



TRINITY

EPISCOPAL CATHEDRAL
A house of prayer for all people

The Fourth Sunday after the Epiphany
February 1, 2026, 10:30 a.m.

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. If you would like to learn more about the Cathedral building and its history, a docent-led tour is available following the service, starting in the Baptistry at the back of the Cathedral. Above all, please know that this is your Cathedral, and all are welcome.*

Children in Worship: *We love the presence of children in our worship services here at Trinity. Engaging materials for children can be found near the bell tower doors in the back of the Cathedral. The bell tower has a speaker that allows you to hear the service if you need to step out with your child. Nursery care is also available for infants and toddlers up to 4 years old. If you need directions, our ushers and greeters would be happy to show you the way.*

Hymns are found in the red hymnal.

THE PRELUDE

PHANTASIE ÜBER DEN CHORAL

'HALLELUJAH, GOTT ZU LOBEN BLEIBE MEINE SEELENFREUD,' Op. 52, No. 3 *Max Reger*

HYMN 117

BRIGHTEST AND BEST OF THE STARS OF THE MORNING

Morning Star

THE HOLY EUCHARIST, RITE II

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

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

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

GLORIA

1. Glo - ry to God in the high - est, and
 peace to his peo - ple on earth. 2. Lord God, heaven - ly King, al -
 might - y God and Fa - ther, we wor - ship you, we give you thanks, we
 praise you for your glo - ry. 3. Lord Je - sus Christ,
 on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you
 take a - way the sin of the world: have mer - cy on us;
 5. you are seat - ed at the right hand of the Fa - ther: re -
 ceive our prayer. 6. For
 you a - lone are the Ho - ly One, you a - lone are the Lord,
 7. you a - lone are the Most High, Je - sus Christ, with the
 Ho - ly Spi - rit, in the glo - ry of
 God the Fa - ther. A - - - men.

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you 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.**

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

I 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.

People **Thanks be to God.**

HYMN 379

GOD IS LOVE, LET HEAVEN ADORE HIM

Abbot's Leigh

During this hymn, children in second grade and younger who want to take part in the Children's Liturgy follow the Good Shepherd banner out of the Cathedral. They will return at the Peace.

THE GOSPEL

MATTHEW 5:1-12

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

People **Glory to you, Lord Christ.**

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.

People **Praise to you, Lord 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

In peace, let us pray to the Lord, saying, “Lord, have mercy.”

The Intercessor and People pray responsively

For the holy Church of God, that it may be filled with truth and love, and be found without fault at the day of your coming, we pray to you, O Lord.

Lord, have mercy.

For all bishops and other ministers, and for all the holy people of God, we pray to you, O Lord.

Lord, have mercy.

For the mission of the Church, that in faithful witness it may preach the Gospel to the ends of the earth, we pray to you, O Lord.

Lord, have mercy.

For the peace of the world, that a spirit of respect and forbearance may grow among nations and peoples, we pray to you, O Lord.

Lord, have mercy.

For those in positions of public trust that they may serve justice, and promote the dignity and freedom of every person, we pray to you, O Lord.

Lord, have mercy.

For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners, and all who are in danger; that they may be relieved and protected, we pray to you, O Lord.

Lord, have mercy.

For this congregation for those who are present, and for those who are absent, that we may be delivered from hardness of heart, and show forth your glory in all that we do, we pray to you, O Lord.

Lord, have mercy.

For all who have commended themselves to our prayers, especially _____, that they may live in joy, peace, and health, we pray to you, O Lord.

Lord, have mercy.

For _____, we pray to you, O Lord.

Lord, have mercy.

For all who have died in the communion of your Church, and those whose faith is known to you alone, especially _____, that, with all the saints, they may have rest in that place where there is no pain or grief, but life eternal, we pray to you, O Lord.

Lord, have mercy.

Rejoicing in the fellowship of all the saints, let us commend ourselves, and one another, and all our life to Christ our God.

To you, O Lord our God.

Silence

The Celebrant adds the following Doxology.

For yours is the majesty, O Father, Son, and Holy Spirit; yours is the kingdom and the power and the glory, now and for ever. **Amen.**

THE CONFESSION OF SIN

Deacon Let us confess our sins against God and our neighbor.

Silence may be kept.

Deacon and People

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

Celebrant Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

THE PEACE

Celebrant The peace of the Lord be always with you.

People **And also with you.**

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

ANNOUNCEMENTS

THE HOLY COMMUNION

ANTHEM

THE SPIRIT OF THE LORD

Edward Elgar

*The Spirit of the Lord is upon me,
because He hath anointed me to preach the Gospel to the poor:
He hath sent me to heal the broken-hearted,
to preach deliverance to the captives,
and recovering of sight to the blind,
to preach the acceptable year of the Lord;
To give unto them that mourn a garland for ashes,
the oil of joy for mourning,
the garment of praise for the spirit of heaviness;
that they might be called trees of righteousness,
the planting of the Lord, that he might be glorified.
For as the earth bringeth forth her bud,
and as the garden causeth the things
that are sown in it to spring forth;
so the Lord God will cause righteousness and praise
to spring forth before all the nations.*

Text: Isaiah 61

During the Offertory Anthem, representatives of the congregation bring the people's offerings of bread, wine, money, and other gifts to the Celebrant. The people stand while the offerings are brought forward and placed on the Altar.

Use the QR code to make a plate offering.



THE GREAT THANKSGIVING - PRAYER A

Celebrant

The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give him thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you,
Father Almighty, Creator of heaven and earth...

...Therefore we praise you, joining our voices with Angels and Archangels and with all the company
of heaven, who for ever sing this hymn to proclaim the glory of your Name:

SANCTUS

A musical score for the Sanctus, written on five staves. The melody is in treble clef with a key signature of one flat (B-flat). The lyrics are written below the notes. The first staff contains the lyrics 'Ho - ly, ho - ly,'. The second staff contains 'ho - ly Lord, God of power and might,'. The third staff contains 'heaven and earth are full of your glo - ry. Ho-san-na in the'. The fourth staff contains 'high - est. Bless - ed is he who'. The fifth staff contains 'comes in the name of the Lord. Ho-san-na in the high-est.'.

Ho - ly, ho - ly,
ho - ly Lord, God of power and might,
heaven and earth are full of your glo - ry. Ho-san-na in the
high - est. Bless - ed is he who
comes in the name of the Lord. Ho-san-na in the high-est.

All stand or kneel.

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Celebrant and People

Christ has died.

Christ is risen.

Christ will come again.

The Celebrant continues

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

Celebrant And now as our Savior Christ has 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.

Je - sus, Lamb of God: Have mer - cy

on us. Je - sus, bear - er of our sins: Have mer - cy

on us. Je - sus, re - deem - er of the world: Give us your peace.

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.

MUSIC AT HOLY COMMUNION

ANTHEM

OS JUSTI

Anton Bruckner

*Os justi meditabitur sapientiam:
et lingua ejus loquetur judicium.
Lex Dei ejus in corde ipsius:
et non supplantabuntur gressus ejus.
Alleluia.*

*The mouth of the righteous utters wisdom,
and his tongue speaks what is just.
The law of his God is in his heart:
and his feet do not falter.
Alleluia.*

Text: Psalm 37:30-31

THE POSTCOMMUNION PRAYER

Celebrant Let us pray.

Celebrant and People

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

If people are being sent to take the Bread and Wine to those who are absent, the Deacon says

Deacon In the name of this congregation, we send you forth bearing these holy gifts, that those to whom you go may share with us in the communion of Christ's body and blood.

People **We who are many are one, because we all share one bread and one cup. Amen.**

THE BLESSING

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 Spirit, be among you, and remain with you always. **Amen.**

HYMN 362

HOLY, HOLY, HOLY!

Nicaea

THE DISMISSAL

Deacon Go in peace to love and serve the Lord.

People **Thanks be to God.**

THE POSTLUDE

FUGA ÜBER DEN CHORAL

'HALLELUJAH, GOTT ZU LOBEN BLEIBE MEINE SEELENFREUD,' OP. 52, NO. 3 *Max Reger*

✠ 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

Notes on the Notes: This morning's voluntaries (the generic term for prelude and postlude) comprise the first and second halves of Max Reger's fantasy on the Lutheran hymn tune *Halleluja! Gott zu loben bleibe meine Seelenfreud*, or "Alleluia! to praise God remains my soul's delight," a paraphrase of Psalm 146. The piece consists of an introduction, five variations, and a fugue, the last of which will be today's postlude. The fugue in particular is a marvelous achievement. Throughout the first five minutes or so, Reger eschews the chorale tune, choosing instead to write and develop another melody as the fugue's main theme. Eventually, the hymn tune returns in the pedal, now in combination with the fugue's initial theme. Its thunderous reappearance is one of the great moments in all of organ music.

Today's offertory, Elgar's *The Spirit of the Lord*, is chosen for its relation to today's Gospel, the Beatitudes. The communion motet, Bruckner's *Os justi*, is chosen for its emphasis on wisdom, a word which appears no fewer than eight times in today's Epistle.

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> The Rev. Peggy Cromwell, <i>Priest Associate for Pastoral Care</i> The Rev. Susan Payne, <i>Priest Associate</i>
<i>Lectors</i>	Mary Hodges, Scott Whitfield
<i>Intercessor</i>	Missy McCain
<i>Lay Eucharistic Ministers</i>	Greg Albert, Sally Fittsizer, Christoph Keller, Mike Schmidt
<i>Children's Liturgy</i>	Marcia Wayland and Hui Sun
<i>Acolytes</i>	Mary Francis Tucker, Ellis Tucker, Allison Tuite, Michael Wayland, Alex Wayland
<i>Music</i>	Dr. Colin MacKnight, <i>Director of Music</i> Katie Gunn, <i>Associate Director of Music</i> Trinity Cathedral Choir Trinity Bell Ringers
<i>Ushers</i>	Jan Badeaux , Herschel Cast, Matt McCoy, Michelle McLellen, Richard Moore, Lisa Thorpe
<i>Docent</i>	Michelle McLellen

ANNOUNCEMENTS

This week at and around the Cathedral

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

UPCOMING EVENTS

Candlemas Eucharist

St. Luke's, North Little Rock

February 2 at 7 p.m.

Cancelled due to winter conditions

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!

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.

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).

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

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.

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).

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 3

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

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/cookingfoodfaith

IN THE COMMUNITY

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

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