev. Andrea McMillin, <i>Dean and Rector</i>
<i>Deacon</i>	The Rev. Dr. Susan Loy Lyon
<i>Assisting Clergy</i>	The Rev. Thomas Alexander, <i>Curate</i>
<i>Lector and Lay Eucharistic Minister</i>	Judy Barger

ANNOUNCEMENTS

This week at and around the Cathedral

Today	9 a.m. Insights Lecture Seriest: Cornel West and Robert George 11:45 a.m., Welcoming Reception for the Very Rev. Andrea McMillin 4 p.m., Choral Evensong 4 p.m., EKC 5:30 p.m., EYC	Wednesday	8:30 a.m., Morning Prayer 12:15 p.m., Organ Recital 4 p.m., Trinity Choristers 5 p.m., Trinity Ringing Society 5 p.m., St. Cecilia Singers 5:30 p.m., Community Dinner 5:30 p.m., Healing Eucharist
Monday	7 a.m., Breakfast Bible Study	Thursday	6 p.m., Koinonia Eucharist 6:30 p.m., Book Club
Tuesday	8:30 a.m., Morning Prayer 7 p.m., Cathedral Choir Rehearsal		6:30 p.m., Labyrinth Walk 8:30 a.m., Morning Prayer 5:15 p.m. Evening Prayer

UPCOMING EVENTS

Festive Reception to Welcome Andrea

Join us in welcoming our new Dean and Rector, the Very Rev. Andrea McMillin on her first Sunday with us. A reception will follow the 10:30 a.m. service in Morrison Hall.

Candlemas Eucharist

St. Luke's, North Little Rock

February 2 at 7 p.m.

The choirs of Trinity, St. Luke's, and the Cathedral of St. Andrew will join forces for a Candlemas choral eucharist at St. Luke's, NLR on Monday, February 2 at 7 pm. Reception to follow.

Mardi Gras!

Tuesday, February 17, 5:30 - 7 pm;

Burning of the Palms at 6:45 pm

Trinity Gym (entrance off of Spring St)

Join ECEP & Trinity at our annual Mardi Gras celebration in the gym! We'll have a gumbo cookoff, music & dancing, cotton candy, pancakes, king cake, and beads galore! Donations welcomed at the door.

Gumbo Teams Wanted!

To register your Gumbo Krew or Volunteer, contact Dawn & Otis Howe, 2026 Event Chairs, at *howeow@aol.com* or 501-690-0997!

The Rite of Reconciliation

Those who wish to make a private confession are welcome to do so at any time in the Episcopal Church. The season of Lent is a good opportunity for newcomers to try out this practice. To make an appointment, please contact the Very Rev. Andrea McMillin (andrea@trinitylittlerock.org), the Rev. Thomas Alexander (thomas@trinitylittlerock.org), the Rev. Peggy Cromwell (cromwellpeggy@gmail.com).

Ash Wednesday

Join us on Ash Wednesday as we begin another holy Lent at Trinity.

7:30 a.m. – Holy Eucharist with Imposition of Ashes (Cathedral)

8:30 a.m. – Morning Prayer (Chapel)

12 p.m. – Holy Eucharist with Imposition of Ashes and Hymns (Cathedral)

5:30 p.m. – Community Dinner (Morrison Hall)

6 p.m. – Koinonia Eucharist with Imposition of Ashes (Cathedral)

7 p.m. – Holy Eucharist with Imposition of Ashes, Choir, and Incense (Cathedral)

“Ashes-to-go” during ECEP pick-up and drop-off times, from 7:30 a.m. – 8:45 a.m. on both Center Street and Spring Street, and from 4:30 p.m. – 5:15 p.m. on Center Street.

Sundays in Lent: Claiming Our Faith

9:15 a.m. in Morrison Hall

Breakfast will be served

Through the Sunday in Lent, the Sunday School classes for all ages will focus on the five components of our Rule of Life here at Trinity: worshiping, praying, learning, serving, and giving. Here is the schedule for the adult Sunday School class:

February 22 – “Worship” with the Rev. Thomas Alexander

March 1 – “Prayer” with Br. Jack Crowley and Br. Lain Wilson, SSJE

March 8 – “Learn” with the Rev. Thomas Alexander

March 15 – “Serve” with an intergenerational service event by Matthew 25

March 22 – “Give” with the Very Rev. Andrea McMillin

The Catechumenate

Sundays in Lent and Easter, 5:00 pm – 6:30 pm

beginning Sunday, February 22

Lounge in Keller House

Are you interested in deepening your life of faith as a Christian? Or are you interested in revisiting the foundations of the Christian life? The “Catechumenate” (an ancient Greek word for “instruction”) is an annual, several-week-long class by which adults who desire a deeper life in Christ prepare for **Holy Baptism** (full initiation into the Church), **Confirmation** (for those who are baptized), **Reaffirmation** (for those who are baptized and confirmed but desire to reaffirm their faith), or **Reception** (for those who were baptized in another denomination of the Church but desire to be received into the Episcopal Church). Led by Father Thomas, this small group gathers weekly through Lent and Easter to share an evening meal and to study the Christian faith. The Catechumenate begins on Sunday, February 22 and the Cathedral will celebrate Holy Baptism, Confirmation, Reaffirmation, and Reception when Bishop Harmon visits on Sunday, May 10. To learn more or to sign up, contact the Rev. Thomas Alexander (thomas@trinitylittlerock.org).

Wednesdays in Lent

At Trinity, every Wednesday in Lent will be full of opportunities to go deeper into a life with God. Every Wednesday follows the same schedule, including Community Dinner and Koinonia Eucharist each week.

11:00 a.m. – Bible Study: The Psalms as Prayer

12:15 p.m. – Organ Recital

During Lent, the weekly lunchtime organ recitals will feature masterpieces which reflect the beauty and seriousness of Lent. There exists a rich repertoire of profound music appropriate to the season, so this group of recitals offers a moment to pause, listen, and reflect.

5:30 p.m. – 6:30 p.m. – Community Dinner

5:30 p.m. – Healing Eucharist

6:00 p.m. – Koinonia Eucharist

6:30 p.m. – Book Club: Gary Anderson’s *Sin: A History*

7:30 p.m. – Choral Compline

The Trinity Schola will sing choral Complines every Wednesday in Lent. Compline, sometimes referred to as “Night Prayer,” takes its name from the Latin word “completorium,” meaning “complete.” As the name suggests, it is a short service of tranquil reflection at the end of the day. Traditionally, this service eschews musical instruments, so the music comes only from a cappella singers.

Daytime Bible Study: The Psalms as Prayer

Wednesdays in Lent, 11 a.m. (beginning February 25)

Baker Parlor in Keller House

The Psalms are often described as the Prayer Book of the Bible. But how might we use the Psalms for our own prayer life? Join Father Thomas for this weekday, daytime Bible study during the Lenten season to develop prayer practices using the Psalms. Participants are more than welcome to bring their lunch with them. To learn more, contact the Rev. Thomas Alexander (thomas@trinitylittlerock.org).

Book Club: *Sin: A History* by Gary Anderson

Wednesdays in Lent, 6:30 p.m. (beginning February 25)

Conference Room in Keller House

What is sin? Spanning nearly two thousand years, the book brilliantly demonstrates how sin as a concept has evolved over history. This will be a wonderful class for the Lenten season. To sign up, contact the Rev. Thomas Alexander (thomas@trinitylittlerock.org).

Men’s Group in Lent

Every Thursday of Lent at 8:00 a.m., beginning February 19

Baker Parlor in Keller House

Join men of the parish for fellowship, mutual support, and prayer in a small group setting. This Men’s Group meets weekly instead of monthly during the season of Lent, often inviting guest speakers for conversation. To learn more, contact Bert Parker (hjparkerlr@gmail.com).

Lenten Quiet Day led by Brothers from the Society of Saint John the Evangelist

Saturday, February 28, 9 a.m. – 12 p.m.

Pierce Chapel

This Lent, Trinity Cathedral will host two members of the Society of Saint John the Evangelist, an Episcopal monastic community in Cambridge, MA. As a part of their residence with us, Brother Jack Crowley and Brother Lain Wilson will lead a quiet day on the morning of Saturday, February 28, beginning with Morning Prayer in Pierce Chapel and ending with Holy Communion. All are welcome. To sign up, email the Rev. Thomas Alexander (thomas@trinitylittlerock.org).

CHILDREN & YOUTH ANNOUNCEMENTS

For all program questions contact Emma Mitchell, emma@trinitylittlerock.org

Koinonia Wednesdays

Wednesday, February 1 & 15

4:00-5:30 pm Trinity Choristers (2nd-8th)

5:00-5:30 pm St. Cecilia Singers (PreK-1st)

5:30 Community Dinner

6:00 Koinonia Worship

We're looking for volunteers to help provide dinner, lead worship, and support programming on Wednesdays, especially in Lent when we will offer Koinonia weekly. Please reach out to Emma if interested.

EKC/EYC Schedule in February 2026!

EKC: 4:00 - 5:00 pm

Shared Dinner: 5:00-5:30 pm

EYC: 5:30-6:30 pm

February 1: EKC/EYC (Gym)

February 8: EKC/EYC (Gym)

February 15: EKC/EYC- Mardi Gras Preparations!

Faith And Food Cooking Class

Second Saturdays: Feb 14

10-11:00 a.m., Cooking in Bloom Classroom (Morrison Hall)

Young people are invited to explore faith and community through cooking and good, nutritious food! Join us at 10:00-11:00 a.m. in the Cooking in Bloom classroom (entrance through Morrison Hall) to practice culinary skills, learn about nutrition, try new recipes, and explore the Broadway Community Garden. Please email Denise Albert with any questions, register at bit.ly.com/cookingfoodfaith

IN THE COMMUNITY

Dreams: the inner and outer journey with the Rev. Susan Sims Smith

*Three Tuesdays in February - 2/3, 2/20, 2/27
from 2-3:30pm*

Spring House, 1616 Spring Street Little Rock AR (Directly across from Trinity Cathedral)

Week 1: Lets decode our Dreams

Week 2: Dreams and daily life

Week 3: Dreams and life after death

More information and to reserve a spot go to <https://springhouselr.org/events/>

Be Gentle with Yourself:

Gathering & Labyrinth Walk

February 4 @ 6:30 pm – 7:30 pm

The theme for our February gathering is inspired by this poem by Max Ehrmann: Be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should

As always We will gather at Spring House for some time together in creative community held in the strong embrace of the Divine Feminine. The evening will commence with a Labyrinth walk in silence and time for tea and chat back at the House if you are drawn to more community time.

Those with mobility challenges can request a finger labyrinth to follow the along the path while seated.

Please RSVP at <https://springhouselr.org/events/>

