

# THE MESSAGE

The Newsletter of Trinity Episcopal Cathedral A House of Prayer for All People • January 2018

# **SPECIAL EVENTS ALL MONTH**

# January 7 Amber's Last Sunday: Come Say Goodbye!



Holy Baptism at 11:15 a.m.

# January 21 (morning)

Vestry Election Opens: Come Cast Your Vote

### **Vestry Nominees**

Rett Tucker
Jane McMullin
Ellon Cockrill
Ashley Craig
Justin Laffoon
Denise Albert
Wade Brock
Susan Penick
Lisa McNeir
Adam Baldwin
Elsa Crocker

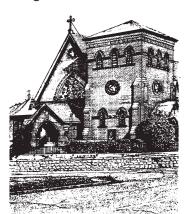
# January 21 (afternoon)

1st Recital for Rededication of the Organ: Come Listen



# January 28

Annual Parish Meeting
- Brunch on the House in
Morrison Hall
- Regular Service Schedule



# Sundays at Trinity

# The Dean's Class in the Deep Midwinter

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

<u>December 31</u> Victoria Harden: "The Organ Inside and Out: Part II) (inside the Cathedral, at the organ)





January 14 Elizabeth Eckford (one of the Little Rock Nine) and author Eurydice Stanley discuss their collaboration on a book about Elizabeth's courageous role in integrating Central High School: The Worst First Day: Desegregating Central High School.



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**

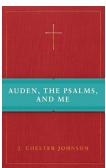
We are still talking about Parables in our class and will continue through January. On February 11 we plan on joining other Episcopalians and reading for Lent - The Gospel of Luke followed by The book of ACTS - through the Lenten season. Following the Lenten season we plan on starting "A Journey with John." Join us for some great conversation. Led by Randy Irwin and Shep Miers.

January 7 Farewell reception for Amber and Melissa



January 21 J. Chester Johnson, author of "Auden, the Psalms and Me," recalls his important part in writing the translation of the psalms in our current Book of Common Prayer. The poet W.H. Auden was keenly and prominently involved in that translation effort.





# **Evensong**

Beginning January 7 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. It begins with an organ prelude (there is no sermon) and ends with an elegant tea in Baker Parlor. Evensong on January 21 will be followed by the first Organ Rededication Recital.

# 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.

# Living the Questions

Living the Questions meets 10:15 – 11:10 a.m. in the Library/Lounge of Cathedral House. This class is a quick-moving discussion in which each person is invited, but not required, to participate. Bring your brunch.

Dec. 31 No Class, Happy New Year

Jan. 7 Class Reboot and Plans for 2018

Jan. 14 - 29 "Love Wins" Christian Universalism based on a book by Rob Bell and the writings of C.S. Lewis facilitated by George Harper

# 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!)

6:00 - 7:00 p.m. Cathedral Hand Bell Choir

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:

- A Winter Inquirer's Class with the Dean (Morrison Hall) 6:15 7:15 p.m. January 3 through February 7
  - Christ and Culture: Sexual Harassment in the Workplace (Conference Room) 6:15 7:15 p.m. January 3 through January 24

# A Winter Inquirer's Class with the Dean

About God, a Question I have is . . . Wednesday nights (6:15 to 7:15) in Morrison Hall Leader: The Very Rev. Dr. Christoph Keller, III, Dean and Rector

January 3, 10, 17 and 24 January 31 (with the Rev. Dr. Lisa Corry) February 7

Supper is offered from 5:15 in Morrison Hall (\$7 for adults, \$4 for children under 12) Free Child care in the nursery.

Send your questions in advance to: ckeller@trinitylittlerock.org. In subject line say: "About God, a question I have is"

Come and bring a friend!

# Christ and Culture: Sexual Harassment in the Workplace

Come to this four week discussion class on a current issue in the forefront of our national discussion: sexual harassment in the workplace. We'll explore historic approaches to faith and culture and think together about light they may shed on this painful and important issue for our life and times.

Dates: Wednesdays January 3, 10, 17, and 24th.

Location: Conference Room

Facilitator: Rev. Dr. Lisa Corry

# **Vestry Nominees**



**Rett Tucker** 

How long a member: 68 years (baptized); 56 years (confirmed)

Service: 9:00 a.m.

Family: Becky, wife

Kathryn Tucker and Gabe Mayhan, daughter and son-in-law

Tucker Mayhan, grandson (2) and Baby Girl Mayhan, due February 1st

Clarke and Toni Tucker, son and daughter-in-law

Ellis Tucker (8), grandson and Mari Francis Tucker (5), granddaughter

**Trinity Passion:** As a lifelong member who has witnessed all the ups and downs since 1950, I am passionate about the whole place. It's a second home for me and my family. It's where we come for spiritual sustenance and enlightenment and be in fellowship with our caring parishioners. I've served 3 previous terms on the vestry, chaired the EMC 4-5 times and served as a eucharistic minister for 35 years. I am inspired to do more by our superb clergy team, led by Chris Keller. I think Trinity's role in the community is also important and merits our intentional commitment to be a force for good.



## Iane P. McMullin

How long a member: I've been a member 48 years.

Service: 9:00 a.m.

### Family:

I've been a widow since Carleton died in 2015.

I have a son in Los Angeles and a daughter in St. Louis, three grandchildren and one great

grandchild.

**Trinity Passion:** I have served on the Vestry 3 times, the Endowment Board, and was Chair of the Capital Campaign to restore the Cathedral. This whole place and all of its people, their willingness to serve in SO many ways, their warmth, compassion, and enthusiasm. The challenge for us to bring in more and younger members. The importance of each of us

leaving a legacy for the future---like the ones we have been given and are enjoying. I am willing.



### Ellon Cockrill

How long a member: I've been a member for over 44 years.

**Service:** 9:00 a.m. or 11:15 a.m.

#### Family:

Rogers Cockrill has been my husband for 46 years. I have a daughter Ashley Cockrill Ernemann (Andrew) who lives in Aspen, CO, and they have two sons Tillar (8) and Cornell (5) who were christened at Trinity Episcopal Cathedral. I have a son Rogers Tillar Cockrill (Jenny) who lives in Little Rock and they have one daughter Georgia (6) who was christened at Trinity Episcopal Cathedral and they attend St. Marks.

Trinity Passion: At Trinity I am a member of the Hand Bell choir, the Needlepoint Guild, All Saint's Guild, and the Matthew Pastoral Team. I am passionate about all of these involvements and hope to continue to serve Trinity through these programs.



# Ashley Craig

**How long a member:** I first visited Trinity Cathedral in September 2015 and have been regularly attending ever since. I was confirmed on May 1, 2016

Service: 11:15 a.m.

Family:

Justin Craig, Husband

**Trinity Passion:** I am actively involved in the Young Adult Ministry and am passionate about the fellowship and spiritual growth that I have experienced as a member of this wonderful group. I am honored to be considered for a position on the vestry!



## **Justin Laffoon**

**How long a member:** I have been attending Trinity since 2008 and was confirmed into the Episcopal church in 2014.

**Service:** 11:15 a.m.

#### Family:

I am a widower, but have a partner of 4 years, Craig Cox, who also attends Trinity. I have 4 year old godson, Connor and two younger sisters that are my "babies," along with two very rambunctious lab mixes that my mother consider her "grandchildren."

**Trinity Passion:** I have previously been active in young adult ministries but as I get older, I'm becoming more passionate about ministries that contribute to bettering our community.



### **Denise Albert**

**How long a member:** 6 years (2011). Greg grew up Episcopalian, but I was confirmed at Trinity and our children were baptized at the Easter Vigil during our first year as Arkansans.

Service: 9:00 a.m.

#### Family:

Greg, Husband

Cameron (9) and Grace (6), children

**Trinity Passion:** I am proud to say I've been involved in many activities and ministries in our 6 year membership at the Cathedral that I am very passionate about. Some of my volunteering and programs include co-teaching guide of Catechesis of the Good Shepard,

Family Ministry Committee, INSIGHTS committee member, Culinary Guild, 3rd year EfM student, Ministry of Mother's Sharing, and most recently a London Pilgrim.



Wade Brock

How long a member: 11 years (2006)

Service: 9:00 a.m.

### Family:

Mary Starr, wife

We have three children who were all baptized here.

**Trinity Passion:** I have participated as a parishioner supporting the church and Mary Starr in her work on the Children and Family Ministries Committee. Our children are involved in formation and the cherub choir. When asked if I would stand for election to the vestry, I had been contemplating how I might best serve in our church. After thoughtful consideration

and discussion with Mary Starr, I gladly accepted. I would like the opportunity to offer my time and experience to the vestry and our Cathedral.



Susan Penick

How long a member: 37 years

Service: 9:00 a.m.

#### Family:

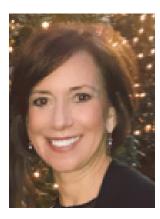
Carroll, Husband

We have two married daughters. Frances and her husband David Mitchell, Sarah and her husband Ryan Gibson, and three wonderful grandchildren.

**Trinity Passion:** My involvement at Trinity has mainly been with programs for children and youth. In years past I taught Sunday school and helped with the youth group. Currently I lead the Children's Liturgy once a month and serve on the wedding guild. I enjoyed serving

on the committee for the first two Bliss celebrations. I hope I can continue to focus on children and youth while also getting involved with Trinity's outreach in the community.

# **Vestry Nominees continued**



Lisa McNeir

How long a member: 20 years

Service: 9:00 a.m.

Family:

Mother-in-law, Jane

I have two step-children, Margie and Scott, and my youngest daughter, Sophie.

**Trinity Passion:** I have always appreciated our church's commitment to its members and to the community. I believe several programs we have started in recent years, such as the Insight series, does much to address the needs of both. Many of the outreach programs help us practice our faith and values in a very active way and I would like to be a part of strengthening those efforts.



### **Adam Baldwin**

How long a member: 2 years

Service: 9:00 a.m. and 11:15 a.m.

Trinity Passion: I love so many aspects of our shared life at Trinity, but those ministries about which I feel most passionate are those especially connected to the Cathedral's mission as a center of culture and civic life in the community. These include the many unique opportunities for learning and discussion: the Cathedral's nascent Theological Debate Society, the Arts Outreach program, the celebrated Insights Lecture Series, or classes like "Christian Faith & Modern Science" and "Living the Questions," taught for so many years by our dearly departed Dr. Robert Johnston. These thoughtful ways of engaging with the world spiritually--and mentally-

are needed now more than ever in American Christendom.



Elsa Crocker

How long a member: 50+ years

Service: I attend 7:30 a.m., 11:15 a.m. and 4:00 p.m.. I consider 7:30 a.m. my "home" service.

Family:

Charles Crocker, husband

We have two adult children, Maggie Grove and Charles Crocker Jr. and two grandchildren.

**Trinity Passion:** I have served on the vestry and am a lector, E/M, and intercessor. I am a member of the needlepoint guild and spent about 25 years on the wedding guild. I truly love to focus on events that get us together as a congregation such as chili suppers and other parish events. This has been my only church and I would appreciate the opportunity to help it in any way possible.

# **OPPORTUNITIES FOR SERVICE IN JANUARY**

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

- I. Give someone a ride to church. Contact Russ Snapp, 870-664-6404
- 2. Help fold, seal, and label the Message on January 25. Contact Riley Matheny, riley@trinitylittlerock.org

# THE TOWNSEND AND BROOKS WOLFE HEARING CHARITABLE TRUST

The Townsend and Brooks Wolfe Hearing Charitable Trust was established with the Arkansas Community Foundation by Brooks Wolfe to honor the memory and philanthropic spirit of her late husband Townsend. The Community Foundation will partner with Trinity in the distribution of these funds to needy and deserving recipients. The trust has already supplied hearing aids for adults with limited fixed income; it has installed sound-field systems in the kindergarten classrooms of Little Rock Preparatory Academy and fitted nursing home residents with assistive listening devices. If you know of someone who could benefit from such services, contact Brooks Wolfe at 501-410-4455 to inquire further. If you would like to contribute to the fund, contact the Arkansas Community Foundation and ask how to contribute to the Townsend and Brooks Wolfe Hearing Charitable Trust.

# THEOLOGY 501 - JANUARY 9

What happens when we pray? Is there a right or wrong way to pray? Join Betsy Baumgarten in a conversation about prayer. We'll look at a few different ways to pray while also wrestling with the theology of offering up prayer to God. Betsy Baumgarten is an Episcopal Priest who serves as the Executive Co-Director of Camp Mitchell, our camp and conference center on Petit Jean Mountain. Join us on Tuesday, January 9 at Cregeen's in North Little Rock from 7:00 - 8:00 p.m.

# **Annual Meeting - January 28**

Join us on Sunday, January 28 at 10:15 in Morrison Hall for the Annual Meeting and a complimentary brunch.

# Second Annual Episcopal Men's Retreat and Camp Mitchell Volunteers

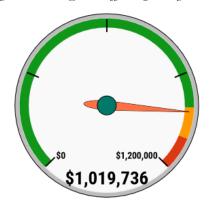
Plans are being made for the Second Annual Episcopal Men's Retreat to be held at Camp Mitchell, Friday, April 6 through noon Sunday, April 8th. I would appreciate someone (or several) from your Parish help promote this retreat locally. Those participating in 2017 felt strongly that we should make this an annual affair.

Secondly, I lead a group, (Camp Mitchell Volunteer Corp) made up of men, women, and teens that meet at 9:00 a.m. the second Saturday of each month at Camp Mitchell to help with camp maintenance. We scrape, paint, repair, build, fell and cut up trees, wash windows, maintain the trails, work in the gardens.... anything Camp Mitchell needs done. Over the last 2 years we have given roughly 2000 hours of volunteer work. We don't expect anyone to work every month, some do but others may work one, two or three a year. Lunch is provided. No experience is needed. We usually are finished between 3:00-4:00 p.m.

Anyone interested in one or both of these projects, call Dr. Harold Hedges at 501-951-7639 or email him at hhhedges3@gmail.com.

# A STEWARDSHIP UPDATE

We are well on our way toward our \$1.1 million goal and \$1.2 million stretch goal. To make a pledge, please fill out the 2018 Pledge Form and mail it to the church offices or drop it by anytime Monday through Friday, 8:30 a.m. to 5:00 p.m. Pledge forms can be found at the back of the Cathedral, in the church offices and can also be mailed to you by sending your request to riley@trinitylittlerock.org or sstafford@trinitylittlerock.org.



## **EYC News**

## Looking Ahead in the New Year:

MLK Service Monday (Jan 15): Join us on Martin Luther King Jr. Day for a Day "On" (not "off"). We will meet at Trinity at 8:45 a.m. and then head to St. Francis House where we will volunteer for the morning (and then have lunch.) A great opportunity for service hours! Let Olivia know if you plan to join: ogoza@trinitylittlerock.org

Service Saturday @ Camp Mitchell (Feb 24): Trinity Youth (grades 6-12) will journey to Camp Mitchell for a day of service projects (trail clearing, garden work, leaf raking, etc). This is an opportunity to give back to our Camp, while also having a day of fun on the mountain! We will carpool in the van to and from the church. Lunch will be included in our day. More details to come.

Spring Break in the Rock (Mar 20-22): Trinity is joining with youth from Christ Church and St. Margaret's for three days of Spring Break fun...locally! Join us as we explore downtown, hike Pinnacle, play games, make crafts, and more. Mark your calendars! More details to come.

Confirmation Classes: We will begin our classes on January 21st. Classes will be held during the Formation Hour (10:15am) in the Iona Room. All youth are invited to attend. Confirmation Sunday is May 20th.

Jan 21: "Scripture & Intro to the Episcopal '3-Legged Stool"

Feb 11: "Lent & Prayer"

Mar 4: "Tradition"

Apr 8: "Resurrection: Service & Ministry"

Apr 22: "Reason"

May 6: "Bringing it all together"

May 20: Confirmation Sunday

## **EYC Spring Calendar:**

### January

7: EYC 5-6:30pm (Trinity Gym)

14: No EYC (MLK Holiday)

15: MLK Service Day @ St. Francis House

21: EYC 5-6:30pm (Trinity Gym)

28: EYC 5-6:30pm (Trinity Gym)

### **February**

4: EYC: Super "Bowling" Sunday @ Professor Bowl

11: EYC: House of Prayer (@ St. Margaret's)

18: EYC 5-6:30pm (Dine Out)

24: Service Saturday @ Camp Mitchell

25: EYC Olympics (@ Christ Church)

### March

4: EYC 5-6:30pm (Trinity Gym)

9-11: Winterstar @ Camp Mitchell

11: No EYC (Winterstar)

18: No EYC (Spring Break)

20-22: Spring Break in the Rock

25: EYC 5-6:30pm (Trinity Gym)

### April

1: No EYC (Easter)

6-8: Happening @ Camp Mitchell

8: EYC 5-6:30pm (Dine Out)

15: EYC 5-6:30pm (Trinity Gym)

22: Central Convocation EYC Picnic

28: Service Saturday @ Heifer Ranch

29: EYC 5-6:30pm (Trinity Gym)

#### May

6: EYC 5-6:30pm (Dine Out)

13: No EYC (Mother's Day)

20: End of Year Party

### **Summer Dates**

June 6: Night at the Travelers

June 10-15: Sr. High Camp @ Camp Mitchell

June 17-22: Jr. High Camp @ Camp Mitchell

July 15-20: Diocesan Mission Trip to Stuttgart

July 17-21: SUMMA @ Sewanne

Please remember Trinity Cathedral in your will.

# **Music at Trinity**

## Music Notes from Victoria

Thanks so much to all of you who have made this Advent season so very special this year. The children's choirs have been a joy, singing beautifully in our Sunday morning services and for Lisa Corry's ordination. Many have noted that this ordination was beautiful because of the person being confirmed and because of the Seraphim Singers leadership in the liturgy



The next several months are going to be very active for the music department at Trinity.

The first of the four organ re-dedication recitals will be held on Sunday, January 21st following the 4:00 Evensong. Our recitalist, Daniel Beckwith, has been organist or associate organist at most every major Episcopal Parish in New York City including the Cathedral of St. John the Divine. He currently is principal organist at St. Ignatious Loyola Roman Catholic Church, famous for being Jackie Kennedy's home parish. Danny has taught at Westminster Choir College, has conducted the orchestra for several operas at the Metropolitan Opera House, has been a guest conductor for orchestras all over the world, and has served as personal accompanist for great singers such as Marilyn Horne and Fredrick Von Stade.

Danny has conceived this organ recital as a tour of the Liturgical Year to showcase the changes and capabilities of our newly renovated instrument. The music will be accessible and uplifting. I hope that you all will put this Sunday afternoon on your calendar and join us for the services and for the fabulous celebration party afterwards.

The next three recitals will be equally fantastic so please mark your calendars: Friday night February 23 at 8:00 p.m. (Rob Lehman); Friday night April 27 at 7:00 pm. (Jason Pennington-Saugey); and Friday night July 13 at 7:00 p.m. (Burton Tidwell).

Our first Chamber music program for 2018 will also happen in January on the 29th "More Tchaikovsky". This program will follow a weekend of the Arkansas Symphony Orchestra presenting symphonic music by the Russian composer. We will present Tchaikovsky's chamber music. Kiril Laskarov and friends will bring us the famous Piano Trio as well as other delightful selections. The time of the concert will be 7:00 p.m. and tickets are \$15 available at the door.

Regular choir rehearsals will start on January 10 with the same schedule; Cherubs 3:30 – 4:15; Seraphims 4:30 – 5:30; Hand Bells 6:00 – 7:00; Cathedral Choir 7:15 – 8:45. Please come join us as we make music for the service of our God in 2018.

Victoria

## 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:**

Cathedral Handbell Choir: Wednesdays, 6:00 p.m. to 7:00 p.m.



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.

## CHILDREN AND FAMILY MINISTRY



The Christmas Pageant was wonderful. Thanks to all who assisted with costumes, reception, preparation workshop, music, etc. Special thanks to director Susan Allen for her dedication to this beloved Cathedral tradition.

You may wonder why we use the Catechesis of the Good Shepherd curriculum in our atria. This is the beginning of a series meant to help you understand a little more about what goes on when you drop your children off on Sunday morning.

## The Characteristics of the Catechesis of the Good Shepherd

What distinguishes The Catechesis of the Good Shepherd from other methods of faith formation? The Characteristics of the Catechesis of the Good Shepherd (or 32 Points of Reflection) represent the principle aspects of this method of catechesis as they have emerged from the observation and work with children by Sofia Cavalletti and Gianna Gobbi. Catechists from around the world from different countries, cultures and socio-economic backgrounds have contributed to these discoveries of the vital needs of children's religious life. These characteristics reflect the constants of this method. This newsletter shares with you the first characteristic:

- 1. The child, particularly the religious life of the child, is central to the interest and commitment of the catechist of the Good Shepherd.
  - The catechist observes and studies the vital needs of the child and the manifestations of those vital needs according to the developmental stage of the child.
  - The catechists live with the child a shared religious experience according to the teachings of the gospel: "Except you become as little children, you cannot enter the kingdom of God." (Matthew 18:3)
  - The catechist attends to the conditions that are necessary for this life to be experienced and flourish.

### What is the "religious life" of the child?

The Catechesis of the Good Shepherd gives primary focus to the relationship with God through Jesus and offers a sacred place where the child can be initiated into the religious life. God and the child have a unique relationship with one another, particularly before the age of six. Through the proclamations of the Word, this relationship is affirmed for the child and assists in helping the child to draw nearer to God. To speak about the religious life of the child is to speak about how the child dwells with the mystery of God.

### How does The Catechesis of the Good Shepherd and the Atrium assist the religious life of the child?

The Atrium allows the child the space to draw closer to God. It is a place where the child can listen to the proclamations of the Good News from the Word of God; meditate on the Word of God and begin to live it according to the child's own rhythm. It is a place for the announcement of the Word of God, a place for celebration and also a place for work. It is an environment in which work becomes meditation and prayer. The child's expression of the religious life is manifested through prayer responses whether silent or aloud, in contemplation, and through artwork.

We need to hear from you: Please let the church office know if you are sick or hospitalized and would like prayers or a clergy visit. Due to HIPPA regulations hospitals cannot release patient information unless you also sign in as an Episcopalian at Trinity Cathedral. Office number is 501-372-0294 and email is riley@trinitylittlerock.org.



# Daniel Beckwith, Organist

the first in the

# Cathedral Organ Rededication

series



Mr. Beckwith is the principle organist at St. Ignatius Loyola, New York City. He will accompany our Evensong service at 4:00 p.m. then offer a recital which will be followed by a gala reception in Morrison Hall.

Sunday, January 21 at 4:00 p.m.

310 West 17th Street Little Rock, AR 72206

FREE AND OPEN TO THE PUBLIC



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.

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Address Service Requested

# Insights

# **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 <a href="https://www.trinitylittlerock.org/insights/">https://www.trinitylittlerock.org/insights/</a>

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