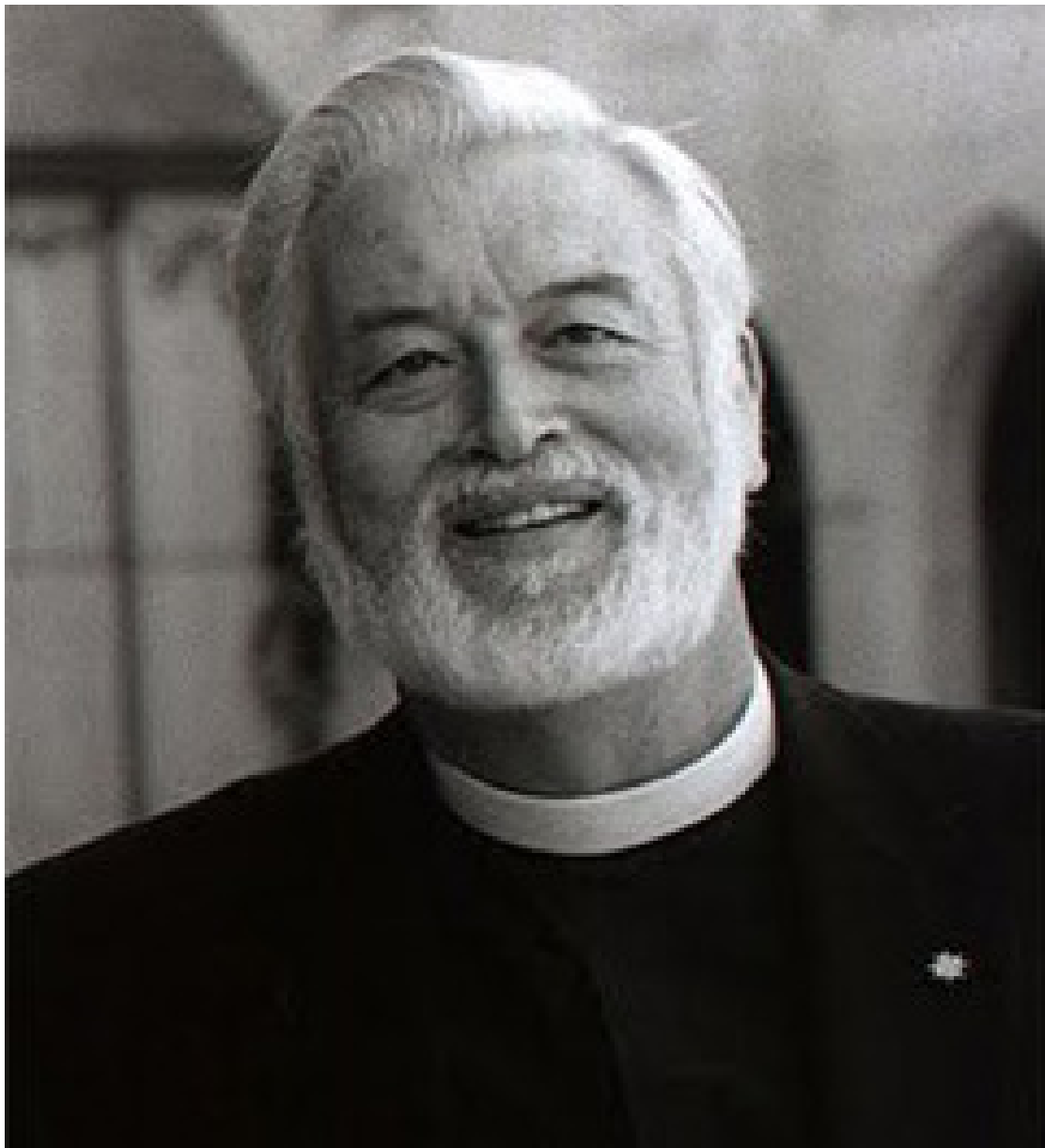


THE MESSAGE

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



Lenten Quiet Day with Alan Jones
March 18, 2017

Sundays at Trinity



Dean's Sunday Breakfast Class Winter 2017

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

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"

Mar. 26: Scott McLean "Pathway to Freedom" (rescheduled from Feb. 26)

Apr. 2: Dr. Keller and Dr. Ann Hedge-Carruthers: "Our Collect: My Story"

Apr. 9: Palm Sunday (No class)

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.

Mar. 5: "American and Christian Values"

Mar. 12: "The Jesus Commandments?"

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."

Mar. 26: NO CLASS / Dr. Johnston Out of Town

Apr. 2: "What were the Messages of the Prophets?"

Apr. 9: Palm Sunday (No class)

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., January 8 - March 26, 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. You can purchase tickets with cash, check, or credit/debit card.

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:

- Embracing Forgiveness (Iona Room)
- Gay & Faithful (Morrison Hall)
- English Spirituality (Conference Room)
- Introduction to Theological Debate (Lower Mitchell House)
- Education for Ministry (EfM) (Iona Room - See next page for details)

On Ash Wednesday, March 1, service is at 6:30 p.m. There will be dinner at 5:15 p.m., but no classes or choirs that evening.

Embracing Forgiveness (Iona 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.

Gay & Faithful (Morrison Hall)

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 (Conference Room)

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.

Please remember Trinity Cathedral in your will.

Introduction to Theological Debate (Lower Mitchell House)

March 8 - April 5

March 8: Christian Faith as an intellectual tradition

March 15: 9 criteria for judging

March 22: 4 kinds of claim and 5 kinds of evidence

March 29: 6 tools for thinking (warrants)

April 5: 3 structures of argument

Led by Dr. Keller.

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.

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.

Theology 501

Theology 501 is the new pub theology discussion group for young adults. It will meet the first Tuesday of every month at 7:00 p.m. at Cregeen's in downtown North Little Rock.

What else is new about it? Young adults from other local Episcopal churches will be joining us to add to the discussion. Our plan is to have a monthly meeting that can have interesting topics on faith and a rotation of speakers while also creating a welcoming space for those who might not normally come into a traditional church setting. **Mark your calendars and bring a friend to Theology 501 on Tuesday, March 7 at 7:00 p.m.**

Rather than a second programmed meeting of the same thing, our other monthly event will be planned as an informal gathering by... well, you! This is a chance for us to socialize, play games, hike a mountain, throw a potluck -- you name it. One person can claim the month they want to plan the informal gathering and name the parameters.

For instance, Adam Baldwin is hosting in March and details will be available soon. For April, Amber Carswell is planning a hike on the trails around Pinnacle on Sunday afternoon, April 23.

If you'd like to plan one of these events, contact Amber Carswell (acarswell@trinitylittlerock.org).

EYC in March

EYC March 5: Meet with the Dean in the Conference Room: Middle School Youth at 5:00 p.m., High School Youth at 6:00 p.m.

Winterstar March 10-12. Winterstar is the Episcopal Diocese of Arkansas' annual Spring Retreat for youth in the 6th-12th grade. The weekend begins at Camp Mitchell Friday, March 10 at 8:00 p.m. with registration and ends Sunday at 11:00 a.m. The weekend includes games, music, worship services, hiking, sports, hammocking and even more Camp goodness. Register at eycarkansas.org

No EYC March 12, 19 or 26.

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, will meet in Lower Mitchell House. 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.

Opportunities for Service in March

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

1. Volunteer to supply food or help set up for Evensong Tea Sundays at 4:00 p.m.

Contact Lenora Steinkamp, steinkamp.lr@gmail.com

2. Volunteer to be a greeter at Evensong.

Contact Victoria Harden, victoria@trinitylittlerock.org

3. Help fold, seal, and label the Message on March 29.

Contact Josiah Wheeler, josiah@trinitylittlerock.org

Lenten Quiet Day with Alan Jones on March 18

“It’s Time to Get Our Souls Back: Stories That Make Us Human! A Fresh Look at What Defines Us”

We are excited to announce that the Very Rev. Alan Jones, Dean Emeritus of Grace Cathedral, San Francisco, will be with us for a weekend of teaching, preaching, and conversation this Lent. It starts Saturday morning, March 18, with a Quiet Day at the Cathedral from 9:00 a.m. to noon. Here is a preview of what will be discussed:

Ram Dass: “When all is said and done, we’re just all walking each other home.”

“You get old, and you realize there are no answers, just stories.” Garrison Keillor. The trouble is that there are conflicting stories with bloody consequences. How do we choose? Kitty Oppenheimer – “The universe is made up of stories not atoms.”

George Orwell saw the *absence of soul* in himself and the people around him – writing at the end of the 1930s (another ominous time for the world), he conjures up tea in the garden on a hot summer afternoon.

“I thought of a rather cruel trick I once played on a wasp. He was sucking jam on my plate, and I cut him in half. He paid no attention, merely went on with his meal, while a tiny stream of jam trickled out of his severed esophagus. Only when he tried to fly away did he grasp the dreadful thing that had happened to him. It is the same with modern man. The thing that had been cut away is his soul, and there was a period – twenty years, perhaps – during which he did not notice it.”

Now, we’re noticing the “absence of soul.” Orwell writing in “The Road to Wigan Pier” (1937) pointed out the weakness of a Socialism, committed, as it claimed, to justice and liberty but also to seeing the world only through the eyes of economics and the hope of a materialistic Utopia. Its great weakness was that it “proceeded on the assumption that man has no soul.” On the other side, we see the weakness and terror of Fascism coming from the Right, which offers tyranny in exchange for safety – it plays upon our need for authoritarian nationalism.

Yet people long for soul, that is, for responsibility for their lives because they are of infinite worth, even if they daren’t believe it. Even as they don’t know how to go about having a soul. Religion is vital because it provides the window of transcendence – in spite of its failures, it opens us up to a deeper reality.

Mary McCarthy’s reaction to Hannah Arendt’s “Eichmann in Jerusalem” (1963) is telling. She found it “morally exhilarating. I freely confess that it gave me joy and I too heard a paean in it – not a hate-paeon to totalitarianism but a paean to transcendence, heavenly music, like that of the final chorus of Figaro or the Messiah. As in those choruses, a pardon or redemption of some sort was taking place.” Evil cannot and must not be sentimentalized or whitewashed but neither should it be thought of as inevitable. To acknowledge that you have a soul is to know that compassion and forgiveness, love and redemption have the last word. These are the values we need to inject into our political discourse.

Having a soul is a way of talking about the call to be human. Being human isn’t simply a biological fact; it’s a vocation, a skill. It’s a question of how you see the world and interpret it. What’s happening to and in the world? It’s looking for its soul. We’re looking for ours! Looking for our common humanity. And war and violence – even in the midst of their horror – show up in stark detail our common humanity.

There are two principles hidden in the stories we tell in the Church. The first is, there's no private deal. Poet and philosopher Charles Péguy asks us, "What is the first question God will ask us when we get to heaven?" "Where are the Others" Où sont les autres? The second principle is one of total inclusion. James Joyce's definition of the Catholic Church – "Here comes everybody!" Two great doctrines! "Everybody matters" and "We're in this together." It's a way of affirming the sacred at the heart of things – and affirming that we are not hated and abandoned – that God is with us. Good News!

Ash Wednesday

Ash Wednesday is the first of forty days of Lent, a period of penitence and renewal in preparation for Easter, our greatest feast. The season of Lent begins on a Wednesday and includes all days leading up to Easter, except Sundays. (All Sundays of the year are feasts of the Resurrection!) This year, Lent begins on March 1 and ends with Easter Eve, April 15, and Easter Day, April 16.

The Book of Common Prayer provides a beautiful, if somber, liturgy for the first day of Lent on pp. 264-269. We will celebrate this, along with Holy Communion, three times at Trinity on March 1: at 7:30 a.m., 12:15 p.m., and 6:30 p.m. As the Prayer Book says, we gather on this special day to make "a right beginning of repentance," which means a beginning of a turning around in our lives, more toward God and toward what God wants for us. The ashes imposed on our foreheads remind us of our mortality, but also of how God is an expert at bringing dust to life (see the book of Genesis!).

Russ Snapp

Lenten Retreat with Barbara Cawthorne Crafton

Barbara Cawthorne Crafton, Episcopal priest and author, will lead a one-day Lenten retreat at St. Paul's Episcopal Church in Newport, AR on Saturday, March 25, 9:00 a.m. – 3:00 p.m. The event will be held in the Parish House and luncheon will be served. The retreat is free, but reservations must be made by emailing Annie Burton at annie@trinitylittlerock.org. Annie will be driving the van for anyone who does not wish to drive. We will leave from the church parking lot at 7:00 a.m.

Baptism Preparation (Baker Parlor)

March 26 & April 2

This is a short course for:

- Adult baptismal candidates and their sponsors
- Parents and godparents of children

We will explain why infants are baptized in the Episcopal church while taking a deep look into the promises and renunciations and the mystery of new life in Christ that baptism signifies and brings. Led by the Rev. Canon Dr. J. Russell Snapp and the Rev. Amber Carswell. Contact Dawn, dhowe@trinitylittlerock.org, if you or your child would like to be baptised at the Easter Vigil on Saturday, April 15.

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 Sandra Cook, Co-chair of the Flower Guild. Here is what Sandra has to say about her time at Trinity:

1. How long have you been at Trinity?

38 yrs.

2. How do you serve Trinity and the community?

Co-chairing the Flower Guild with Beth Hathaway Barnes is my main contribution. Now that the guild has grown with now 30 members and we have gotten involved in most of the social events plus weddings, funerals, etc. I have retired from my other community volunteerism and focus my time at Trinity.

3. Why do you serve?

Being involved with the flowers is the best gift I have to give back to the church and working with all the creative, enthusiastic and energetic people on the guild is a pleasure. What's not to like... beautiful flowers and fun people... win, win!

Next time you see Sandra, thank her for everything she does for Trinity.

Chamber Music Series: "With String and Pipe"

Trinity Episcopal Cathedral will host "With String and Pipe," a concert for Harp, Violin, and Organ, on Tuesday, March 21 at 7:30 p.m. Arkansas Symphony Orchestra harpist Alisa Coffey and Arkansas Symphony Concertmaster Drew Irvin join Trinity Cathedral organist Jason A. Pennington-Saugey for an evening of Bach, Smetana, Bruch, and Debussy. The program will open with the Fugue from Bach Violin Sonata No. 1 of J.S. Bach transcribed for the Harp. The Central work of the program will be Max Bruch Concerto No. 1 for Violin in g minor accompanied upon the 82-rank Cathedral pipe organ. Tickets are \$20 for adults, free for students with a student ID. Proceeds from the program will assist the Organ Renovation Fund of Trinity Episcopal Cathedral. The Complete program listing:

Fugue from Violin Sonata No. 1 - Bach/Grandjany

La Source - Hasselmans, A.

Tango - Damase, J.

The Moldau - Smetana/Trnecek

Traipsin' Thru Arkansaw - Salzedo

Violin Concerto No. 1 in g minor - Bruch

Beau Soir - Debussy

Purchase tickets by calling the Cathedral office or going to www.trinitylittlerock.org/withstringandpipe.

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.

Ringin' 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



Thank you Trinity family and Chairman of the Organ Improvement Fund Jack Harvey. Your amazing and generous response to this campaign will enable us to begin Phase II of the organ renovations immediately after Easter. I personally am overwhelmed. Please don't let the fact that we have met our goal deter you from making a donation in memory or honor of a loved one. This glorious campaign is dedicated to the Glory of God and we treasure every contribution.

And we march on. Beginning the week of Feb. 20, our organ technicians are on site and will be doing extensive construction in the major division of the organ. I would encourage you to come and see the inside of this magnificent instrument while it is "open to the public." Jason and I can show you around the physical structure but we won't be able to make many sounds just yet. We will have limited use of the pipes for a while.

Hopefully, though, you won't notice on Sunday morning as we have our special methods to keep things going.

I also want to thank everyone who made Convention Weekend a musical success by presenting challenging and uplifting anthems:

- The Cathedral Choir and Little Rock choir friends presented the beautiful Malcolm Boyle "Thou Art Praised O God in Zion" at opening Eucharist
- The Youth of Trinity and their leader Annie Burton joined with the youth from Bethel AME to joyfully offer "Walk in the Light" arranged by Andre Thomas
- Our Evensong Schola Choir lifted us all to heaven by singing Stanford's Magnificat and Nunc Dimittis in C Major and the Batten "O Praise the Lord"

Because you all always come forward when you know there is a need, I want to present another challenge. Our Evensong is a healthy, fulfilling, spiritual opportunity for evangelism and growth at Trinity. We need help. We need folks who are willing to be greeters as we frequently have visitors, people to provide sandwiches and cookies and sherry for high tea, and people who are willing to help set up and clean up. If you are willing to help with any of these things, would you please let me know? victoria@trinitylittlerock.org

The generosity and kindness exhibited by Trinity is overwhelming. We are in His service.

Victoria

No Choir Rehearsal on Ash Wednesday, March 1

Children and Family Information

Mark your calendars for these upcoming events:

- **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.

Meal Train - Volunteers Needed

We invite you to join the Meal Train for Tina Holladay.

Please help us welcome the newest member of our parish. Miriam Jean Holladay was born February 14, 8 lbs and 19”, healthy and perfect. No time to cook? Consider grabbing a takeout meal from the Cathedral or a restaurant. Taziki’s feast for 4 was a favorite for us.

What is a meal train?

There are times in our lives when friends and family ask, “What can I do to help out?” The answer is usually to help them with a meal. When many friends give a meal, this is a Meal Train.

<https://www.mealtrain.com/trains/12m7d3>

Sip & See

On Sunday, March 12, we will hold a Sip & See for Parker Gann (and Mom Jessi). Since Parker was born early, they missed their baby shower so a shower gift is acceptable but not required. Come join us for cake and punch and get a chance to hug on a new baby. 10:30 a.m. in the Baker Parlor.

Hymn Memorizing Contest

The Seraphim Choir at Trinity Episcopal Cathedral is having a Hymn Memorizing Contest. These amazing choristers are choosing from a list of 30 hymns and memorizing as many of them as possible. The choir member who memorizes the most will be treated to 4 tickets to the Arkansas Arts Center’s production of “Rapunzel” in May.

How can YOU help them? You can learn hymns with them. They only need to learn the melody and the first verse. Many of these hymns are ones you know. The list can be found at www.trinitylittlerock.org/music. You already know “O Come Emmanuel” and “Holy Holy Holy” but they might not. And having a beautiful singing voice is not a prerequisite, making a joyful noise is.

This “helping the chorister” is not limited to family members. Anyone can help. And remember while you’re doing it, you are building community in the Trinity Family. You might learn some wonderful hymns yourself in the process!

For more information, e-mail victoria@trinitylittlerock.org.



Hosanna!

Palm Saturday

An Exploration of Holy Week for All Ages

April 8, 2017

1:00 - 3:00 p.m.

Gather in the Cathedral Garth.

Palm Crosses - Bread Baking - Banner Making

All are invited for a Prayer Walk inspired by the Passion Story:

- Shout Hosannas as Jesus enters into Jerusalem,
- Feast with Jesus at his last meal,
- Try to stay awake with Jesus at Gethsemane,
- Travel in sorrow to the cross, and finally,
- Celebrate the new life Christ has given us!

Note to parents: It's important that all children be accompanied by an adult. This is a great opportunity for godparents, grandparents and special friends to participate alongside the children they love!

Wear comfortable clothes that you don't mind getting a little messy. Remember, glitter glue and flour will be in use!





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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.



Ash Wednesday

March 1, 2017

Service Times

- 7:30 a.m. in the Chancel
- 12:15 p.m. in the Nave
- 6:30 p.m. in the Nave

No classes or choirs, but dinner will be served at 5:15 p.m.