

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



Sunday
7:30 a.m., 9:00 a.m., 11:15 a.m.,
Summer Sundays on Spring St.
5:00 p.m.
Wednesday
Healing Eucharist at 5:15 p.m.
Monday - Friday
Morning Prayer at 9:00 a.m.

THE MESSAGE

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



Coming in September...

THE Insights LECTURE SERIES

PRESENTS

Jon Meacham

September 6, 2018

Tickets available beginning July 22

Presidential historian, Pulitzer Prize-winner, and contributor to TIME and *The New York Times Book Review*, Jon Meacham is one of America's most prominent public intellectuals (and a Sewanee graduate!). A regular guest on *Morning Joe*, he is known as a skilled raconteur with a depth of knowledge about politics, religion, and current affairs. Meacham brings historical context to the issues and events impacting our daily lives.

Debuting at #1 on the New York Times best sellers list, his new book, *The Soul of America: The Battle for Our Better Angels*, examines the present moment in American politics and life by looking back at critical times in U.S. history when hope overcame division and fear.

As the fall speaker in our Insights Lecture Series, Jon Meacham will join us Thursday, September 6 at 6:30 p.m. **Tickets may be reserved beginning Sunday, July 22.** Patron tickets are available as well as General Admission seating. Your generosity helps to keep this program financially accessible and sustainable in the future. Thank you for your support! To find more details about ticket prices and reserve your seat today go to <https://www.eventbrite.com/e/trinity-cathedral-presents-jon-meacham-tickets-47217313255>

The Insights Lecture Series seeks to bring contemporary Christian voices to the Central Arkansas community.

This event is sponsored by the Cindy Bost Wellness Trust.

SUNDAY MORNING FORMATION

10:15 a.m. to 11:05 a.m.

The Dean's Class

Morrison Hall

July 1: Dr. Robert Williamson on his founding of Mercy Church

July 8: Dr. Snapp, "Reflections on a Pilgrimage to the Holy Land"

July 15: Dr. Snapp and Victoria, "Contemplative Mass: What is it? How does one do it? Would it work for you?"

July 22: Emma Mitchell and Strategic Task Force, "Invite, Welcome, Connect: Building Community at Trinity!"

July 29: Jason Pennington-Saughey, "The Mystery and Music of Gregorian Chant"

Living The Questions

Baker Parlor

July 1: Gospel of Luke

July 8: Join the Dean's Class

July 15: Gospel of Luke

July 22: Gospel of Luke

July 29: Gospel of Luke

Interested in a Bible study? How about a gospel?

Why not Luke? Did you know...

- The book of Luke has been called the "loveliest book in the world?"
- Luke is our ONLY source for the stories of "the good Samaritan and the "prodigal son?"
- Luke was a physician, an artist and a gentile?
- Luke tells us about the UNIVERSALITY of God's love and mercy?
- Luke teaches us about Jesus' compassion for WOMEN, minorities and social justice?

Join Living the Questions for a study of the Gospel of Luke facilitated by George Harper.

Parents' Group

Lower Mitchell House

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 Marcia Wayland at marica.wayland@gmail.com.

Pilgrims' Progress

Conference Room

Pilgrim's Progress will continue to meet in the month of July and will be studying the Gospel of John.

Childrens' Formation

Children ages 3 through 5th grade will meet in the Good Shepherd Atrium (down the hall past the "knight").

We will be looking at Old Testament stories (10 Commandments, Deborah, Samuel, etc) this summer.



Youth Formation

Morrison Hall

All youth are invited to attend our weekly Formation Hour. This summer we will be meeting in the Dean's Class for breakfast together.

Sunday Breakfast

Enjoy before or during formation hour 8:30 a.m. to 11:00 a.m. on Sunday mornings in Morrison Hall.

\$5.00.....Adults
\$3.00.....Children (<12)
\$20.00.....Whole Family



WEDNESDAY EVENINGS

Wednesday evenings are a time to stop during our busy week, come together as a parish, and worship, socialize, and learn, as a community.

The schedule is as follows:

5:15 p.m. Service with Healing Unction in the Cathedral

5:30 - 7:00 p.m. Tower Bell Ringers

* Children's Choirs will resume September 5th

** Cathedral Choir will resume August 8th

*** Wednesday evening classes will resume in the fall.

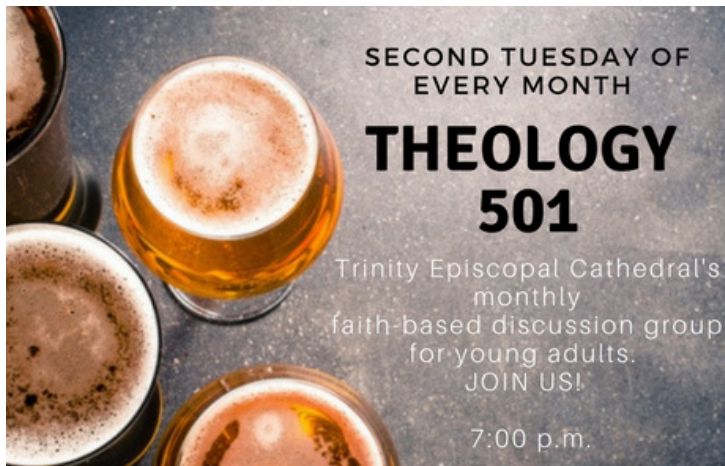
OTHER OFFERINGS

Centering Prayer

Pierce Chapel

We will meet weekly on Monday at 1:00 p.m. in Pierce Chapel. In Centering Prayer, we seek to be in silence before God. We'll sit for 20 minutes in silence. After the 20 minutes we'll be finished, but as is helpful we'll support each other in this prayer practice through group discussion. Questions? Contact Rev. Dr. Lisa Corry at lisa@trinitylittlerock.org

YOUNG ADULT NEWS



THEOLOGY 501

July 10 | 7:00 p.m. | Trinity Lounge

Once again we'll meet at Trinity in the Library/Lounge room right off the front office! Our discussion will be around our questions about the Episcopal Church! Feel free to BYOB (alcohol and non-alcoholic beverages welcome!) All adults in their 20's and 30's are invited to join!



SUNDAYS AFTER THE 11:15 A.M. SERVICE!

Beginning June 10, we'll gather to eat and shop at the Bernice Garden Farmer's Market on Sunday afternoons.

Make it your Sunday shopping time,
or just grab a tasty treat!

Located 4 blocks away on Main Street.

If walking from church, we'll meet in Morrison Hall
following the service, around 12:15 p.m.

SATURDAYS OF SERVICE

Every few months we'll host a volunteer workday at a nonprofit organization on a Saturday afternoon. Have a nonprofit you care about? Know a place in need of a few helping hands? Contact Emma Mitchell at emitchell@trinitylittlerock.org to set up a volunteer day with the Trinity Young Adults!

LOOKING AHEAD:

THE EPISCOPAL CHURCH'S GENERAL CONVENTION

July 5-13

The 79th meeting of the Episcopal Church's primary governing body, known as the General Convention, will meet in Austin, Texas, from July 5 to July 13 this year. It meets once every three years. In between conventions, an Executive Council carries out the Convention's will in the day-to-day affairs of the Church. Mr. Thomas Alexander, assistant organist at Christ Church, Little Rock, is a member of this Executive Council. At Convention, the Diocese of Arkansas will be represented by four clergy deputies and four lay deputies, along with our Bishop. For legislation or resolutions to be passed in Convention, they must be approved by a majority in both the House of Bishops and the House of Deputies. This summer, the Convention will tackle many issues, among the most prominent of which are same-sex marriage and Prayer Book revision.

Deputies from the Diocese of Arkansas include: Mr. Thomas Alexander of Little Rock; Mr. Robert L. Brown of Little Rock; Mr. Randall Curtis of Little Rock; Ms. Jeannie McCabe of Fort Smith; The Rev. Stan McKinnon of Siloam Springs; The Rev. Sara Milford of Hot Springs; The Rev. Suzanne Stoner of Fayetteville; and the Rev. Mary Vano of Little Rock.

ARKANSAS INTERFAITH CONFERENCE CHOIR CAMP

July 22 – July 28

A choir camp will be held at Subiaco Abbey in Subiaco, Arkansas July 22-28. This choir camp was established in 1976 by Trinity Cathedral. It is open to students who have completed 3rd through 12th grade. No prior choral experience or membership in a choir is necessary – only a love of singing! This camp offers an intensive music program with classes in choral singing, hand bells, liturgy, Broadway song and dance, history, poetry, and art. They aim to provide a healthy balance between work and play. Recreational activities include swimming, hiking, tennis, games, movies, and dances. Register online at choircamp.org.

Housing Needed

On Sunday, August 5th, the Summer Sundays on Spring Street service at 5:00 p.m. will be sung by the Arkansas Interfaith Choir Camp campers, current and previous. We will need housing for some of these folks that evening who are coming from out of town. If you have space to house any of these campers (many who will be adults) on August 5, please e-mail victoria@trinitylittlerock.org. And if you've ever attended the choir camp which was started by Charlie Rigsby at Trinity many years ago, you are invited and encouraged to sing at this service. Rehearsal will begin at 4:00 p.m. on August 5th. Join us!

CHILDREN'S MUSICAL THEATRE OUTREACH CAMP

July 30 – August 3

Camp will present *Pirates of Penzance*. This camp is free and open to the public for children who have completed 2nd grade through high school. Register www.trinitylittlerock.org/events/piratesofpenzance

TRINITY TREASURES 2018

August 3-4

Clean out those closets and move out that unneeded furniture! Trinity Treasures will be here before you know it! If you have large items, we are happy to store them for you. Just email or call Josiah Wheeler at 588-3653 or josiah@trinitylittlerock.org and he will set up a time to meet you at our storage facility. Smaller items can be brought to Trinity.

This is a great way to support ECEP! The sale will be Friday and Saturday, August 3 and 4. We hope to see everyone there. Lots of treasures!!

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 announcements. 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.

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.

Please remember Trinity Cathedral in your will.

Want something in the Message?

Send it to Riley at riley@trinitylittlerock.org by July 18th.

COMMUNITY NEWS & ANNOUNCEMENTS

MANNA BAG RESTOCK!

Our manna bag supply is practically empty and almost daily we have someone in need at the church who we would like to provide with water and a simple snack. The Matthew 25 Committee is requesting the following items in order to restock the supply:

- Plastic water bottles
- Non-perishable snacks (Ex: peanut butter crackers, applesauce, granola/protein bars)
- *Please nothing too hard or crunchy due to problems with teeth
- Small Tissue packages

Bring your donations to the baskets at the back of the church or to the church offices any day of the week! Your generosity is appreciated

THE TOWNSEND & 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.

MATTHEW 25 UPDATE

When Jesus said that whatever you do for the least of my brethren you also do for me, he was giving us both a direction and challenge. Jesus was referring to what some call “dirty hands Christians” who give of themselves to help others. Trinity Tuesdays is an opportunity to get your hands dirty helping our team help Saint Francis House with their clothing and donation room. To sign up online go to our invitation page on SignUp.com: <http://signup.com/login/entry/4070041988500300121> or call Mary Wilson at 501-912-8451 to sign up for a time slot between 10:00-4:00. Join the Trinity team in this wonderful ministry!

To help make donations simple we are inviting you to set up a Sunday Sack in your home where you can place items that you want to donate to Saint Francis House or the Stewpot. When the sack is full simply bring it to the church office or the St. Francis box in Morrison Hall, and it will be picked up and distributed. This will give you a place to put those items that you realize that you can live without, but that might make a difference to someone.

The Stewpot needs Men’s athletic shoes and blue jeans of any size. Trinity has had a cooking team at the Stewpot every other Monday for over 30 years. This is one of our longest running outreach ministries. For more information call Kay Shurgar at 681-4407.

This month the school bus box will again be placed in Morrison Hall to gather school supplies to help our neighbors, the children at Little Rock Preparatory Academy. A list of needed supplies will be posted in the bulletins and weekly emails. Think paper, pencils, color crayons, tissues, hand sanitizer, backpacks etc..

Dinner with the Vets will be in August this year and will be part of the Summer Sundays on Spring Street event series. More information to follow

OPPORTUNITIES FOR SERVICE IN JULY

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 July 25.
Contact Riley Matheny, riley@trinitylittlerock.org



JULY 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SSOSS - Choral Evensong YA Farmers' Market Walks (following the 11:15 service)	2 Centering Prayer 1:00 p.m. Pierce Chapel	3	4 Independence Day (Offices Closed)	5 General Convention July 5-13	6	7
8 SSOSS - Bluegrass Mass (Pasta & Family Movie Night) YA Farmers' Market Walks	9 Centering Prayer 1:00 p.m. Pierce Chapel	10 Theology 501 at Trinity! 7:00 p.m.	11	12	13	14
15 SSOSS - Taize Contemplative Mass YA Farmers' Market Walks (following the 11:15 service)	16 Cathedral Camp 9:00 - 12:00 Centering Prayer 1:00 p.m.	17 Cathedral Camp 9:00 - 12:00	18 Cathedral Camp 9:00 - 12:00	19 Men's Breakfast 7:00 a.m. Cathedral Camp 9:00 - 12:00	20 Cathedral Camp 9:00 - 12:00	21
22 SSOSS - Camp Sing-a-long Service YA Farmers' Market Walks (following the 11:15 service)	23 Centering Prayer 1:00 p.m. Pierce Chapel	24	25	26	27	28
29 SSOSS - Talent Show & Potluck YA Farmers' Market Walks (following the 11:15 service)	30 Children's Musical Theatre Outreach Camp 10:00 a.m. - 3:00 p.m. Centering Prayer					



THE DEAN'S CLASS :

“REFLECTIONS ON A PILGRIM-AGE TO THE HOLY LAND”

July 8 | 10:15 a.m.

At the Dean's class on Sunday, July 8, at 10:15 a.m. in Morrison Hall, Dr. Snapp will reflect on his experiences in the Holy Land, along with 43 other pilgrims, between May 28 and June 8. Led by Episcopal monks of the Society of St. John the Evangelist, the group visited holy sites in Jerusalem; Bethlehem; Jericho; Nazareth; and along the Sea of Galilee, among other places.



Sing-a-long

Sunday, July 22nd

Trinity Episcopal Cathedral

310 W. 17th St. Little Rock, AR 72206

Music and Worship begins at 5pm.
Followed by food and fellowship

camp songs. pizza. smores. screen-printing. raffle tickets.

THE DEAN'S CLASS : “THE MYSTERY OF GREGORIAN CHANT”

July 29 | 10:15 a.m.

On Sunday July 29th, Trinity Cathedral Associate Director of Music Jason Pennington-Sauey will discuss the music to be used at the upcoming Gregorian Chant Mass scheduled as part of the Summer Sundays on Spring Street, August 19th. He will provide a brief description what Gregorian Chant is and the origin of the chants. In addition, he will explain how the body of Gregorian Chants is arranged and ordered into the Graduale Romanum, Liber Usualis, and Graduale Simplex as propers, commons, ordinaries, and psalmtones for use liturgically throughout the Church Year, including the mechanics of chanting, the reading of neumes, as well as a basic explanation of chant modes.

The Month Ahead:

August

July 30 - August 3: Children's Musical

Theatre Outreach Camp

3-4: Trinity Treasures

5: Summer Sundays - Choir Camp

Choral Evensong

Noah's Flood

8-10: ECEP Closed

12: Summer Sundays - Bluegrass Mass

14: Theology 501

16: Men's Breakfast

19: Summer Sundays - Gregorian Chant

Contemplative Mass

26: End-of-Summer Celebration with

“Three on a String”

EYC News

Info on Magic Springs:

Mark your calendars for our EYC trip to Magic Springs on Friday, August 3rd. We will meet at St. Mark's at 9:30 a.m. to carpool, and will return by 5 p.m.. Cost is \$20/youth, plus any extra spending money. Scholarships are available. Youth must register to reserve a ticket. Contact Olivia to hold your spot: ogoz@trinitylittlerock.org.



EYC Magic Springs Trip
Friday, August 3rd. \$20/youth



YOUTH SUMMER DATES

July 8: Family Movie Night (Summer Sundays)
July 22: Camp Sing-a-Long (Summer Sundays)
July 29: Talent Show and Potluck (Summer Sundays)
August 3: EYC Magic Springs Trip
August 5: Family Game Night (Summer Sundays)
September 9: EYC Fall Kickoff!



CHILDREN & FAMILY NEWS

Summer Sunday Morning Volunteers Needed

During the summer, we have a fun low key class for children ages 3-5th grade. We give our school year Catechists the summer off and invite parents and others to help us out. Curriculum, crafts, etc are provided. We need volunteers for the following Sundays: July 8 and 29, and August 5 and 26. Please contact Dawn at dhowe@trinitylittlerock.org if you can help out. We will be looking at some Old Testament stories (10 Commandments, Deborah, Samuel, etc)

DO THE DESERT!

Join the children of Trinity Cathedral this summer
as they travel on their way to the Promised Land,
but first they must . . . *Do the Desert!*

For children entering
Pre-K thru 5th grade.

It is important to register in advance.

Space will be limited.

Registrations will be received on
a first come, first serve basis.



Trinity Cathedral's 2018 Cathedral Camp

Date: July 16-20

Time: 9:00 a.m. - 12:00 p.m.

Age: Children entering Pre-K thru 5th

Parents' Name: _____

Address _____

Zip _____

Phone _____

(H) _____ (W) _____ (cell) _____

E-mail address _____

Parish/Church _____

Child's Name

Age

Grade*

T-Shirt Size**

*Grade is the grade your child will enter in the fall of 2018.

**T-Shirt size is Child: 10-12, 14-16; Adult: S, M, L, XL

We are asking for a donation of \$20.00 per child to help cover the cost of the T-Shirt and supplies.

*Please return this form along with your check (payable to Trinity Cathedral) to Dawn
Howe, Trinity Cathedral, 310 West 17th Street, Little Rock, AR 72206*

Youth and Adults, we need your help also!

Name(s): _____

____ I(We) would like to be a part of the Cathedral Camp Team serving in the following capacity:

____ Group Leader ____ Set Up / Take Down ____ Snacks ____ Nursery ____ Other _____

MUSIC NEWS

Your very hard working Cathedral Choir will take a vacation from week night rehearsals during the month of July. The members of this amazing group currently are Anna Squire, Ann Marshall Grisby, Glory Alipit, Susan Mehlburger, Emily Madden, Hayley Coughlin, Mary Smith, Rosella Ewing-Terry, Adam Baldwin, Seth Kinney, Jerry Woods, Ben Utter, Dylan Pettit, Josiah Wheeler, Jacob Flippin, Doug Smith, John Stanley, Shelton Harden, George Grayson, Art Squire, and Jason Pennington-Saugey (when he's not playing the organ). We are soon to be decreased by 2 as Hayley and Rosella are moving from Little Rock and we will miss them terribly.

You might notice that the female voices are already outnumbered by the male voices so I am on the hunt for altos, both volunteer and professional. To sing with this group, one must be able to read music, sing at sight, be available for Wednesday night rehearsals and Sunday services (sometimes all day). But the music that comes from this choir makes being a part of it a joy.

If you know of anyone who might be interested (that includes you), I'd love to know (and male voices are always welcome even though we are desperate for altos). Please call or e-mail me.

The fall season will bring Chamber Music and Organ Recitals as well as a special performance by the Gentlemen of the Cathedral Choir of John Rutter's "Requiem" as arranged for male chorus by our friend and neighbor Jess Anthony. The date for this presentation is tentatively set for Friday night, October 26. A full schedule of special music and concerts will be available at Rally Day, September 9.

Thanks to all of you who have made Summer Sundays on Spring Street so successful so far. Our next Blue Grass Mass will fall on July 8. We will NOT hold this service outside but we will have our band back, this time playing in air conditioned comfort. We've asked them to play a longer prelude as so many of you wanted to hear more from them. Plan to come early and stay late. And check the schedule for the other special services which will continue through August, culminating with our big concert on August 26 by "Three on a String" (my favorite 'blue grass – comedy' group ever).

One last reminder – I hope you are all preparing your talent for the Trinity Talent Extravaganza on July 29. No acts are too small, too silly, or too excellent. Please visit our web site and find the link to the sign-up page and SIGN UP. There will be a pot luck that evening so we will have an amazing dinner cooked by you to go along with the amazing talent performed by you.

Thank you for all your participation, efforts, support, gifts, and talents. I am so happy to be among you as we continue to grow in the spirit.

Victoria



Choir Rehearsal Times

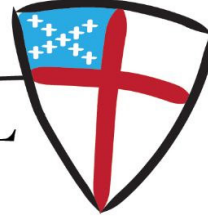
Wednesdays:

Cathedral Choir will
resume August 8th

Tower Bell Ringers
5:30 to 7:00 p.m.



THE EARLY CHILDHOOD EDUCATION PROGRAM AT TRINITY CATHEDRAL



TRINITY TREASURES 2018

You are challenged to fill a box of items you no longer treasure to our annual rummage sale! Items range from books and picture frames to dining room suites and everything in between. **All donations are tax-deductible. Proceeds to beautify the Cathedral campus!**

Please contact Josiah Wheeler at 588-3653 or josiah@trinitylittlerock.org to make arrangements for donation drop-off. Donations made between now and July 20 will be to our storage unit on University Ave. Starting July 23 donations can be dropped off from 7:30-5:30 Monday through Friday in Chancellor's Hall (the gym).



Trinity Treasures 2017



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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.

Wednesday

Healing Eucharist at 5:15 p.m.

Monday - Friday

Morning Prayer at 9:00 a.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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“WITH CLEAR EYES & HOPEFUL HEARTS”

An upcoming series of fall workshops featuring guest speakers and discussion about planning for the end of life. This series seeks to clarify our expectations and create action around the subject of aging. All workshops will be free and open to the public. Come to learn and share your wisdom! Full schedule to follow next month.

For more information contact Deb Cooper at dcooper@trinitylittlerock.org.



Workshop topics include:

- What Happens When We Die?
- Navigating the Healthcare System
- Parenting Your Parents and Family Dynamics
- Why Might I Need an Elder Attorney?
- Formation for Older Adults: Embracing Aging Brings Vitality to our Congregations
- Dementia Awareness
- Caring for the Caregiver
- Advanced Care Planning: Why do I need a Medical Directive?
- Preparing and Writing a Will That Reflects Your Values
- Palliative and Hospice Care