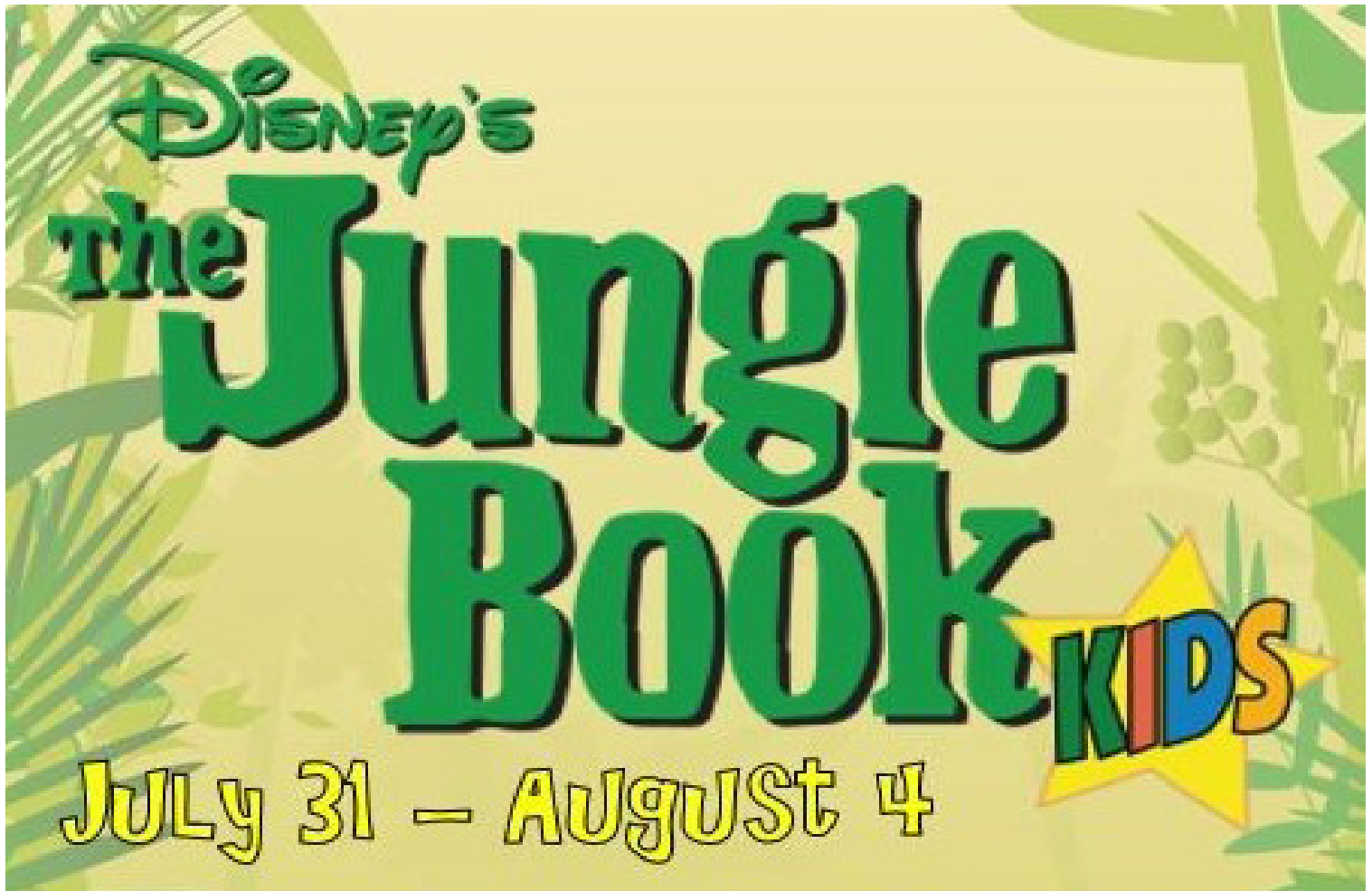


THE MESSAGE

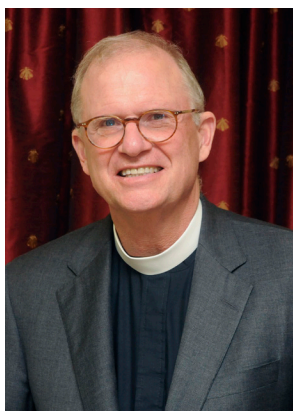
The Newsletter of **Trinity Episcopal Cathedral**
A House of Prayer for All People • August 2017



*Performance Open to the Public
August 4, 2017, 5:30 p.m., \$10 at the door*

Sundays at Trinity

Dean's Sunday Breakfast Class Summer 2017



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

Aug. 6: TBD

Aug. 13: Dr. Snapp will report on the Pilgrimage to England

Aug. 20: Lisa Corry: Fall Programs for Children & Youth—Visions, Goals, and Hopes

Aug. 27: TBD

Living the Questions

Living the Questions meets 10:15 – 11:10 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.

Aug. 6: TBD

Aug. 13: Join the Dean's Class

Aug. 20: TBD

Aug. 27: TBD

Parents' Group

Looking for a place to share the joys and trials of parenting? Join us each Sunday at 10:15 a.m. in Lower Mitchell House to share knowledge, be creative, and exchange ideas and strategies for parenting. This is a time to network, socialize, and encourage one another. Babies welcome! Feel free to join us anytime. Questions? Contact Mercedes Clements - mercedes.clements@gmail.com.

Evensong Service

Evening Prayer with Holy Eucharist continues through the end of August. Evensong will return in September. This sung service of Evening Prayer offers music in praise of God by the Cathedral Schola choir. It begins with an organ prelude (there is no sermon) and ends with an elegant 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

Wednesday evenings are going to be a little different this summer:

- **Eucharist** begins at 5:05 p.m.
- **Dinner** is served from 5:15 - 6:15 p.m.
- **The Bow Tangles**, a banjo and fiddle duo, will play.
- **Games**, ranging from board games to pick-up ultimate frisbee, will be going on.
- **July 26 - August 30 (6 weeks) - Drawing Basics with Melissa Wilkinson.** There will be a supply list issued for participants for this introductory course in drawing.

“Walking the Mourner’s Path” Registration is Still Open

Walking the Mourner’s Path, an 8-week grief group for anyone who has suffered a significant loss due to a death and would like to process it in a group setting, will begin **August 6**. We will meet every Sunday afternoon, 2:30-4:00 p.m., in Baker Parlor, Cathedral House. Registration is still open for this program. Dr. Ann Hedge-Carruthers and Rev. Dr. Linda Brown will facilitate. The cost is \$80 and scholarships are available. If you have not registered or just have questions, you may contact Linda Brown at lgbparkview@gmail.com.

A Letter to Trinity from Linda Brown

Dear Trinity Friends,

Your support during the past three years of my study toward the Diaconate, and the help and assistance you gave me at my Ordination, has been overwhelming. Thank you again from the bottom of my heart!

I want to share with you that my ‘short-term’ placement as a Deacon is at Saint Peter’s Episcopal Church in Conway. That congregation will be going through a transitional period; their Rector is leaving and they will be engaged in a search. The Bishop feels that it will help stabilize and comfort the St. Peter’s congregation to have familiar faces there during the process. Since I have been an Intern with them for three years, I hopefully can help them in this time of change.

Trinity Cathedral will always be my home. I was confirmed here forty-six years ago and have never left. The Cathedral and all of you are very special as my ‘home church’. That part will never change. As I felt the call to the Diaconate, I understood that this day would come. I pray that the Holy Spirit is always at work in my life and yours. Certainly, I will see you from time to time, but will focus my ministry on St. Peter’s Episcopal Church in Conway as long as needed.

With much love in my heart,

Linda Brown

Meet Olivia Goza, our new Youth Ministry Coordinator

Olivia is a Little Rock native and a Hendrix College graduate. After college she pursued her interest in the camp ministry where she led outdoor education, planned retreats, and worked on the ropes course at Camp Stevens, an Episcopal Camp and Retreat Center in southern California. Most recently she served as one of their directors for the summer camp program. She is excited to continue her work with youth back in Arkansas and brings with her passions for environmental stewardship, building community, and telling jokes. In her free time Olivia puts her focus into planning road trips, growing food, and hiking to waterfalls.



Part-time Youth Ministry Position

We are seeking to round out the youth ministry team with a part-time person! The Youth Ministries Assistant will work closely with the Youth Ministry Coordinator, Olivia Goza and Lisa Corry, Director of Ministries to Children & Youth. In addition to weekly programming and other responsibilities, the Youth Ministries Assistant will attend 3-5 youth retreats with our youth and/or staff of the Cathedral and the Diocese throughout the year. Interested? Contact Lisa Corry at lisa@trinitylittlerock.org

Children and Family Information

Children & Family Ministry Events in August

Wednesday August 2 – Come have dinner (5:15 p.m.) and play. Adults can join the Drum Circle and kiddos can play in the sprinklers for water fun.

Wednesday August 9 – Come have dinner and learn about the bugs and plants on the block. Bring out your inner gardener and entomologist.

Sunday, August 13 – Blessing of the backpacks – 9:00 a.m. – bring your backpacks to church for a blessing and pick up an ID badge. Students and teachers will be blessed also.

Sunday August 20 –

10:00 a.m. – Atrium clean-up – all children and parents are invited to assist the catechists as we prepare to begin our Catechesis of the Good Shepherd Program (September 10).

5:00 p.m. – Gospel Sing and Ice Cream Social – bring the whole family and sing some of our favorite hymns and finish up with ice cream.

Sunday August 26 – Come and See – 10:00 a.m. – come with your child to the atrium (their Sunday School Classroom) and experience a Catechesis of the Good Shepherd lesson with them. A great chance to meet the catechists and ask questions.

Trinity Treasures

Friday, August 4 from 7:30 am - 5:30 pm

Saturday, August 5 from 7:30 am - 3:00 pm

Last treasure hunt opening Sunday, August 6 after services

Join us in Chancellors' Hall (the gym) to rummage for your own special treasure!



Early Bird Special will be held on Thursday, August 3 from 5:30-7:00 for those who have donated or purchased an early bird ticket (\$10, purchase on Sunday, July 30 or at the door on Thursday night). Light snacks and drinks will be served as you shop!

Opportunities for Service in August

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

1. Give someone a ride to church.
Contact Russ Snapp, 870-664-6404
2. Help fold, seal, and label the Message on August 29.
Contact Josiah Wheeler, josiah@trinitylittlerock.org
3. The Jungle Book camp, July 31 – August 4, 10:00 – 3:00: we need shepherds, (older teens and adults) to help with games, costumers and set builders, props procurers, stage managers, ushers for the production on August 4, publicity distributors the week before, and assistants to the directors. If you have already volunteered, accept our thanks and choose your job from the above list and e-mail victoria@trinitylittlerock.org. If you have not volunteered and have any questions, please e-mail or call 870-918-7178 for more information.

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.

Music at Trinity



Choir Rehearsal Times

Wednesdays:

Cathedral Choir: 7:15 p.m. to 8:45 p.m. (starting August 23)

Music Notes from Victoria

Aren't summers supposed to slow down???? With the weddings and graduations, our summer musical theatre camp, evensongs, work on the organ, and regular services, it doesn't seem to.



The work on the organ progresses even as I write this. Phase I is complete. You should be able to tell a big difference in hymn accompaniment and overall volume. We are very happy with everything that has been done and are so grateful to all of you for your continued support of this project.

The musical theatre outreach camp runs from July 31 to August 4. It's free but limited to the first 25 who sign up (you can do this on our web site). Lunch will be provided each day. It's for campers who have completed the 3rd grade through 7th grade. The only requirement is that you must attend each day and be able to stay for the Friday evening performance. No acting or singing experience is required. Our camp will culminate with a production of Disney's "The Jungle Book KIDS" on August 4 at 5:30 p.m. Tickets will be \$10 to help

cover the costs of the production. And if you would like to be a sponsor or volunteer to help, it would be wonderful. Just e-mail me at victoria@trinitylittlerock.org.

Another update is that we are going to put Cathedral Choir rehearsals back on Wednesday nights. This way our choir members can come and eat with everyone, attend a class, and then attend choir rehearsal. So the music schedule for fall will be changed for almost everyone. Here's our projected evening schedule (most of this will start the week after Labor Day):

Wednesdays

3:15 – 4:00 Cherub Choir (ages 4 – 7)
4:15 – 5:15 Seraphim Singers (grades 2 – 6)
5:15 – 7:15 Dinner and classes
6:00 – 7:30 Tower Bells
7:15 – 8:45 Cathedral Choir

Thursdays

6:00 – 7:00 Hand Bells

The series of recitals to celebrate our organ renovation will begin in January. Keep an eye out for the dates as we plan to present 3 organ recitals in the spring along with the Arkansas Symphony Intimate Concert on March 8 and the Little Rock Chamber Music Society concert on March 15.

Other dates to keep in mind include our Gospel Hymn Sing-a-long on August 20, Rally Day on September 10, (Razorbacks on September 2), Chamber Concerts on October 2 and November 2, a Hymn Fest with Bethel AME on October 8, Pageant Rehearsal Workshop on November 20 and 21, the Pageant on December 10, and Lessons and Carols on December 17. We are already working on Christmas Eve, when we'll offer Benjamin Britten's Ceremony of Carols with the women of the Cathedral Choir and harpist Alisa Coffey.

It is an honor to be planning all this as we will worship together.

Trinity Pilgrimage to England, 2017

Twenty-four Trinity parishioners, a deacon from Jacksonville, and Dr. Snapp had a very fulfilling week together in mid-June. Based in London, we visited places where Christians have long put daily corporate prayer at the center of their lives, thereby looking to God for direction and power. Some of these places are famous (e.g., Lambeth Palace; Westminster Abbey; St. Paul's Cathedral; Canterbury Cathedral). Others are less well known (e.g., Little Gidding; St. Saviour's Priory, London; and Pusey House, Oriel College, and the convent of the Sisters of the Love of God in Oxford). In encountering not only these places but the people there and also each other, in the context of prayer, we achieved our goal of drawing closer to God and each other.

Dr. Snapp's summary of the days of our pilgrimage can be found on our church website (www.trinitylittlerock.org) under "Announcements." He and other pilgrims will be offering a presentation about their experience in the Dean's class on Sunday, August 13, at 10:15 in Morrison Hall.



Drum Circle, Wednesday, August 2, 6:00 p.m.

Teens and adults, join us on Wednesday, August 2 at 6:00 p.m. in Morrison Hall for this amazing FREE experience.

Larry Clarke has been facilitating drum circles in Arkansas since the late 1990's. Through the years he has introduced thousands of people to community drumming. He has played with all age groups, from preschool to senior citizens, in a wide variety of venues.

Some of the places where he has facilitated or performed include: The Little Rock Zoo, The Clinton Presidential Library, Heifer Project International, Philander Smith University, University of Arkansas at Little Rock—International Fest, University of Arkansas for Medical Sciences, Arkansas Children's Hospital, Jones Family Center in Springdale, Youth Home, Ferncliff Camp, and other schools, libraries, churches, civic groups, to numerous to mention. Whatever the ages or affiliation of the participants the goal is always to introduce the group to the real fun of community drumming in a relaxed and welcoming atmosphere.



What's a drum circle? Simply put a drum circle or rhythm circle is a group of people from a few to many sitting with chairs arranged in a circle experiencing the spontaneous creation of music on a variety of drums and percussion instruments.

Much to the delight of drummers everywhere, some studies indeed show that drumming accelerates physical healing, boosts the immune system, produces feelings of well being and even has a calming effect on people suffering from Autism, Alzheimer's and various traumatic experiences.

Please remember Trinity Cathedral in your will.

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 Jean and George Harper. Here is what they have to say about their service to Trinity:

Jean's View

George and I started attending Sunday Holy Eucharist in March 2016. We had participated in several classes, lectures, book studies, and centering prayer workshops at St. Margaret's and were drawn to the thoughtful, prayerful Episcopal approach to worship, as well as the positions on social issues. We loved both the Rite I and Rite II Eucharist, the Dean's Class and "Living the Questions." We were confirmed on June 4, 2017.

When I came to Trinity Cathedral, I knew I would find a beautiful place to worship with other committed Christians. What I did not know I would find was the amazing clergy, the wonderful sermons delivered each week, the mid-week healing service, the lovely evensong, beautiful music, learning to use the BCP, and the joyful, knowledgeable parishioners. All of this has led to a deepening of my personal walk with Christ.

Over the past year, I've had the pleasure and privilege of working on the Matthew 25 committee, the Matthew Pastoral Care team, the LR Prep Academy Arts Outreach, and as a participant in the Bethel-Trinity discussion group. I have also worked with the Arkansas Hunger Alliance and Our House as a volunteer. There are so many ways to express the love of Christ in Little Rock! Methodists call this Social Holiness, we Episcopalians view it as a form of Oblation: an offering of ourselves, our lives and labours, in union with Christ, for the purposes of God. As my husband always tells me... "just get in the game."



George's View

I was initially drawn to Trinity Cathedral through my great admiration for Dean Keller. I have now come to love the entire Clergy and staff and the wonderful people who worship here. As a retired attorney, trained to see more than one side to each issue, I love the "via media" approach of the Episcopal Church. I find the combination of strength and elasticity to be both spiritually and intellectually fulfilling.

Jean and I have developed a "church habit." If we are not sick on Sunday morning we attend church. And, the weekly spiritual renewal helps remind us of the need to try and be of service to others.

Since retirement I have served as a member and President of the State Board of Health and as Board member of the Pulaski County Master Gardener's Program. At Trinity, I serve on the Theological Enrichment Committee and the Matthew Pastoral Care team. I have enjoyed both attending and leading some of the Wednesday Night Bible Studies and providing assistance for the Arts Outreach students.



Next time you see George and Jean, be sure to thank them for everything they do at 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 9:00 a.m.
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 Gospel Hymn Sing-Along and Ice Cream Social



*Bring the whole family and join us for
singing and fellowship!
The festivities begin at 5:00 after
Evening Prayer with singing of your
favorite hymns, followed by an ice
cream social.*

Sunday, August 20, 5:00 p.m.