



# TRINITY

EPISCOPAL CATHEDRAL  
A house of prayer for all people

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The Tenth Sunday after Pentecost  
August 2, 2026, 10:30 a.m.

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**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 know more about the cathedral, a tour of the building is available immediately following the service. A tour guide will meet you in the baptistery in the back of the church. 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

“LITTLE” PRELUDE AND FUGUE IN G MINOR, BWV 558

*Historically attributed to Johann Sebastian Bach*

## HYMN 324

LET ALL MORTAL FLESH KEEP SILENCE

*Picardy*

## THE HOLY EUCHARIST, RITE II

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

*People* **And blessed be his kingdom, now and forever. 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.**

# THE 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 LITURGY OF THE WORD

### THE COLLECT OF THE DAY

*Celebrant* The Lord be with you.

*People* **And also with you.**

*Celebrant* Let us pray.

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; 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

GENESIS 32:22-31

**T**he same night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peniel, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Penuel, limping because of his hip.

*Lector* The Word of the Lord.

*People* **Thanks be to God.**

PSALM 17:1-7,16 *Exaudi, Domine Read by all in unison.*

**H**ear my plea of innocence, O LORD; give heed to my cry; \*  
listen to my prayer, which does not come from lying lips.

**Let my vindication come forth from your presence; \*  
let your eyes be fixed on justice.**

**Weigh my heart, summon me by night, \*  
melt me down; you will find no impurity in me.**

**I give no offense with my mouth as others do; \*  
I have heeded the words of your lips.**

My footsteps hold fast to the ways of your law; \*  
in your paths my feet shall not stumble.

I call upon you, O God, for you will answer me; \*  
incline your ear to me and hear my words.

Show me your marvelous loving-kindness, \*  
O Savior of those who take refuge at your right hand  
from those who rise up against them.

But at my vindication I shall see your face; \*  
when I awake, I shall be satisfied, beholding your likeness.

## THE SECOND READING

ROMANS 9:1-5

I am speaking the truth in Christ-- I am not lying; my conscience confirms it by the Holy Spirit-- I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen.

*Lector* The Word of the Lord.

*People* **Thanks be to God.**

## HYMN 508

BREATHE ON ME, BREATH OF GOD

*Nova Vita*

## THE GOSPEL

MATTHEW 14:13-21

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

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

Jesus withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and

were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

*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 Intercessor and People pray responsively*

In peace, we pray to you, Lord God.

*Silence*

For all people in their daily life and work;

**For our families, friends, and neighbors, and for those who are alone.**

For this community, the nation, and the world;

**For all who work for justice, freedom, and peace.**

For the just and proper use of your creation;

**For the victims of hunger, fear, injustice, and oppression.**

For all who are in danger, sorrow, or any kind of trouble;

**For those who minister to the sick, the friendless, and the needy.**

For the peace and unity of the Church of God;  
**For all who proclaim the Gospel, and all who seek the Truth.**

For Sean, our Presiding Bishop, and John our Bishop; and for all bishops and other ministers;

**For all who serve God in his Church.**

For the special needs and concerns of this congregation.

*Silence*

*The People may add their own petitions.*

Hear us, Lord;  
**For your mercy is great.**

We thank you, Lord, for all the blessings of this life.

*Silence*

*The People may add their own thanksgivings.*

We will exalt you, O God our King;  
**And praise your Name for ever and ever.**

We pray for all who have died, that they may have a place in your eternal kingdom.

*Silence*

*The People may add their own petitions.*

Lord, let your loving-kindness be upon them;  
**Who put their trust in you.**

We pray to you also for the forgiveness of our sins.

*Silence may be kept.*

*Intercessor and People*

**Have mercy upon us, most merciful Father; in your compassion forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. Amen.**

*The Celebrant says*

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.*

## THE HOLY COMMUNION

*All stand.*

HYMN 709

O GOD OF BETHEL, BY WHOSE HAND

*Dundee*

*During the Offertory Hymn, representatives of the congregation bring the people's offerings of bread, wine, money, and other gifts to the Celebrant. The people stand during the singing of the hymn.*



## THE GREAT THANKSGIVING

*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:

THE SANCTUS *sung by all*

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and

might, hea - ven 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.*

*Celebrant* We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son...  
...Therefore, according to his command, O Father,

*Celebrant and People*

**We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;**

*The Celebrant continues*

And we offer our sacrifice of praise and thanksgiving to you, ...

...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.**

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 FRACTION ANTHEM** *sung by all*



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.



Christ our Pass - o - ver is sac - ri - ficed for us;



there - fore let us keep the feast.





*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

### HYMN 325

LET US BREAK BREAD TOGETHER ON OUR KNEES

*Let Us Break Bread*

## 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

## 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 GRATEFUL THANKSGIVING FOR  
THE BIRTHDAY OF TAYLOR LEA  
BY LUCY, NEAL AND NAT LEA

LITURGICAL LEADERS

|                                  |                                                                                          |
|----------------------------------|------------------------------------------------------------------------------------------|
| <i>Celebrant</i>                 | The Rev. Peggy Cromwell, <i>Priest Associate for Pastoral Care</i>                       |
| <i>Preacher</i>                  | Emma Mitchell, <i>Seminarian</i>                                                         |
| <i>Assisting Clergy</i>          | The Very Rev. Andrea McMillin, <i>Dean and Rector</i>                                    |
| <i>Deacon</i>                    | The Rev. Dr. Susan Loy Lyon                                                              |
| <i>Lectors</i>                   | Josie Felton, Richard Moore                                                              |
| <i>Intercessor</i>               | Sheila Mehaffy                                                                           |
| <i>Lay Eucharistic Ministers</i> | Missy McCain, Jane McMullin, Emma Mitchell                                               |
| <i>Acolyte</i>                   |                                                                                          |
| <i>Music</i>                     | Beau Baldwin, <i>Organist</i>                                                            |
| <i>Ushers</i>                    | Jan Badeaux, Herschel Cast, Matt McCoy,<br>Michelle McLellen, Richard Moore, Lisa Thorpe |
| <i>Tour Guide</i>                | Tom Fennell                                                                              |





# ANNOUNCEMENTS

## This week at and around the Cathedral

Monday 8:30 a.m. Morning Prayer  
Tuesday 8:30 a.m. Morning Prayer

Wednesday 8:30 a.m. Morning Prayer  
5 p.m. Trinity Ringing Society  
5:30 p.m. Eucharist with Healing Prayers  
Thursday 8:30 a.m. Morning Prayer

## UPCOMING EVENTS

QR codes provided for additional information and registrations

### Water Bottles for St. Francis House

Saint Francis House needs donations of refillable water bottles to give their clients on hot summer days. Matthew 25 helped install a water bottle refill station in the client waiting area outside and these bottles will be a helpful addition this summer.

Bottles can be dropped off at the church office, or left on the table in the back of the church near the baptistry.

### Christmas Pageant Update

Preparations for the 2026 return of the Cathedral Christmas Pageant are beginning to accelerate! We recently renovated and moved into a new pageant work room on the second floor of Mitchell House. Susan Allen, Julie Keller, Coralie Maxwell, and Kelly Wassell have taken inventory, organized the space and begun cleaning and restoring costumes, and they'll soon be calling on others, who've offered to help with mending or costume and prop production, to jump in. Children and youth in Kindergarten - 12th grade are invited to join the cast. So, watch for registration information and more details next month. But for now, make sure your calendar is marked for the pageant performance on Sunday, December 13, at 4:00 p.m. We can't wait to celebrate the story of Christ's birth together!

### Back-to-School Sunday: August 9

*Sunday, August 9*

*Lunch after the 10:30 a.m. service*

Kick off a new program year with us at Trinity Cathedral! Back-to-School Sunday marks the beginning of Sunday School classes for children, youth, and adults, as well as the return of many of our regular formation offerings. During the 10:30 a.m. service, we'll offer a special blessing for all students, teachers, school staff, and college students as they begin a new academic year. Be sure to bring your backpack, briefcase, or school bag to receive a blessing and a Trinity keychain to carry with you throughout the academic year. Following the service, the whole parish is invited to lunch in Morrison Hall as we welcome families back from the summer, celebrate the beginning of a new season of ministry, and offer our thanks and prayers for the teachers and staff of Trinity's Early Childhood Education Program. To learn more, contact Missy McCain at [missy@trinitylittlerock.org](mailto:missy@trinitylittlerock.org).

### Newcomer Gathering

*Monday, August 17, 6:00 p.m. – 7:30 p.m.*

*Home of the Very Rev. Andrea McMillin*

New to Trinity Cathedral? Join us at Dean Andrea's home for an evening of food, fellowship, and conversation as you meet other newcomers and parish leaders. Whether you've been worshiping with us for a few weeks or a few months, this is a wonderful opportunity to learn more about Trinity

and begin building friendships within our parish community. To RSVP, contact Canon Michael McNeely at [michael@trinitylittlerock.org](mailto:michael@trinitylittlerock.org).

## Young Adults' Group

*Saturday, August 22 at 6:00 p.m.*

*Home of Thomas Alexander and Lillian Hardaway*

Join fellow parishioners in their 20s and 30s for a time of dinner and fellowship. This group gathers monthly at one of the member's homes. The first gathering is on Saturday, August 22 at 6:00 p.m. at the home of Thomas Alexander and Lillian

Hardaway. To RSVP and receive the address, contact the Rev. Thomas Alexander at [thomas@trinitylittlerock.org](mailto:thomas@trinitylittlerock.org).

## Next Opportunities for Holy Baptism

We will next celebrate the sacrament of Holy Baptism on Sunday, September 6 at 10:30 a.m., and then on Sunday, November 1 at 10:30 a.m. If you or a family member would like to be baptized, contact the Rev. Thomas Alexander at [thomas@trinitylittlerock.org](mailto:thomas@trinitylittlerock.org).

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## SUNDAYS BEGINNING IN AUGUST

*8:45 a.m. – 9:15 a.m. – Continental Breakfast and Conversation (Morrison Hall Foyer)*

*9:15 a.m. – 10:15 a.m. – Children and Youth Sunday School (Parish House Classrooms)*

*9:15 a.m. – 10:15 a.m. – Adult Sunday School (Morrison Hall, Parish House, Room 101)*

*10:15 a.m. – 11:45 a.m. – Acolytes (Dean's Hall, Vesting Room)*

*5 p.m. – 6:30 p.m. – EKC/EYC (Chancellors Hall, Youth Room)*

### Children and Youth Sunday School

We offer Sunday School classes at Trinity for children and youth of all ages. In our younger classes, we use storytelling to explore scripture, the life of Jesus, and learn more about our worship life in the Episcopal church. For teenagers, we host space for conversation and open discussion about the weekly scripture readings. Sunday School lasts 45 minutes in the classroom followed by 15 minutes of snack time and recess in the Garth before the 10:30 a.m. service. To learn more, contact Emma Mitchell at [emma@trinitylittlerock.org](mailto:emma@trinitylittlerock.org).

**Wonder Class**, Pre-K-4 – 1st grade

Location: Parish House, Room 105

Teachers: Olivia Ramsey and Mary Claire Dowden

**Discover Class**, 2nd grade – 5th grade

Location: Parish House, Room 106

Teachers: Susan Allen and Emma Mitchell

**Explore Class**, 6th grade – 12th grade

Location: Parish House, Room 204

Teachers: Christoph Keller and Austin Grinder

### Adult Sunday School

The Cathedral Forum

Sundays, 9:15 a.m. – 10:15 a.m.

Morrison Hall

The Cathedral Forum is Trinity's principal adult education gathering each Sunday morning, bringing together clergy, parishioners, and guest speakers for engaging presentations and discussions. Our first series will be "Artificial Intelligence and the Christian Life," a chance for us to respond faithfully to the rise of AI in society and in the workplace today. To learn more, contact the Rev. Thomas Alexander at [thomas@trinitylittlerock.org](mailto:thomas@trinitylittlerock.org).

The Inquirers' Class:

Your Faith, Your Life by Jennifer Gamber  
Sundays, 9:15 am – 10:15 am (beginning September 13)

Dining Room, Parish House Room 101

Our Inquirers' Class is a welcoming introduction to the Episcopal Church for newcomers and a refresher for longtime Episcopalians. Together, we'll explore the beliefs, worship, history, and

practices of the Episcopal Church, while getting to know one another in a relaxed setting. Our textbook is *Your Faith, Your Life: An Invitation to the Episcopal Church* by Jennifer Gamber (ISBN: 0819233714). To register or learn more, contact the Rev. Thomas Alexander at [thomas@trinitylittlerock.org](mailto:thomas@trinitylittlerock.org).

Note: This class is designed as an introduction to the Episcopal Church. Those desiring Baptism, Confirmation, Reception, or Reaffirmation are encouraged to participate in the Catechumenate in the Spring, a more extensive course of preparation.

### **Acolytes (5th – 12th grades)**

*Sundays during the 10:30 a.m. service*

Youth acolytes (5th – 12th grades) faithfully serve at our 10:30 a.m. Sunday morning services and other special services, as needed. Their role includes serving at the Altar during Holy Communion, carrying processional crosses, torches, and banners,

and lighting candles. Our next Acolyte Training is on Saturday, August 8 at 10:00 a.m. To learn more, contact Otis Howe, Acolyte Master and Verger, at [otis.howe3@gmail.com](mailto:otis.howe3@gmail.com).

### **EKC/EYC**

*Episcopal Kids Community (4th – 5th grades)*

*Episcopal Youth Community (6th – 12th grades)*

*Sundays, 5:00 p.m. – 6:30 p.m.*

*Youth Room, Chancellors Hall*

Every Sunday evening, our youth (grades 4th – 12th) gather for food and fellowship. Our two communities share dinner together for the first 30 minutes, and then gather separately for 1 hour of programming, including faith formation, games, and service projects. This is a weekly opportunity to grow as disciples in a joyful and welcoming community. We invite parents and other volunteers to help provide weekly dinner for our youth by signing up here. To learn more, contact Emma Mitchell at [emma@trinitylittlerock.org](mailto:emma@trinitylittlerock.org).

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## **WEDNESDAYS BEGINNING IN AUGUST**

Every Wednesday of the program year, the Cathedral gathers for an evening of worship, fellowship, learning, and music across a variety of options. Whether you join us for community dinner, one of our weekly Eucharists, Book Club, or chorister rehearsals, Wednesdays offer an opportunity to pause in the middle of the week and be renewed in faith and community. We hope you'll make Wednesdays at Trinity a part of your weekly rhythm. Wednesday programs begin on August 12.

*4:00 p.m. – 5:30 p.m. – Trinity Chorister Rehearsal (Parish House, Room 201)*

*5:00 p.m. – 5:30 p.m. – St. Cecilia Choir Rehearsal (Parish House, Room 203)*

*5:00 p.m. – 6:15 p.m. – Trinity Ringing Society Rehearsal (Cathedral Bell Tower)*

*5:15 p.m. – 6:15 p.m. – Community Dinner (Morrison Hall)*

*5:15 p.m. – 5:45 p.m. – Healing Eucharist (Pierce Chapel)*

*6:00 p.m. – 6:30 p.m. – Koinonia Eucharist (Cathedral)*

*6:30 p.m. – 7:30 p.m. – Book Club (Dining Room, Parish House, Room 101)*

### **Trinity Choristers**

*Wednesdays, 4:00 p.m. – 5:30 p.m.*

*Parish House Room 201*

Open to all children (2nd – 8th grades) interested in learning to sing sacred music. Participants will develop their musical, interpersonal, and cognitive skills as they learn to work in a team environment

to serve the church and community through music. Weekly rehearsals, and occasional singing for Sunday morning and special services. To learn more, contact Colin MacKnight at [colin@trinitylittlerock.org](mailto:colin@trinitylittlerock.org).

## **St. Cecilia Choir**

*Wednesdays, 5:00 p.m. – 5:30 p.m.*

*Parish House Room 203*

Children (Pre-K – 1st grade) are invited to come make a joyful noise and begin learning the basics of music and choral singing. St. Cecilia singers will sing several times throughout the year during Wednesday evening worship. To learn more, contact Katie Gunn at [katie@trinitylittlerock.org](mailto:katie@trinitylittlerock.org).

## **The Trinity Book Club: A Wrinkle in Time**

*Wednesdays, 6:30 p.m. – 7:30 p.m.*

*(beginning August 12)*

*Dining Room, Parish House Room 101*

Join us each Wednesday evening as we read and discuss classic and contemporary books that deepen our understanding of the Christian life. Our conversations are thoughtful, welcoming, and open to anyone who enjoys reading alongside others. We begin with *A Wrinkle in Time* by Madeleine L'Engle (ISBN: 0312367546), the beloved Newbery Medal-winning novel that has captivated generations of readers. L'Engle, a faithful Episcopalian, once remarked that if readers wanted to understand her theology, they should read *A Wrinkle in Time*. The discussion will be led by the Rev. Peggy Cromwell. To sign up, contact the Rev. Thomas Alexander at [thomas@trinitylittlerock.org](mailto:thomas@trinitylittlerock.org).

*August 12: Chapters 1–3*

*August 19: Chapters 4–6*

*August 26: Chapters 7–9*

*September 2: Chapters 10–12*

## **Walking the Mourner's Path**

*Wednesday, September 9 – Wednesday, October 28,  
6:30 p.m. – 8:00 p.m.*

*Baker Parlor, Keller House*

Walking the Mourner's Path is an 8-week grief group for anyone who has suffered a significant loss and would like to process it in a group setting. The purpose is to transform grief into joyful living by offering the outstretched hand of Christ during bereavement. Loss due to a death is always difficult. The support group invites those who have faced

death and suffered the loss of a loved one to come into God's loving presence in community with others. Walking the Mourner's Path is not group therapy, but is spiritually directed. Through the eight-week program, complete with workbook, mourners learn ways in which they may honor their loved ones, seek spiritual direction, and discover God's promise of comfort in community.

The fee is \$80 for the program, and the group will be limited to 10 participants. Scholarships are available. This Fall's group will be co-facilitated by the Rev. Peggy Cromwell and Trinity parishioner John Williams. To register, please fill out the form found in the QR Code and send payment to Trinity Cathedral with "Mourner's Path" in the memo line. To learn more, contact the Rev. Peggy Cromwell ([peggy@trinitylittlerock.org](mailto:peggy@trinitylittlerock.org)).

