

Glennon Doyle Melton speaks on April 28 in the last installment of the INSIGHTS lecture series for 2015-2016.



Glennon Doyle Melton is the author of the inspiring and hilarious New York Times bestselling memoir, *Carry On, Warrior*. She is the founder of Momastery.com, an on-line community where hundreds of thousands of readers meet daily to experience her shameless and laugh-out-loud funny essays about marriage, motherhood, faith, addiction, recovery, and serving the marginalized. She is also the creator and president of Together Rising, a non-profit organization that has revolutionized on-line giving through “Love Flash Mobs” and has connected countless families in need with hundreds of thousands of dollars in critical resources.

Glennon became a sensation when her personal essays, which give language to our universal (yet often secret) experiences started going viral. Her hilarious and poignant observations have been read by millions, shared among friends, discussed at water coolers and have now inspired a social movement. Glennon is a regular contributor to The Huffington Post and other publications. *Carry On, Warrior*, Glennon and her philanthropic work have been featured on The Today Show, The Talk, and NPR as well as in Ladies’ Home Journal, Woman’s Day, Glamour UK, Family Circle, Parents Magazine, American Baby and Newsweek, to name just a few.

A popular speaker in the U.S. and internationally, Glennon speaks frequently to diverse audiences including corporations, universities, faith communities, non-profit groups, mental health professionals, parents’ organizations, women’s leadership and non-profit conferences, and writing groups. When speaking to corporate and association audiences, she motivates leaders and employees to build trust and cohesion on their teams by embracing courage, boldness and purpose in their life’s work. Drawing from her own personal story of addiction and recovery, Glennon inspires mental health and addiction/recovery audiences with her authentic, empowering, hopeful, and fresh perspective on healing. She speaks with passion and humor to diverse faith communities about freedom, joy, peace, inclusion and loving ourselves and each other. Speaking with parents’ groups and community organizations, Glennon employs her trademark wit and candor to encourage us all to step out from behind masks of perfection and start connecting with one another by showing up as our real, messy and beautiful selves. She is known for her unique ability to inspire women to embrace unity and each other. The fact that her events sell out across the country is testament that her authenticity, power and humor translate forcefully from the page to the stage.

Glennon expresses universal truth through storytelling, giving voice to our shared experiences and allowing us to feel known. She invites us to believe in ourselves, to be brave and kind, to let go of the idea of perfection and to stop making life harder by pretending it’s not hard. She easily expresses what so many of us think, but but would not dare say aloud. Glennon is a courageous truth-teller and hope-spreader, a wise and witty friend who emboldens us to believe in ourselves and reminds us that the journey is the reward. She shows us that by shedding our weapons and armor, we can stop hiding, competing and striving for the mirage of perfection, to build lives, relationships, homes, businesses, and communities.

Glennon’s appearance is made possible by generation donations from Helen Porter, Isabel & John Ed Anthony, Annie Burton & Jack Lankford, Sale by Anna, Jane Wilson, Jane McMullin, Lisa McNeir, Belinda Shults, and Paula & Jim Moseley

The evening will begin at 5:30 in Morrison Hall for Sponsors & Patrons. At 6:30, our program is in the Cathedral, with a public reception following in Morrison Hall. Books will be available to purchase and have signed.

Tickets for Glennon Doyle Melton are \$25 for general seating and \$100 for patron tickets (which include an invitation to the Sponsors & Patrons reception and reserved seating.) All tickets include a book. Tickets are available at www.trinitylittlerock.org/insights.

For questions or more information, please contact Annie Burton at (501) 588-3663 or annie@trinitylittlerock.org.

What is the Eucharistic Minister?

The 1985 General Convention of the Episcopal Church used the title “Lay Eucharistic Minister (LEM)” to define those who (1) administered the chalice during worship services when not enough clergy were available and (2) took communion to the sick.

In 2003, the two ministries were given new and separate titles in the canons: LEMs became Eucharistic Visitors and Chalice Bearers became Eucharistic Ministers.

Eucharistic Visitors are called and licensed to minister to the ill and infirm in their congregations by taking them the Eucharist ‘in a timely manner’ after communion service. Early Christian writers tell about a regular practice of laity taking the sacrament home from the Sunday service.

Today, our Eucharistic Visitors not only visit and help those unable to attend church services, but especially they bring the Body and Blood of Jesus Christ, using the ‘Communion under Special Circumstances’ service found in the Book of Common Prayer. Eucharistic Visitors represent the whole church community to those who cannot worship with us.

Father Russ Snapp and parishioner Linda Brown conduct training for anyone who desires to serve in this ministry. Linda, as a member of the pastoral care team, calls on the parishioners who are recently sick and/or homebound to coordinate visits. A monthly calendar is distributed to all trained EVs and they are sent out on Sundays to visit, usually once per month.

If you feel called to this ministry and would like to know more about it and possibly be trained, please let Father Snapp or Linda know. We would like to offer another training session in mid April for all interested parishioners. Training is usually about two hours at a convenient time for everyone who is interested.

Contact information:

- Father Russ Snapp, Cathedral Office, (501) 372-0294; or rsnapp@trinitylittlerock.org.
- Linda Brown, (501) 590-0631; or lgbparkview@gmail.com

Trinity Women



Trinity Women will gather on Tuesday, May 3 at the home of Maggie Dearnley (34 Riverpoint) at 5:00 p.m.

This is a great time of fun and fellowship.

Please bring an appetizer or bottle of wine to share.

Contact Sissi Brandon (501-831-1091) for more information.

Directions:

Riverpoint is in the River Bend complex, off Riverfront Drive, between the Verizon buildings and Canal Point. The gate will be open, and the building is the large building in the far left corner as you pass through the gates. Maggie’s phone number is 664-5711 for further clarification if you still can’t find it.

Please remember Trinity Cathedral in your will.

Matthew 25

Plans are being formulated that will give parishioners the opportunity to bring the gospel to life by serving individuals and families in distress in our community. More information will be presented in the next few weeks.

- Immediate needs: Replenishment of the Mana Bags by donating bottled water, non-perishable foods, hand sanitizers, small tissue packs and socks. We need enough supplies to fill 200 bags. Stewpot needs blue jeans and men's athletic shoes.
- Saint Francis House needs new unused towels and washcloths for the veterans in residence. Donations may be left in the Cathedral office or in the entrance to the Cathedral.
- Stewpot: Trinity has furnished a cooking and serving team for The Stewpot for over 35 years. The Stewpot provides lunch for the homeless or hungry five days a week. To find out more about this vital ministry contact Kay Shurgar at 501-681-4407 or kaydelta@sbcglobal.net

Youth Sunday is May 8

Mark your calendars for Youth Sunday: May 8. During the 9:00 a.m. service, the music, preaching, and reading will all be done by our youth. Please join us for a Mother's Day to remember!

EYC Events

April 24: EYC 5-7 at Botsford House. Let's plant some flowers and get Botsford House ready for spring! Bring some annuals or some mulch!

May 1: There is NO EYC on May 1 (Confirmation Sunday)

The Catechesis of the Good Shepherd Corner



Who gave us the gift of the Catechesis of the Good Shepherd?

Sofia Cavalletti, with the help of Gianna Gobbi, began this work in 1954 in Rome, Italy. A know Hebrew scholar, and theologian, Sofia discovered that the child received the Word of God from Holy Scripture with joy. She discovered that the children want only the essential things, the big truths, not watered down information. She realized that whenever she did not remain focused on the essential ONLY, the children lost interest.

Her method seeks not to contain or explain the great mysteries of God and the Kingdom of God –instead, the mystery is encountered, explored, and the face of God is sought. No learned response is then regurgitated for the teacher's satisfaction, because the Catechist and the child are co-learners in this search for God.

The Catechesis of the Good Shepherd curriculum helps the child “come close to God all by myself.”

This curriculum is currently used here at Trinity beginning with our 3 year olds. A great program that is a gift to the children and the catechists (teachers). We invite you to learn more about the Catechesis – ask your child about class, ask the catechists, consider sitting in on a session so you can learn more.

Email Addresses Needed: Can't wait for The Message to arrive? Want to know what is happening at Trinity? Make sure we have your email address so you receive the weekly Trinity Update. It contains a brief look at the many events on the block. Send your email address to dhowe@trinitylittlerock.org and we'll make sure you are added to the update list.



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Weekly Worship Schedule:
Sunday - 7:30 a.m., 9:00 a.m.,
11:15 a.m., & 5:00 p.m.
Monday - Friday
Morning Prayer at 8:30 a.m.
Wednesday
Healing Eucharist at 5:15 p.m.

Upcoming Services and Events:

**April 28 - INSIGHTS presents
Glennon Doyle Melton**

May 8 - Youth Sunday

May 15 - Pentecost Sunday

May 22 - Trinity Sunday