

THE MESSAGE

The Newsletter of **Trinity Episcopal Cathedral**
A House of Prayer for All People • November 2016



*St. John's Church in Little Gidding:
Looking Forward to Our Pilgrimage to England*

Daylight Savings Time Ends



Don't forget to turn your clocks back one hour before going to bed on November 5th. Get another hour of sleep that night!

Trinity Cathedral Pilgrimage to England, June 14-20, 2017

Soon after I arrived at Trinity Cathedral last January, Dr. Keller told me he envisioned pilgrimages as one aspect of our parish's future life together. Given my familiarity with England and love for places there associated with our Anglican heritage, I was eager to plan a trip to that storied isle that would help us grow intellectually, spiritually, and as a strong, lively community within the Body of Christ.

I feel that the Holy Spirit has been behind the plans taking shape for a trip of about 25 people from 14 through 20 June, inclusive. From the beginning, I have been drawn to the idea of visiting Little Gidding, a hamlet in Cambridgeshire with two important layers of Anglican history. The first occurred from the 1620s to the 1640s, when an intentional community focused on prayer developed under the leadership of a deacon, Nicholas Ferrar (who, incidentally, was an officer in the Virginia Company, which founded that colony). Following a regular round of corporate prayer, this community rebuilt the local church and ministered to the poor in the area. They model what I would call the power of common prayer. The pilgrimage will focus on places, past and/or present, where Christians have engaged in regular corporate prayer for the purpose of enriching individual lives, the life of the church, and the world around us. These are places where, as T. S. Eliot was inspired to write in his poem "Little Gidding," (1942) "prayer has been valid."

Arriving on the 13th of June, before the itinerary begins on the 14th, we will be staying at the Royal Foundation of St. Katharine, to the east of the City of London, which is a conference and retreat center with medieval origins. In addition to our day trip to Little Gidding and nearby Leighton Bromswold, a church associated with George Herbert, we are planning to visit Lambeth Palace, the Archbishop of Canterbury's London residence, which includes an intentional prayer community of young adults; Southwark Cathedral; St. Paul's Cathedral (including a talk on T. S. Eliot's "Little Gidding" by Canon Mark Oakley); Westminster Abbey; Canterbury Cathedral; and several sites in Oxford.

A number of parishioners have expressed serious interest in participating, and we will soon be asking for a deposit to secure our room reservations. To discuss details of the pilgrimage, including financial aspects, please contact me as soon as possible. I really appreciate everyone's support and enthusiasm as we move toward this landmark event in the parish's history.

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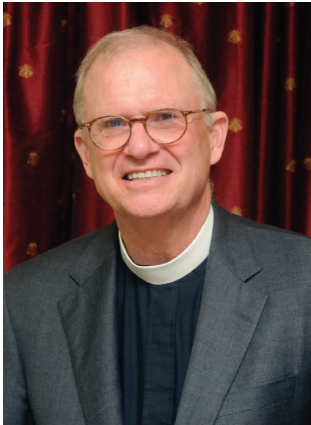
Student Researchers to visit Trinity Episcopal Cathedral

On Sunday, November 6, students from the University of Arkansas at Little Rock and the Clinton School of Public Service will be attending our worship services and distributing surveys. These students are working with Dr. Rebecca Glazier and Dr. Warigia Bowman to research the many ways religious organizations contribute to and build communities. Of the nearly 400 religious groups in the city of Little Rock, 17 have been chosen to participate in this study—and Trinity Episcopal Cathedral is one of them! Participation in the study is completely voluntary. This is a great opportunity to support local students and to share with the community the good work Trinity Episcopal Cathedral is doing and the views of the people who worship here.

Please remember Trinity Cathedral in your will.

Sundays at Trinity

Dean's Sunday Breakfast Class Fall 2016



Sundays 10:15 a.m. to 11:05 a.m. in Morrison Hall

Oct. 30: (Trinity Heritage Sunday) Dr. Mary Sudman Donovan. "Women's Ordination: the Arkansas Connection."

Nov. 6: A Trinity Cathedral Theological Debate: "Resolved: Capital Punishment is Morally Justified."

Nov. 13: A Trinity Cathedral Theological Debate: "Resolved: Euthanasia is Morally Justified."

Nov. 20: Alternative Market: No class Today

Nov. 27: Dr. Keller with a program Preview: "Coming This Spring: A Program Preview"

Dec. 4: The Rev. Steve Bonsey will teach about contemplative prayer.

Dec. 11: The Rev. Amber Carswell "In Jesus' Footsteps: Travels in the Holy Land."

Dec. 18: Victoria Harden: Lessons and Carols: A Preview

Dec. 25: Merry Christmas! (No class today)

Jan. 1: Happy New Year! (No class today)

Living the Questions

Living the Questions meets 10:15 – 11:00 a.m. in the Library/Lounge of Cathedral House (except when joining Dean's Class). Led by Dr. Robert Johnston, the class is a quick-moving discussion in which each person is invited, but not required, to participate. Bring your brunch.

Oct. 30: Genesis: Why Did God Almost Destroy Mankind?

Nov. 6: Cain & Abel: Why? Foreshadowing?

Nov. 13: Abraham & Sara

Nov. 20: Abraham, Sara, Hagar & Ishmael

Nov. 27: Join the Dean's Class

Dec. 4: Abraham, Sara, Hagar & Ishmael & Isaac

Dec. 11: Join the Dean's Class

Dec. 18: The Missing Two Chapters of Genesis?

Dec. 25: Merry Christmas! (No class today)

Jan. 1: Happy New Year! (No class today)

The Bible Challenge

The Bible Challenge meets Sunday mornings at 10:15 in the conference room. Take a great journey through the Bible, a year-long reading adventure, with The Bible Challenge. Each day you will be accompanied by a meditation written by a church leader or biblical scholar. More than one hundred archbishops, bishops, deans, priest and scholars have contributed essays. The Rev. Marek P. Zabriskie, founder of The Bible Challenge, believes that our lives of faith will be enlivened and expanded by a sustained encounter with God's Word. If you never thought you could read the whole Bible, The Bible Challenge is a wonderful way to embark on a holy pilgrimage joined by others from around the world!

Wednesdays at Trinity

Refresh, Renew, Restore

The Cathedral has started a new formation evening for all ages. This is a time to stop; to come together as a parish and as a community; to worship, socialize, learn, and go forth in peace.

The schedule is as follows:

- 4:30 - 5:15 p.m. Cherub Choir (Choir Room, Ages 4-7)
- 5:05 p.m. Service with Healing Unction in the Cathedral
- 5:15 - 6:15 p.m. Dinner in Morrison Hall (for those attending the service, there is still plenty of time to eat!)
- 6:15 - 7:15 p.m. Classes for all ages
- 6:15 - 7:15 p.m. Seraphim Choir (Choir Room, Grades 3-7)

Sign up for a class by going to www.trinitylittlerock.org/wednesdays. Classes you may choose from are:

- “Try and make me!”: Raising a Strong-Willed Child (Baker Parlor)
- Embracing the Prophets (Conference Room)
- An Introduction to Yoga (Morrison Hall)
- Education for Ministry (EfM) (Iona Room)

“Try and make me!”: Raising a Strong-Willed Child (Baker Parlor)

November 2, 9, 16 & 30

Learn how to set limits, reduce power struggles, and understand your strong-willed child in this 4-week class. Parents will learn to recognize what triggers misbehavior and how to foster a relationship that will make their child more compliant. Facilitated by Beth McAlpine, Parent Educator at the Centers for Youth & Families. Cost: \$40 per family – cash or check payment due on the first night of class.

Embracing the Prophets (Conference Room)

November 9 – December 21

Who were the Prophets? Were they ancient meddlers who enjoyed prognosticating about future events? Were they social activists crying out for reform? Or, were they messengers from God, standing in judgment over the political and religious leaders of the times? To find the answers, join a study by Dr. Walter Brueggemann, facilitated by George Harper.

An Introduction to Yoga (Morrison Hall)

November 9 - 30

Yoga is a vast collection of spiritual techniques and practices aimed at integrating mind, body and spirit to achieve a state of enlightenment or oneness with the universe. Though yoga's ultimate aim is lofty, its essence is practical and scientific as it emphasizes direct experience and observable results. It is not a religion, but a practice of personal inquiry and exploration. As the cultural and religious diversity of parishioners attest, yogic philosophy speaks to universal truths that can be incorporated within any belief system.

Education for Ministry (EfM) (Iona Room)

For more information on Education for Ministry, see the article on page 6.

Full Breakfast Every Sunday Morning and Supper Every Wednesday Night.

We will serve breakfast from 8:30 to 11:00 on Sunday mornings in Morrison Hall and supper on Wednesday evenings from 5:15 to 6:15. The price per person is \$7.00 for adults and \$4.00 for children under 12. The maximum charge for a family is \$20.

Advent Event on Sunday, November 27

Join us **Sunday, November 27 from 5:00-6:30 p.m.** for our annual Advent Event. A pasta dinner is provided. Activities include crafts, music, cookie decorating & Advent resources for all ages, plus Advent Spiral in the Garth. If you have an advent wreath, bring it with you to decorate with greenery, and please bring a clear glass jar for your child to turn into a lantern. More details to come!

Music at Trinity

Weekly Evensong Continues



Join us every Sunday at 4:00 p.m. in the Cathedral for the beautiful service of Evensong. If you'd like to sing in the Schola Choir, meet in the Choir Room at 3:15 p.m.

Choir Rehearsal Times

Wednesdays:

Cherub Choir: 4:30 p.m. to 5:15 p.m.
Seraphim Choir: 6:15 p.m. to 7:15 p.m.
Ringing Society: 6:00 p.m. to 7:30 p.m.

Thursdays:

Hand Bell Choir: 5:15 p.m. to 6:15 p.m.
Cathedral Choir: 6:30 p.m. to 7:45 p.m.

Note: No Children's Choir Rehearsal on Wednesday, Nov. 23

59th Annual Christmas Pageant

The Cathedral Christmas Pageant, instituted in 1957 by Dean Charles A. Higgins, is a rich and beloved tradition at Trinity. Presented by the children and youth of the parish, the service is delivered in a format similar to Lessons & Carols and recounts the events leading up to and immediately following Jesus' birth. It is a lovely portrayal of the Nativity and is quite moving for participants and congregants alike. This year's Christmas Pageant will be presented on **Sunday, December 11 at 4 p.m.**, and all are invited to attend.

Rehearsals continue **in the choir room on Sundays at 2 p.m.** for children and youth in **Kindergarten through 8th grade**. We plan to practice with this age group for about an hour and a half during this same time slot each week leading up to the Pageant.

We understand that every child may not be able to make every rehearsal, and that's okay. However, regular attendance is encouraged and will prevent our having to schedule additional practices down the line. We are so excited to have **Rees Roberts** with us this year to work on the music with the children! Rees is a gifted musician and Pageant veteran who holds dear the hymns and carols that are part of this service and part of our Anglican tradition. Parents can trust that their children's time spent learning the story of Christ's birth through the beautiful music and scripture readings presented will be time well spent.

Note: Because we work so hard to be good stewards of the time of everyone involved, children in **Pre-K4 as well as our participating high schoolers** (curtain angels, acolytes, etc.) will be accommodated through **minimal** rehearsals closer to the Pageant date.

In addition, because it seems that many of our children will be out of school **Thanksgiving week**, Trinity's Family Ministries committee is working with the music department to develop a two-morning **Music Camp** on that Monday and Tuesday (Nov. 21 and 22) with the intention of using this time to work on the Pageant as well as additional offerings for Advent and Christmas. We are leaning toward a 9 a.m. to Noon program that will incorporate activities including games and possibly even hand bell ringing. Please watch for details via email and the Sunday bulletin.

If you would like to volunteer to help out (costumes, snacks, shepherding children...) or if you have any questions or feedback, please do not hesitate to contact Susan Allen: slyallen68@gmail.com or 501-749-5943.

Chamber Music Series: The Lysander Piano Trio



Thursday, November 17, 7:30 p.m.

The final fall concert will be presented by the Little Rock Chamber Music Society. An accomplished chamber music group from New York City, The Lysander Piano Trio has been praised by the *Strad* for its "incredible ensemble, passionate playing, articulate and imaginative ideas, and wide palette of colors."

Concert tickets are \$30 for open seating and will be available at the door or through the Little Rock Chamber Music Society.

SafeZone Workshop Saturday, November 5



Saturday, Nov. 5, 9 a.m.–12 p.m.
Trinity Episcopal Cathedral, Little Rock

Trinity Cathedral and the Diocese of Arkansas are proud to offer a SafeZone training event on Saturday, November 5.

Attendees will develop an understanding of LGBTQ terminology, history, concepts of privilege and identity development, and build skills for identifying language and behavior that may be discriminatory. Regional resources will also be offered to participants.

A panel discussion will follow the training to address participants' lingering questions.

All are welcome to attend this training, which will be particularly geared for clergy, staff, lay leaders, and all who are interested in creating inclusive places of worship.

Lisa Bohn will facilitate the training. Bohn is on faculty at Arkansas State University, where she also serves as a Faculty Fellow in Professional Development. Additionally, Lisa is a member of the Women and Gender Studies program, for whom she heads up the LGBTQIA SafeZone training. She trained with Matthew Vines and The Reformation Project as one of the inaugural cohort members, working towards full equality and inclusion of the LGBTQIA community in the Christian Church.

Register at <http://episcopalarkansas.org/safe-zone-workshop/>

Are you interested in Education for Ministry (EfM)?



Are you interested in learning more about EfM? The Trinity Cathedral group will be taking new members starting this August. If you'd like to learn more, please contact Mercedes Clements for more information or if you have any questions - mercedes.clements@gmail.com. Meetings will be on Wednesday evenings from 6-8:30pm at Trinity.

Education for Ministry (EfM) is a unique four-year distance learning certificate program in theological education based upon small-group study and practice. Since its founding in 1975, this international program has assisted more than 80,000 participants in discovering and nurturing their call to Christian service. EfM helps the faithful encounter the breadth and depth of the Christian tradition and bring it into conversation with their experiences of the world as they study, worship, and engage in theological reflection together. For more information, please visit the EfM website.

This is a four year program administered by the School of Theology at Sewanee. In each year you take a deep dive into a particular area - Old Testament, New Testament, Christian History, and Personal Theology. We meet weekly on Wednesday evenings from August to May, and there is a significant bit of reading each week. There is also an annual cost of \$350 that covers your reading materials.

Our meeting time is spent with some fellowship time, a brief discussion of the readings, and then a facilitated discussion called a theological reflection. Our focus as a group is going to be on theological reflection. The reading is important to build your knowledge of Christian tradition to feed these discussions, but it is not as

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.

EYC in November

EYC is for youth in grades 6-12. We meet every Sunday at Botsford House from 5-7, unless otherwise noted. Join us & bring a friend!

November 6: We will meet at Botsford House at our regular time (5pm) and then walk over to join the rest of the parish for the Spaghetti Supper to eat. Then we will return to Botsford and work on some holiday gifts to sell at the Alternative Market for fundraising!

November 13: We will continue to work on holiday gifts for the alternative market, plus there's always time for s'mores!

November 20: Thanksgiving Potluck and going away party for the Tompkins! Bring your favorite Thanksgiving dish to share with your friends. Let's give thanks for our time together, our friendships, and our church, and send our friends Phoebe and Christopher off with much love.

November 27: Advent Event in Morrison Hall!

YOUTH SUNDAY SCHOOL

Grades 6-12 meet every Sunday in Lower Mitchell House. Grab some breakfast and bring it with you!

November 6: Positive Effects of Gratitude & Encouragement

November 13: Counting on Each Other

November 20: Wise Leadership

November 27: Living in God's Light

Stewardship Spaghetti Supper November 6

Come join us as we celebrate our stewardship success with a Spaghetti Supper on Sunday, November 6 at 5:30 p.m. in Morrison Hall — dinner is on the house!

UTO Sunday on November 13

Please join us on UTO Sunday!

What is the UTO? What does it do? Where does the money go?

The United Thank Offering addresses compelling human need through grants to projects that alleviate poverty, both domestically and internationally, within the Anglican provinces, dioceses, and companion dioceses.

We work hard to foster relationships between dioceses around the world. From distributing offerings to lending a helping hand, we're strengthening ties across communities within the church.

Through the United Thank Offering, men, women, and children nurture the habit of giving daily thanks to God. These prayers of thanksgiving start when we recognize and name our many daily blessings. Those who participate in the United Thank Offering have discovered that thankfulness leads to generosity. UTO combines these generous offerings to fund significant projects that make a real difference in the work of the Episcopal Church and in people's lives.

Companion Diocese Relationships

Groups throughout the Anglican Communion partner with each other to broaden awareness of Christ in the world and to encourage mutual learning for believers of both dioceses.

Good Friday Offering

One of our vital partners is the Episcopal Church in Jerusalem. We founded the Good Friday Offering to benefit this church and others in the Middle East, helping promote peace and support a variety of local humanitarian missions.

Alternative Market on November 20

The Alternative Market at Trinity Cathedral will be held Sunday, November 20, 2016 from 9:00 am. until 1 p.m. Please join us and begin the season of Advent in a thoughtful, giving way. There will be gifts available from many non-profits in our community and beyond.

We look forward to seeing everyone for a festive beginning of the season.



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Weekly Worship Schedule:
Sunday - 7:30 a.m., 9:00 a.m.,
11:15 a.m., Evensong 4:00 p.m.
Monday - Friday
Morning Prayer at 8:30 a.m.
(9:00 a.m. Friday)
Wednesday
Healing Eucharist at 5:05 p.m.

The Cathedral is open for visitation, prayer, and meditation weekdays from 9:00 a.m. to 5:00 p.m.

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Trinity's Dinners for Eight = Food, Fun, & Fellowship November 10, 2016



If you've never participated in Dinners for Eight, you don't want to miss this fun opportunity. If you're a regular Dinner-for-Eighter, you know what a great event it is, so be sure and sign up again!

Enjoy an evening getting to know your fellow Trinity members. You can sign up to be a host or you can be a guest, your choice.

Just email christykjameson@gmail.com
and indicate if you want to be a **host** or **guest**.