

THE MESSAGE

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



Dinners for Eight
Deadline to Sign Up Friday, November 3
(see page 9 for details)

Sundays at Trinity

Dean's Sunday Breakfast Class Fall 2017



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

Sunday, Nov. 5: Theological Reflection: Mercedes Clements
Sunday, Nov. 12: Theological Reflection: Mercedes Clements
Sunday, Nov. 19: The Oregon Inside and Out: Victoria Harden (meet in Cathedral)
Sunday, Nov. 26: No class today, enjoy the fellowship
Sunday, Dec. 3: Alternative Market
Sunday, Dec. 10: "Magdalene Coming Home," Denise Chai

Living the Questions

Living the Questions meets 10:15 – 11:10 a.m. in the Conference room of Cathedral House (except when joining the Dean's Class). This class is a quick-moving discussion in which each person is invited, but not required, to participate. Bring your brunch.

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.

Pilgrim's Progress Continues

September 17 - November 19

Our group delves deeper into what we do as Episcopalians. This fall, we are starting "Conversations with Scripture - The Parables." What did Jesus mean with all of those stories he told crowds at every opportunity? Join us in the Library/Lounge for some great conversations. Led by Randy Irwin and Shep Miers.

Evensong Service

Evensong is every Sunday at 4:00 p.m. 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

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:

3:30 - 4:15 p.m. Cherub Choir (Choir Room, Ages 4-7)

4:30 - 5:30 p.m. Seraphim Choir (Choir Room, Grades 3-7)

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

7:15 - 8:45 p.m. Cathedral Choir (Choir Room, Ages 14 -114)

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

- Christian Faith and Modern Science (Morrison Hall) 6:15 - 7:15 p.m.
- Natural Spirituality (Conference Room) 11:30 a.m. - 12:30 p.m.
- The Reformation (Conference Room) 6:15 - 7:15 p.m.

Christian Faith and Modern Science Continues

Wednesday nights (6:15 to 7:15) in Morrison Hall Leaders: Dr. Keller and Dr. Stefanie Leacock

Part II: November 8 through December 20

Wednesday, November 8: Process of Science (Dr. Leacock)

Wednesday, November 15: Genetics: Myths and facts (Dr. Leacock)

Wednesday, November 22: No Class

Wednesday, November 29: Kinship of all Life (Dr. Leacock)

Wednesday, December 6: What does it mean to edit a genome? (Dr. Leacock)

Wednesday, December 13: God's creation, Our creations (Dr. Leacock)

Wednesday, December 20: About God: In Christian Understanding (Dr. Keller)

The classes are in Morrison Hall at Trinity Episcopal Cathedral, 310 West 17th Street in Little Rock. Classes are free and open to the public, including clergy, youth leaders, science teachers, and students. Dinner, served at 5:15, is \$7 for adults. Students with ID may eat for free.

Natural Spirituality**

**Wednesdays (11:30 a.m. – 12:30 p.m.) in the Conference Room
October 25, 2017 - January 10, 2018**

Facilitated by Deb Cooper, Deacon

This study group is a prerequisite for those who are interested in becoming a committed member of a Dream Group at Trinity. The series is based on the book *Natural Spirituality: A Handbook for Jungian Inner Work in Spiritual Community* by Joyce Rockwood Hudson, Revised Edition, 2016.

**This class is full, but if you are interested in a future book study, let Deb know and we will work out a schedule for another series.

The Reformation

On four Wednesday evenings in November (the 1st, 8th, 15th, and 29th from 6:15 to 7:15 p.m. in the Conference Room), Dr. Snapp will offer a study of key developments in the English Reformation, in the context of the broader Reformation in Europe. We will encounter often unpredictable turns of events from the reign of Henry VIII through the reign of Elizabeth I, with a glance into the 17th century at the consolidation of what we call Anglicanism. All are welcome at any and all sessions.



Sewanee Pilgrimage - Lessons and Carols - December 2-3, 2017

Sign Up Now!

Transportation: Arrow Coach Lines

Depart from Trinity Cathedral

7:45 a.m. on December 2

Return to Trinity

3:45 p.m. on December 3

Lodging: Hampton Inn, Murfreesboro, TN

615-890-2424

Cost: \$109 per night per room

Reservations must be made by each person using the card to be used at checkout. There is a block of 35 reserved rooms. Please use "Trinity Cathedral" as the group name. All reservations must be made by **MIDNIGHT NOVEMBER 11.** The rooms will be released by this time.

Costs: \$75 per person

This covers:

- The bus ride to and from Sewanee
- Lunch on the road to Sewanee
- Dinner at St. Andrew's - Sewanee School Saturday night

This does not cover:

- The cost of the hotel room which you will pay directly
- The cost of lunch on the trip back. That will be Dutch treat.

Make your reservation: To reserve your place on the trip, email Mary Hodges: mhodes@trinitylittlerock.org for a reservation form. Return the form with a check for \$75 made out to Trinity Cathedral with "Sewanee Pilgrimage" on the memo line. Space is limited so do not delay! Registration is open to friends from other churches.

Music at Trinity

Music Notes

The month of October was glorious for the music department. The Cathedral Choir sang for weddings, funerals, ordinations, evensongs*, and the regular morning worship services, the Seraphim Singers sang beautifully with the Cathedral Choir to lead worship, the Jubilation Hand Bell Ringers have begun regular rehearsals and are advancing their skill at the speed of sound, a piece written by Tom Lee for our Hand Bell choir is now in rehearsal to be played in November, work continues on the organ, a trip in 2019 to the UK for us to sing and ring in Cathedrals there has been born for the Cathedral Choir and Change Ringers, Kiril Laskarov and Mary Scott Goode played an amazing chamber music concert in our Cathedral, and all the choirs grew in numbers.



November will bring our traditional Thanksgiving service with a full brass quintet complete with percussion, both children's choirs will lead worship on November 12th, the Little Rock Chamber Music Society will perform in our Cathedral on November 2nd, we will provide music for an amazing wedding to be held on November 11th, all as we prepare for Advent and Christmas.

Speaking of Advent, here's a 'heads up' about our Lessons and Carols to be offered on December 10th at 4:00; we'll be singing a masterpiece by Ralph Vaughan Williams, "Magnificat", a work infrequently performed in our country. This work written for women's chorus, features a mezzo soprano solo which will be sung for us by Susan Schafer Hayes, a native of Stuttgart, Arkansas who has appeared all over the country, most notably at New York City

Opera. She is a graduate of Henderson State University in Arkadelphia, the University of North Texas, and the University of Texas. Susan currently lives and works in New York City, teaching voice and the Alexander Technique of which she is a certified technician.

For more information contact me at victoria@trinitylittlerock.org.

*Every Sunday evening - Evensong in the Cathedral at 4:00 p.m. followed by a British Tea in Baker Parlor

Choir Rehearsal Times

Wednesdays:

Cherub Choir: 3:30 p.m. to 4:15 p.m.
Seraphim Choir: 4:30 p.m. to 5:30 p.m.
Cathedral Choir: 7:15 p.m. to 8:45 p.m.

Handbell Choirs:

Jubilation Ringers: Tuesdays,
6:00 p.m. to 7:00 p.m.
Cathedral Handbell Choir: Thursdays,
6:00 p.m. to 7:00 p.m.



Come & See/Baby shower for Oliver Spain

Drop by the parlor on Sunday, November 5 at 10:10 a.m. and meet Oliver and greet his parents Katie & Brad. We will have cake & punch. Baby presents are okay because their shower was postponed.

Thanksgiving Services

The Rev. Mary Vano, rector of St. Margaret's Episcopal Church, Little Rock will be preaching at a 10:00 a.m. service on Thanksgiving Day.

The Trinity Advent Event

The parish family is invited to enjoy a pasta dinner followed by an opportunity to experience the peace and warmth of the Advent spiral as, together, we embark upon our wait for the Christ Child.

Sunday, December 3 5 p.m. Morrison Hall



STEWARDSHIP GOALS

The ministry taking place here is only possible because of your support. We are well on our way toward our \$1.1 million goal and \$1.2 million stretch goal. We will continue accepting pledges through the evening of the Spaghetti Supper.

STEWARDSHIP SPAGHETTI SUPPER NOVEMBER 5

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



Join the 1884 Legacy Society

Dear Friends of Trinity:

The 1884 Legacy Society was formed in 2015 to recognize and encourage the spirit of giving and generosity within the parish in order to sustain the Cathedral's meaningful missions. The 1884 Legacy Society has been chartered to provide education about various means of giving as well as the structure through which families and individuals can determine the ultimate endowment of their values and beliefs.

Each of you is invited to a reception which will be held on November 9, 2017 at 6:00 p.m. in The River Room, 20th Floor, The River Market Tower, 315 Rock Street. This reception will honor all current members and to provide information for any others with an interest in learning more about The 1884 Legacy Society.

Additional information on The 1884 Legacy Society is available on the Trinity website or in the brochure which are available in the church office. If you need additional information, please contact Beth Hathaway Barnes, 501-680-5843, or Dean Keller.

Faithfully,

Beth Hathaway Barnes
1884 Legacy Society Chair



THE MARRIAGE OF AMBER CARSWELL AND MELISSA WILKINSON

To my friends at Trinity:

For as long as I have worked among you, my heart has been anticipating the day that is now fast approaching: Saturday, November 11, when Melissa and I will be married at the Cathedral. Bishop Benfield will be presiding and Dean Keller will be preaching.

Marriage is a sacred occasion witnessed and lived in community -- and for us, that includes you. It is my great hope that you will join us to take part in our prayers and in our joy.

Our hearts are much larger than our pockets, and to that end, many kind parishioners have put their heads (and pockets) together to hold a church reception following the service from 5:30 to 6:30 in Chancellor's Hall. We will raise a glass of punch and have our fill of cake before departing for the evening.

Melissa and I hope you will join us.

Sincerely,
Amber

Saturday, November 11, 2017
4:00 p.m.
No RSVP necessary



Please remember Trinity Cathedral in your will.

EYC News

Weekly Gatherings:

- Sunday mornings: Formation Hour at 10 a.m. for 6th-12th Grades: Iona Room
- EYC Sunday evenings – Location: TBA
 - 4-5 p.m. – 6th -8th grade
 - 5 p.m. - Dinner 6th-12th Grade
 - 5:30-6:30 p.m. 9th-12th Grade
- High School and Junior High Mid-week programming throughout the year: TBA

Retreats and Special Programs:

Happening #38

Happening is a renewal weekend for young people in the Episcopal Church (grades 10th-12th). It is planned and run by fellow youth. This Fall's event is November 17th-19th at St. John's Church in Fort Smith, AR. For more information, or to register: www.eycarkansas.org/happening

Central Convocation Lock-In

Grades 6th-12th are invited to participate in a lock-in with other youth in the Central Arkansas area. St. Luke's, North Little Rock is hosting our Harry Potter themed night! Join us for Quidditch, Butterbeer floats, trivia, and more! The night begins Friday, December 1st at 7:30 p.m. with pizza, and ends at 10 a.m. on Saturday, December 2nd after brunch. \$10/youth. Register by contacting Olivia: ogoza@trinitylittlerock.org

- Nov. 17-19 - Happening @ St. John's, Fort Smith (Grades 10-12)
- Nov. 26 - Thanksgiving Break (No EYC)
- Dec. 1-2 - Central Convocation Lock-In @ St. Luke's, NLR
- Dec. 10 - EYC Christmas Party

ALTERNATIVE MARKET

It is that time of year! Christmas is in the air! Trinity's Alternative Market will be held Sunday, December 3, 2017 10:00 a.m. until 11:30 a.m. in Morrison Hall.

Please join us for gingerbread, apple cider and cookies. Advent wreaths and candles for the home will be available. There will be opportunities to purchase gifts that keep on giving throughout the year.

Our vendors this year are Harmony Clinic, Heifer International, EYC, Mount Holly Cemetery, Flower Guild, Our House, Arkansas Children's Hospital, Rice Depot, Saint Francis House, Stewpot, Beatitudes, Feline Rescue and Rehome and more!

OPPORTUNITIES FOR SERVICE IN NOVEMBER

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 November 29.
Contact Riley Matheny, riley@trinitylittlerock.org



DINNERS FOR EIGHT

DEADLINE TO SIGN UP FRIDAY, NOVEMBER 3

The deadline is upon us for Dinners for Eight: Sign up now!

Plan to enjoy a fun evening getting to know some of your fellow parishioners at the home of a Trinity member. If you never participated in Dinners for Eight, you don't want to miss the fun. If you're a regular Dinners for Eighter, you know what a great event it is, so be sure to sign up again.

Please sign up by Friday, November 3.

Dinners for Eight night is Thursday, November 16:

1. Prepare to laugh, eat and enjoy the company of eight or so fellow parishioners over a casual, potluck dinner at the home of your gracious host and/or hostess.
2. Couples or singles, welcome. You can be a **host** or you can be a **guest**, your choice.
3. As a **host**, you will be assigned six or seven dinner guests at your home by our committee for Thursday night, November 16. You will contact them and ask them to bring a dish or beverage you would like to enhance your dinner. Many **hosts** prepare an entrée and let their guests fill in with sides. The dinner can be as casual (cookout with paper plates) or as formal (hall out the crystal & china) or anywhere in between as you choose.
4. As a **guest**, you will be assigned a host/hostess for your dinner. They will contact you and let you know what you can bring to help with the dinner. Then, just show up and have a wonderful evening!
5. **To sign up, just email and indicate if you want to be a host or guest: christykjameson@gmail.com**

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.

ALL SAINTS' DAY EUCHARIST AT CHRIST CHURCH

All churches in the central convocation of the Episcopal Church in Arkansas are cordially invited to All Saints' Day Eucharist at Christ Church on Wednesday, Nov. 1 at 7:00 p.m. The Christ Church choir will sing "Requiem" by John Rutter, accompanied by harp, oboe, flute, cello, glockenspiel, timpani, and organ. On this special occasion, we will honor Steve Bullock's 30th anniversary as choirmaster and organist at Christ Church. The Rt. Rev. Larry Benfield will be our celebrant. A festive reception follows, and childcare will be provided.

CATECHESIS OF THE GOOD SHEPHERD – CHILDREN'S FORMATION



Catechesis of the Good Shepherd – Children's Formation

Our Sunday morning programs are off to a great start. The Level 1 Atrium (3 year olds-1st grade) continues to work with practical life skills and getting into a routine in the atrium. While these lessons are not explicitly religious, they help set the stage for prayerful work throughout the year. Here are some additional reasons we work with practical life – maybe you can incorporate some of them into tasks at home.

Practical life develops fine motor control. This allows the children to work with satisfaction on all the materials of the atrium.

Practical life develops the child's work cycle. Choosing a work and a place to do it, carrying the work to the chosen table or mat, repeating the work until satisfied, and returning the work to the shelf ready to be used again is a pattern used for every material in the atrium. As this is established children put away work and choose their next activity with more independence.

Practical life develops language. Each material and its components have names. Each exercise has particular movements. This language is introduced and used by the catechist, developing a precise vocabulary for work in the atrium and life in the church.

Practical life develops community. As these exercises are used children are also learning to work without disturbing each other, to wait patiently to use a material another child has chosen, to move around the room quietly and carefully, and to make sure each material is put away and ready to be used by next child.

Level 2 - Second and third graders, many who are new to the True Vine Atrium, have adjusted well to a new Sunday morning routine that begins each week with them conducting their own prayer service. We started the year with a couple of lessons and conversations centered on Holy Eucharist, and we are looking forward to inviting a special guest speaker into our atrium to talk more about the symbolism connected to this sacrament. Just last week, the children steered our discussion toward the Bible -- where it came from, who wrote it, how different translations may use different words to deliver the same message. Their questions, insights and desire to learn more was empowering!

Level 3 - the 4th and 5th graders have been studying our Time Line chart from Creation to Parousia, particularly considering the gifts God has given us. With God's particular gift to us of the human hand, people have discovered or invented what they needed. With the most basic stone tools and the wheel, cultivation of crops, inventing language, art and math to the most complex electronics today, we have discovered how our communities and even civilizations have shared particular gifts and forged relationships. We will continue discerning how our individual gifts and those of our church can be transformed by God and contribute to God's dream of one community, one nation, one world.

We are having a great time. Please join us in the atria – it is never too late to begin nurturing your child's spiritual journey.

CATHEDRAL CHRISTMAS PAGEANT



This year marks the 60th anniversary of the Cathedral Christmas Pageant, a rich and beloved tradition at Trinity, instituted in 1957 by Dean Charles A. Higgins. 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 quite moving for participants and congregants alike. This year's Christmas Pageant will be presented on Sunday, December 17 at 4 p.m.

All children and youth who are active in Trinity's choir and/or Christian Formation programs will be cast in the Pageant. A cast list will be posted on All Saints' Day along with a rehearsal schedule for blocking and speaking parts. Ms. Victoria and Mr. Jason have already begun rehearsing the music with the children during weekly choir practices.

In addition, back by popular demand, we will host a two-morning Pageant Workshop on Monday, November 20 and Tuesday, November 21 for all participants who are able to attend. Because so many of our children are out of school Thanksgiving week, this offers a great opportunity for us to work on the Pageant! Last year's workshop was a huge success -- providing needed rehearsal time, a creative outlet for our children and a convenient service for working parents. The program will meet from 9 a.m. to noon on both days which will blend rehearsals with seasonal fun!

As always, volunteers are needed as we work to bring this ministry to life! So, if you would be willing to help out (assist workshop staff, provide snacks, mend costumes, shepherd cast members...) please contact Susan Allen by emailing slyallen68@gmail.com or by calling 501.749.5943.



310 W. 17th Street
Little Rock, AR 72206-1492
Office: 501-372-0294
Fax: 501-372-0416
www.trinitylittlerock.org

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.

NON-PROFIT ORG
US POSTAGE PAID
LITTLE ROCK, AR 72206-1492
PERMIT# 1633

Address Service Requested

Bob Goff

February 8, 2018

What goals and dreams have you been putting off out of fear or the thought that you can't do it, that it's too hard? Chances are, Bob could talk you out of those thoughts and send you charging into your next adventure. Take it from a guy who had the audacity to put his cell number in the back of his



book: there's a huge power in just being present, being available, to those around you. What if you took time for the people in your life? What if you made some audacious plans to rock their lives? Try it and see what happens.

Tickets are \$25 for general seating or \$100 for patron tickets (which include an invitation to the Sponsors & Patrons reception and reserved seating).

The lecture will begin at 6:30 p.m. in the Cathedral, with a reception following in Morrison Hall. Books will be available to purchase and have signed. There will be a Sponsors & Patrons reception prior to the lecture at 5:30 p.m. in Morrison Hall.

For more information and to purchase tickets visit <https://www.trinitylittlerock.org/insights/>

For more information on sponsorships, please contact The Rev. Amber Carswell at acarswell@trinitylittlerock.org