

THE MESSAGE

The Newsletter of **Trinity Episcopal Cathedral**
A House of Prayer for All People • February 2017



INSIGHTS Lecture Series: Marilynne Robinson
February 25, 2017

Sundays at Trinity

Dean's Sunday Breakfast Class Winter 2017



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

Feb. 5: Dr. Snapp: Class Preview: "English Spirituality"

Feb. 12: Ms. Carswell: Class Preview: "Gay and Faithful"

Feb. 19: Dr. Keller: INSIGHTS Preview: "Marilynne Robinson"

Feb. 26: Mr. Scott McLean will tell us about a Christian faith-based program for prisoners transitioning back to life in free society: "Pathway to Freedom."

Mar. 5: "Our Collect: My Story." Dr. Keller and Dr. Ann Hedge Carruthers team up for a Lenten Series that connects beautiful prayer book collects with our personal lives and times.

Mar. 12: Dr. Keller and Dr. Ann Hedge Carruthers: "Our Collect: My Story"

Mar. 19: The Very Rev. Alan Jones, Dean Emeritus of Grace Cathedral, San Francisco: "It's Time to Get Our Souls Back"

Living the Questions

Living the Questions meets 10:15 – 11:00 a.m. in the Library/Lounge of Cathedral House (except when joining the 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.

Feb. 5: Join Dean's Class / Dr. Snapp: Class Preview: "English Spirituality"

Feb. 12: "Missing 2 Chapters of Genesis on Abe, Ishmael, and Isaac?"

Feb. 19: Join Dean's Class / Dr. Keller: INSIGHTS Preview: "Marilynne Robinson"

Feb. 26: "Which 10 Commandments?"

Mar. 5: "Introduction to the Prophets" / George Harper

Mar. 19: Join Dean's Class / The Very Rev. Alan Jones, Dean Emeritus of Grace Cathedral, San Francisco: "It's Time to Get Our Souls Back."

Inwardly Digest

Have you ever wondered if there was some kind of guide to living a deeper, richer spiritual life that seamlessly incorporated scripture alongside the wisdom of the Church? There is – and you can find it in a pew rack near you! The Book of Common Prayer is more than a service book; it is a map to a deeper relationship with God, a framework for developing a more intentional and rewarding life of faith.

Scholar Derek Olsen explores liturgical spirituality and how the prayer book serves as a repository of Christian wisdom and spiritual practice stretching back to the beginnings of the Christian movement. Focusing on three key elements – the Calendar, the Daily Office, and the Eucharist – he discusses the spiritual principles behind them and provides clear, practical, easy-to-follow explanations of the services. These patterns of life laid out in The Book of Common Prayer serve as a guide to the spiritual life, so that we might connect back to the God who calls each of us by name and that we might love as God loves us.

This 10-week study meets in the Bishop's Conference Room Sundays at 10:15 a.m. starting January 8 and is led by the Rev. Deb Cooper and Randy Irwin.

Evensong Service

Evensong is Sundays at 4:00 p.m. This sung service of evening prayer offers music and readings in praise of God by the Cathedral Schola choir. It begins with an organ prelude (there is no sermon) and ends with an elegant high tea in Baker Parlor.

Full Breakfast Every Sunday Morning and Supper Every Wednesday Night

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

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:

- Relationships 101 (Morrison Hall)
- Can You Dig It? Growing Your Garden (Staff Lounge)
- Embracing Forgiveness (Conference Room)
- Gay & Faithful (Baker Parlor)
- English Spirituality (Morrison Hall)
- Education for Ministry (EfM) (Iona Room - See next page for details)

Relationships 101 (Morrison Hall)

January 11 & 18, February 1 & 8

Chelsea Wakefield, PhD, Assistant Professor at UAMS and Director of the Couples Center will lead this four-week class. Whether you are just starting a relationship, or you have been in a committed one for years, Dr. Wakefield's innovative and approachable style will help you interact with your partner in healthy and fun ways. Her books, *In Search of Aphrodite: Women, Archetypes and Sex Therapy*, and *Negotiating The Inner Peace Treaty: Becoming the Person You Were Born To Be*, will be available.

- February 1: The Mythology of Sexuality: Why Sex Has Very Little To Do With Behavior.
- February 8: How To Have A Healthy, Long-Term Relationship.

Can You Dig It? Growing Your Garden (Staff Lounge)

February 1 & 8

Gardening aficionado Coralie Maxwell and Randy Forst from the UofA Extension Service love to share gardening hints and information to make the most of your gardening experience - be it large or small.

Embracing Forgiveness (Conference Room)

February 15 - March 22

Embracing Forgiveness is welcome balm for a culture struggling for civility and reconciliation. Master storyteller and teacher Barbara Cawthorne Crafton leads a group of adults in a revealing and helpful exploration of what forgiveness is not, first of all, and then, what it is and how to find it in our lives, on both the personal and communal level. Warm, honest, realistic and practical, *Embracing Forgiveness* offers tonic for troubled souls. Led by Annie Burton.

Please remember Trinity Cathedral in your will.

Wednesdays at Trinity (Cont.)

Gay & Faithful (Baker Parlor)

February 15 - April 5

This class is for anyone who wants to explore homo- and bisexuality as they relate to and complement our Christian faith. Learn along with the Rev. Amber Carswell as we approach this timely subject through the lenses of scripture, tradition, and reason.

English Spirituality (Morrison Hall)

February 15 - April 19

We will survey the development, from the Middle Ages to the present, of approaches to our relationship with God that we might see as distinctively English. Frequently, we will refer to writings of and about representative figures in each historical era. Along the way, we will note how we Episcopalians have derived much from the spiritual outlook and practices of English Christians through the centuries.

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 next 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 6:00-8:30 p.m. 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 overwhelming as a lot of people think. If you're too busy to read on some weeks, you'll still want to attend for the discussions.

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.

Debatable Questions

The next debate of the Trinity Cathedral Theological Debate Society will be May 7. You are invited to propose topics of debate by dropping suggestions in the “Debatable Questions” box in Morrison Hall or by going online to www.trinitylittlerock.org/debate. The resolution to be debated will be announced on April 16.

145th Diocesan Convention

Trinity Cathedral will host the 145th annual convention of The Diocese of Arkansas, which will be held on February 17 and 18.

Registration will open at 2:30 p.m. on Friday, February 17. There will be tours of the Cathedral from 3-5 p.m. The opening Eucharist of the convention will be at 6 p.m. followed by a reception in Chancellors’ Hall.

The convention will move to The Lower School at the Episcopal Collegiate School Campus for its business meetings and concluding worship on Saturday, February 18.

Chairs for the convention are John Stanley and Michael McNeely.

Volunteers from the Cathedral parish are needed to make this an outstanding event of worship and fellowship for our diocesan family. Email jhstanley99@yahoo.com or mcneelymichaelk@uams.edu to volunteer. They will be happy to hear from you.

“Hot Under the Collar”

Join us on Sunday, February 26 at 6:00 p.m. at St. Mark’s Episcopal Church’s Parish Hall for “Hot Under the Collar: Priest Roast-and-Toast,” including a roast of our own Dean and Rector Dr. Christoph Keller, III, roasted by Jack Harvey and Clarke Tucker. Proceeds from this fundraiser will fund new mattresses for Camp Mitchell. A catered dinner, wine, and soft drinks are included in the ticket price. Tickets are \$50.00 per person (\$30 is tax-deductible), cash or check (made out to St. Mark’s Episcopal Church), and will be available Sunday mornings in Morrison Hall or see Herschel Cast, casth@yahoo.com.

Opportunities for Service in February

Interested in helping at the Cathedral, but don’t know who to ask? Here are some ways that you can help this month:

1. Help with set-up/tear-down for the Mardi Gras Celebration .
Contact Dawn Howe, dhowe@trinitylittlerock.org
2. Volunteer to supply food or help set up for Evensong Tea Sundays at 4:00 p.m.
Contact Lenora Steinkamp, steinkamp.ln@gmail.com
3. Help at the Diocesan Convention on February 17 or 18 with registration, the reception, or tear-down.
 - Registration at Trinity on February 17 at 2:30 p.m.
 - The Bishop’s Reception on February 17 following the 6:00 p.m. Eucharist.
 - Tear-down following the Bishop’s Reception on February 17 at 9:00 p.m.
 - Registration at Episcopal Collegiate on February 18 at 7:30 a.m.
 - Tear-down on February 18 at 3:00 p.m.*Contact Michael McNeely, mcneelymichaelk@uams.edu*
4. Help fold, seal, and label the Message on February 23.
Contact Josiah Wheeler, josiab@trinitylittlerock.org

EYC in February

EYC February Events

February 5: SUPERBOWL PARTY & POTLUCK! 5:00 p.m. at the home of Jack Lankford. We had so much fun last year, we're doing it again! Bring your favorite Superbowl party food to share. We'll have pingpong, basketball and foosball, plus the big game, of course! Parents are invited!

February 12: 5:00-7:00 p.m. at Botsford House. We'll eat dinner, play some games, and make some Valentine crafts.

February 19: Trinity & Bethel Youth Sunday at 9:00 a.m. All of our music and lessons and prayers will be led by youth from both Trinity and our partner church, Bethel AME. At 5:00 p.m., we will meet at Botsford House for a combined EYC with Bethel, games, a cookout, and more!

February 26: Camp Mitchell Fundraiser at St. Mark's: A Roast & Toast of the Clergy. EYC will help serve at this event in place of our regular EYC gathering. Service hours are available for this event.

February 28: Mardi Gras at Trinity! EYC will have a gumbo team again this year! If you would like to help, contact Annie!

Special Youth Service on February 19 at 9:00 a.m.

As part of our ongoing covenant with Bethel AME, the youth from both parishes will lead us in worship at the 9:00 a.m. service on February 19. There will be special music from a combined youth choir from both parishes. Please join us.

Confirmation Class Begins March 5

Bishop Benfield will be at Trinity for confirmation at the Feast of Pentecost, June 4. Classes for both adults and youth in 6th grade or above will begin on March 5 during the Sunday Morning Formation Hour. The adult class is for those preparing for baptism, confirmation, or renewal of their baptismal vows, and also for those who would like a tune-up or refresher in the basic beliefs and practices of Christians in the Anglican tradition. Taught by the Cathedral Clergy. It will meet in the Conference Room. The class for youth in grades 6 – 12 who have not been confirmed. It will meet in Lower Mitchell House. Taught by Annie Burton, this class will use My Faith: My Life, A Teen's Guide to the Episcopal Church for our study. For more information or to sign up, please contact Annie Burton at annie@trinitylittlerock.org.

Children and Family Information

Mark your calendars for these upcoming events:

- **Tuesday, February 28 – Mardi Gras-Shrove Tuesday Celebration:** Pancakes, gumbo cookoff, bounce house, face painting, music, dancing, fun, fun, fun! 5:30 p.m. – 7:30 p.m. Followed by the burning of the palms for Ash Wednesday. Volunteers needed: decorate, gumbo teams, food prep (pancakes/sausage etc).
- **Saturday, April 8 – Palm Saturday Event** – an experiential journey through Holy Week with Jesus and the Disciples. Time to be announced. Adult attendance required with children (great time to get godparents involved.)
- **Monday June 12-Friday June 16 – Cathedral Camp – The Great Escape.** Year 21 of our 6-year cycle through the Old Testament. We are returning to mornings – 9 a.m. to noon. Volunteers will be needed as group leaders, snack servers, snack providers, center leaders (art, music, games & movement, gathering activities etc).
- **Monday July 31-Friday Aug 4 – Musical Theater Outreach – The Jungle Book:** More info coming from the music program.

Catechesis of the Good Shepherd Information



The curriculum we use with our children is awesome. Their website has some great resources for parents to aid in the spiritual growth of their children. You can access their parent resource at <http://www.cgsusa.org/parentresources.aspx>. Topics cover prayer with children of all ages, lessons from the atrium (classroom), and reasons why we teach this way. I encourage you to check out their website. We are also looking for parents (and others) who might be interested in training to become catechists (teachers) in our atria. This is a gift to both the children and the catechists.

Please contact Dawn at 501-372-0294 or dhowe@trinitylittlerock.org if you have any questions or would like to volunteer to help with an event.

Meal trains – we have a couple of new babies and invite you to help the families out by providing meals for them.

- Parker Gann – son of Jessi & Dean Gann and grandson of Elva Goepfert, was born early but has been released from the hospital. We are collecting food for them to pick up on Wednesday evenings (they live outside of Little Rock). Their meal train is <https://www.mealtrain.com/trains/qv7erl>
- Elizabeth Frances Mitchell – daughter of Frances & David Mitchell, granddaughter of Susan & Carroll Penick. Their meal train is <https://www.mealtrain.com/trains/ol23d4>

Spotlight on Service



Spotlight on Service is a way for us to acknowledge individuals that work diligently behind the scenes to make a difference in the lives of others, both within Trinity Cathedral and in our community.

This month, we are recognizing Michael McNeely. He served in many capacities within the parish and the diocese, including being a delegate to the Diocesan Convention and the coordinator of Open House, which encompasses Trinity's larger hospitality efforts. Michael said, "I have belonged to this parish for 40 years. I have done a lot to help the cathedral live into Bishop Pierce's vision for what a cathedral should be. I also think this coincides with the Anglican perspective that church and civic life are not separate spheres but are part of the whole picture. In Christ, the Church and the World are engaged together to bring about the perfection of all things." Here are some ways Michael serves the parish, the diocese, and the community:

Parish Experience:

- Archivist of the Cathedral
- Verger 20 years
- Member of the Altar Guild 39 years
- Taught Sunday School 36 years
- Lay Reader 38 years
- Eucharistic Minister
- Member of All Saints Guild
- Member of Flower Guild
- Mentor for Newcomers Classes
- Taught Newcomers Classes
- Taught Sunday morning and Wednesday night classes
- Served on 3 Dean Search Committees
- Worship Committee
- Music and Liturgy Committee
- 2 Organist Search Committees
- Vestry officer
- Member of the Executive Committee
- Member of the Theological Enrichment Committee
- In charge of the receptions for INSIGHTS

Diocesan Experience:

- Historiographer of the Diocese of Arkansas
- Delegate to Diocesan Convention
- Alternate to Diocesan Convention
- Member of the Diocesan Liturgical Commission

- Former Diocesan Catechist teaching confirmation classes in the diocese
- Member of the Transition Committee for the last Episcopal election
- Co-chair and Master of Ceremonies for Bishop Benfield's consecration
- Diocesan representative for the National Cathedral Association
- Represented the Cathedral at Growing Congregations—A program for congregational growth and development
- Co-chair for the Diocesan Convention
- Founding member of Integrity Awareness in the 1990s

Past Community Experience:

- Volunteer at the Old State House Museum
- The Arkansas Arts Center
- Arkansas Symphony Orchestra
- Served on the ASO Guild board
- Quapaw Quarter Association
- El Dorado Schools tour of the Cathedral

Professional Organizations:

- AHIMA—American Health Information Management Association
- AAPC—American Academy of Professional Coders
- Health Care Compliance Association

Next time you see Michael, thank him for everything he does for the parish, the diocese, and the community.

Music at Trinity

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.

Music Notes from Victoria



January 2017 was huge (as they say in sports) for the Music Department at Trinity Episcopal Cathedral. The Arkansas Symphony Orchestra's Intimate Neighborhood Concert was packed, and as I'm writing this article we are expecting big crowds for both the Howard Payne University Chorus concert on Saturday, January 28 and the Hendrix College Evensong Choir on Sunday, January 29th.

Our Seraphim choir will be singing in our 9:00 worship service on February 12th. Please join us as they offer to God a beautiful anthem "Creator of the Stars of Night". They will be joined by our Hand Bell Chamber Ringers.

February promises to be another amazing month as we prepare for General Convention and another round of work on the organ.

Speaking of the organ, I thought I'd include the paragraphs about the renovation from the Annual Report in case you didn't get that far down in my very long article.

"In October 2016, a two-phase Renovation/Restoration project for our Muller Pipe Organ was approved by the Vestry which will ensure the longevity of our organ in its role to support congregational and choral singing. After two lightning strikes during the spring and summer, issues with voicing, pipe placement, chamber temperatures, and pipe deterioration were detected. A two-phase project (\$100,000 per phase) was recommended and the firm of Burton K. Tidwell, Organbuilder LLC was hired. Phase One funding was allocated by the Vestry and work began in December 2016 with projected completion scheduled Easter 2017.

Approval was also given to embark upon the second phase as soon as funding became available. Jack Harvey graciously and generously accepted the task of leading the campaign to fund Phase Two. The funding for this phase will be raised from music department projects (Madrigal Feaste raised \$8,500), designated memorial gifts and a Keyboard Tribute Offering whereby parishioners and members of the community can memorialize or honor loved ones by "purchasing" note(s) on the organ. A lottery and other fund raisers are also being planned. Gifts in honor of former Cathedral Musicians Charlie Rigsby and Craig Chotard have already been received so the possibility of beginning Phase Two immediately after the completion of Phase I is very real."

The organ technicians will be back the week after General Convention. They are preparing new pipes and footings while they are away so that work will proceed quickly upon their return. In case you haven't noticed, there are pipes and chests scattered throughout the Cathedral. We appreciate your patience during this construction period. We are also grateful for the gifts already received towards paying for the second phase.

If any of you have questions or would like to experience the already-noticeable changes in our instrument through a guided tour, just let your musicians know. We're thrilled and we hope you will be too.

Peace, Victoria

February INSIGHTS Lecture and Book Study

INSIGHTS Lecture Series: Marilynne Robinson



February 25, 2017

Marilynne Robinson is the recipient of a 2012 National Humanities Medal, awarded by President Barack Obama, for “her grace and intelligence in writing.” In 2013 she was awarded South Korea’s Pak Kyong-ni Prize for her contribution to international literature. She is the author of Lila, a finalist for the National Book Award and the National Book Critics Circle Award, Gilead, winner of the 2005 Pulitzer Prize for Fiction and the National Book Critics Circle Award, and Home, winner of the Orange Prize and the Los Angeles Times Book Prize, and a finalist for the National Book Award. Her first novel, Housekeeping, won the Hemingway Foundation/PEN Award. Robinson’s nonfiction books include The Givenness of Things, When I Was a Child I Read Books, Absence of Mind, The Death of Adam, and Mother Country, which was nominated for a National Book Award. She lives in Iowa City where she taught at the

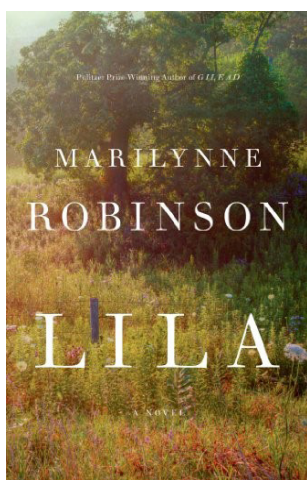
University of Iowa Writers’ Workshop for twenty-five years.

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

Tickets are \$25 for general seating or \$100 for patron tickets (which include an invitation to the Sponsors & Patrons reception and reserved seating). Tickets are available to purchase online at www.trinitylittlerock.org/insights.

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

Marilynne Robinson Book Study



INSIGHTS Book Study: Marilynne Robinson, Lila

At Trinity Cathedral: Four Tuesdays from noon to 12:50 in Baker Parlor. Bring your lunch!

- January 31
- February 7
- February 14
- February 21

Leaders: Dr. Keller and Eliza Borné

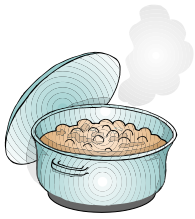
Reading: Lila is the third, and some have said the best, volume in Marilynne Robinson’s trilogy of novels about people and life in a small town in Iowa during the Eisenhower era. The book is rich with themes of love and life, faith in its perplexities, and grace that undergirds it.

This study is co-led by Dr. Keller and Oxford American editor Eliza Borné. It will culminate with Robinson’s INSIGHTS lecture on February 25.

Participants are asked to have read roughly the first quarter of the book for the first session. Sign up for the (free) book study and buy tickets for the lecture at trinitylittlerock.org.

Laissez Le Bon Temps Rouler!

Mardi Gras Gumbo Cook Off



It's Gumbo Time

Trinity Cathedral and the Trinity ECEP invite you and your Krewe to dish up your best gumbo recipe for the Mardi Gras/Shrove Tuesday Celebration at Trinity Episcopal Cathedral on Tuesday, February 28 at 5:30 p.m.

Below is the sign-up sheet that needs to be filled out and returned to the Trinity Episcopal Cathedral Office by February 20. Hurry - spots in the Gumbo cooking "parade" are limited and going fast. Each Krewe is encouraged to have a Krewe name, and decorate their assigned table.

An informal competition for best gumbo and for the most spirited Krewe will be held.

Most preparation will need to be done off-site. The gym will be open for Krewes to set up and decorate at 1:30 p.m. on Tuesday, Feb. 28. Power cords will be provided to each Krewe so that gumbo can be served warm.

All Krewes must be in place and ready to serve by 5:30 p.m.

Spoons, serving bowls, rice, and napkins will be provided. Judging for best gumbo and most spirited will be held at 5:45 p.m.

Name of Krewe: _____

Krewe Boss: _____

Members of Krewe: _____

Organization or Parish: _____

Contact Phone(s): _____

Contact Email: _____

***Laissez Les Bon
Temps Rouler!***



Trinity
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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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Mardi Gras Celebration and Gumbo Cook-off



**Shrove Tuesday
February 28, 2017
5:30 – 7:30 p.m.
Chancellors' Hall**

**Food, Fun, Fellowship,
& Music
(Dave Rosen Band)
(pancakes, gumbo, face paint-
ing, cotton candy, bounce
house and more...)**