



TRINITY

EPISCOPAL CATHEDRAL
A house of prayer for all people

The Eleventh Sunday after Pentecost
August 9, 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 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

CANTABILE

César Franck

HYMN 636

HOW FIRM A FOUNDATION

Foundation

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.

Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; 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 37:1-4, 12-28

Jacob settled in the land where his father had lived as an alien, the land of Canaan. This is the story of the family of Jacob.

Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father's wives; and Joseph brought a bad report of them to their father. Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. But when his brothers saw that their father loved him more than all his brothers, they hated him, and could not speak peaceably to him.

Now his brothers went to pasture their father's flock near Shechem. And Israel said to Joseph, "Are not your brothers pasturing the flock at Shechem? Come, I will send you to them." He answered, "Here I am." So he said to him, "Go now, see if it is well with your brothers and with the flock; and bring word back to me." So he sent him from the valley of Hebron.

He came to Shechem, and a man found him wandering in the fields; the man asked him, "What are you seeking?" "I am seeking my brothers," he said; "tell me, please, where they are pasturing the flock." The man said, "They have gone away, for I heard them say, 'Let us go to Dothan.'" So Joseph went after his brothers, and found them at Dothan. They saw him from a distance, and before he came near to them, they conspired to kill him. They said to one another, "Here comes this dreamer. Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams." But when Reuben heard it, he delivered him out of their hands, saying, "Let us not take his life." Reuben said to them, "Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him" —that he might rescue him out of their hand and restore him to his father. So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; and they took him and threw him into a pit. The pit was empty; there was no water in it.

Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. Then Judah said to his brothers, “What profit is it if we kill our brother and conceal his blood? Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh.” And his brothers agreed. When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

Lector The Word of the Lord.

People **Thanks be to God.**

PSALM 105, 1-6, 16-22, 45B *Confitemini Domino Anglican chant sung by the choir*

Stephen Elvey

G*ive thanks to the LORD and call upon his Name; **
make known his deeds among the peoples.

*Sing to him, sing praises to him, **
and speak of all his marvelous works.

*Glory in his holy Name; **
let the hearts of those who seek the LORD rejoice.

*Search for the LORD and his strength; **
continually seek his face.

*Remember the marvels he has done, **
his wonders and the judgments of his mouth,

*O offspring of Abraham his servant, **
O children of Jacob his chosen.

*Then he called for a famine in the land **
and destroyed the supply of bread.

*He sent a man before them, **
Joseph, who was sold as a slave.

*They bruised his feet in fetters; **
his neck they put in an iron collar.

*Until his prediction came to pass, **
the word of the LORD tested him.

*The king sent and released him; **
the ruler of the peoples set him free.

He set him as a master over his household,
as a ruler over all his possessions,

*To instruct his princes according to his will
and to teach his elders wisdom.*

Hallelujah!

THE SECOND READING

ROMANS 10:5-15

Moses writes concerning the righteousness that comes from the law, that “the person who does these things will live by them.” But the righteousness that comes from faith says, “Do not say in your heart, ‘Who will ascend into heaven?’” (that is, to bring Christ down) “or ‘Who will descend into the abyss?’” (that is, to bring Christ up from the dead). But what does it say?

“The word is near you,
on your lips and in your heart”

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, “No one who believes in him will be put to shame.” For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, “Everyone who calls on the name of the Lord shall be saved.”

But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, “How beautiful are the feet of those who bring good news!”

Lector The Word of the Lord.

People **Thanks be to God.**

HYMN 435

AT THE NAME OF JESUS

King's Weston

THE GOSPEL

MATTHEW 14:22-33

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

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

Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, “It is a ghost!” And

they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God."

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.

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.

ANNOUNCEMENTS

THE HOLY COMMUNION

All stand.

OFFERTORY ANTHEM

O FOR A CLOSER WALK

Charles Villiers Stanford

*O for a closer walk with God,
A calm and heavenly frame;
A light to shine upon the road
That leads me to the Lamb!*

*Return, O holy dove, return,
Sweet messenger of rest;
I hate the sins that made thee mourn,
And drove thee from my breast.*

Text by William Cowper

*So shall my walk be close with God,
Calm and serene my frame;
So purer light shall mark the road
That leads me to the Lamb.*

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 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 every-where 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 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...

...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...

...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.

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

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

MOTET

HOW BEAUTIFUL UPON THE MOUNTAINS

John Stainer

*How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace;
that bringeth good tidings of good, that publisheth salvation;
that saith unto Zion, Thy God reigneth!*

Text: Isaiah 52:7

HYMN 680

O GOD, OUR HELP IN AGES PAST

St. Anne

THE POSTCOMMUNION PRAYER

Celebrant Let us pray.

Celebrant and People

Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. 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 MARRIAGE OF ANNA MARIE McDONALD AND MILES WALLACE McGEORGE

TO THE GLORY OF GOD AND IN GRATEFUL THANKSGIVING FOR
OUR DAUGHTER ACKER PENICK HODGES BELL
BY MARY AND HENRY HODGES

TO THE GLORY OF GOD AND IN LOVING MEMORY OF
ERMA BRADY
BY JASON BRADY, GRANT WALLACE AND GABRIEL WALLACE

TO THE GLORY OF GOD AND IN GRATEFUL THANKSGIVING FOR
MY 10 YEAR ANNIVERSARY TO THE ORDAINED MINISTRY
BY THE REVEREND PEGGY CROMWELL

Notes on the Notes: Today's communion motet is chosen because it begins with the Isaiah text which Paul quotes at the end of today's Epistle. Similarly, today's offertory anthem relates to today's Gospel and the theme of walking with Jesus.

LITURGICAL LEADERS

<i>Celebrant and Preacher</i>	The Very Rev. Andrea McMillin, <i>Dean and Rector</i>
<i>Deacon</i>	The Rev. Thomas Alexander, <i>Associate Rector</i>
<i>Assisting Clergy</i>	Peggy Cromwell, <i>Priest Associate for Pastoral Care</i>
<i>Lectors</i>	Eliza Borné, Justin Craig
<i>Intercessor</i>	Denise Albert
<i>Lay Eucharistic Ministers</i>	Gayle Corley, Greg Albert, Sally Fittsizer, Mike Schmidt
<i>Children's Chapel</i>	Susan Penick
<i>Acolytes</i>	Will Brock, Clara Brock, Rachel Brock, Kate Faulkner, Meg Faulkner, Margaret Grobmyer, Alex Wayland
<i>Music</i>	Dr. Colin MacKnight, <i>Director of Music</i> Trinity Cathedral Choir
<i>Ushers</i>	Herschel Cast, Barry Coplin, Tom Fennell, Tommy Jameson, Grady McCoy
<i>Tour Guide</i>	Tom Fennell

ANNOUNCEMENTS

This week at and around the Cathedral

Today	11:45 a.m. Lunch in Morrison Hall	5:30 p.m. Community Dinner
	5 p.m. EKC/EYC	6 p.m. Koinonia Eucharist
Monday	8:30 a.m. Morning Prayer	6:30 p.m. Book Club
Tuesday	8:30 a.m. Morning Prayer	Thursday 8:30 a.m. Morning Prayer
Wednesday	8:30 a.m. Morning Prayer	5:15 p.m. Evening Prayer
	4 p.m. Chorister Rehearsal	7 p.m. Choir Rehearsal
	5 p.m. St. Cecilia Choir Rehearsal	
	Trinity Ringing Society	
	5:15 p.m. Eucharist with Healing Prayers	

SUNDAYS BEGINNING IN AUGUST

8:45 a.m.	Continental Breakfast and Conversation (Morrison Hall Foyer)
9:15 a.m.	Children and Youth Sunday School (Parish House Classrooms)
	Adult Sunday School (Morrison Hall, Parish House Classrooms)
10:15 a.m.	Acolytes (Dean's Hall, Vesting Room)
4 p.m.	Choral Evensong (Starting September 13)
5 p.m.	EKC/EYC (Chancellors Hall, Youth Room)

WEDNESDAYS BEGINNING AUGUST 12

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.	Trinity Chorister Rehearsal (Parish House, Room 201)
5:00 p.m.	St. Cecilia Choir Rehearsal (Parish House, Room 203)
	Trinity Ringing Society Rehearsal (Cathedral Bell Tower)
5:15 p.m.	Community Dinner (Morrison Hall)
	Healing Eucharist (Pierce Chapel)
6:00	Koinonia Eucharist (Cathedral)
6:30	Book Club (Parish House, Room 101)

UPCOMING EVENTS

QR codes provided for additional information and registrations

Newcomer Gathering

Monday, August 17, 6:00 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.

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.

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.

The Cathedral Forum: Artificial Intelligence and the Christian Life

Sundays, 9:15 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. All are welcome. To learn more, contact the Rev. Thomas Alexander at thomas@trinitylittlerock.org.

The Trinity Book Club: A Wrinkle in Time

Wednesdays, 6:30 p.m. (beginning August 12)

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.

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.. 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 at peggy@trinitylittlerock.org.



The Inquirers' Class: *Your Faith, Your Life* by Jennifer Gamber

Sundays, 9:15 am (beginning September 13)

Parish House Room 101

Led by members of the Cathedral clergy, 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. To register or learn more, contact the Rev. Thomas Alexander at 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.