

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.,  
Evensong 5:00 p.m.  
**Wednesday**  
Healing Eucharist at 5:15 p.m.  
**Monday - Friday**  
Morning Prayer at 9:00 a.m.

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# THE MESSAGE

The Newsletter of Trinity Episcopal Cathedral  
A House of Prayer for All People • March 2019

**LENT IS “FAST” APPROACHING...ARE YOU READY?**



## **IN LENT AT TRINITY YOU CAN...**

### **Confess on Ash Wednesday...**

In addition to the Holy Communion with the Imposition of Ashes (at 7:30 a.m., 12:15 p.m. and 6:30 p.m.) this year we will offer The Rite of Reconciliation; private confession at the altar rail. A clergy member will be available at the rail to hear confession at 8:15-9:15 a.m. and 1:15-2:15 p.m. Each person wishing to participate will remain in the Nave and then approach one at a time for confession. Clergy are also available to hear confession by appointment on this day and throughout the year.

### **Contemplate the Sacrament on Mondays...**

At 5:15 p.m. a brief service of Evening Prayer will be offered in Pierce Chapel. Following this, at about 5:30, the Officiant will place the reserved Sacrament on the altar, in view of the congregation, as a focus for silent prayer and devotion, which will last until 6 p.m. Spend as much time as you like in this devotional practice.

### **Read and learn about the Bible on Wednesdays...**

On Wednesday evenings after the 5:15 Eucharist in Lent, we will offer a “Why I Love the Bible” series with the Rev. Dr. Russ Snapp and Mr. George Harper. This series is intended to increase enthusiasm for the reading and study of scripture. There will be discussion about different ways of making Bible reading a regular part of your life.

### **Feed your spirit on Fridays...**

Midday at 12:15 p.m., Lenten prayers and organ music will be offered in the Cathedral. Organists include Rees Roberts, Jess Anthony, Beau Baldwin, Thomas Alexander, and Jason Pennington-Saughey. See flyer on page 7 for

### **Join us in worship on Sundays...**

Lives get busy, but Lent calls us to slow down. Typically Lent is a time to “give something up”, but it can also be a time to add something back in. Make some space for a holy practice this season to prepare for the upcoming glory of Easter.

# SUNDAY MORNING FORMATION

10:15 a.m. to 11:00 a.m.

## Complimentary Sunday Breakfast

Enjoy before or during formation hour 10:00 to 11:00 a.m. on Sunday mornings in Morrison Hall.

## The Dean's Class

Morrison Hall | 10:30 - 11:05 a.m.

### March

**3** - No Class/Cheer from Here for the Little Rock Marathon

**10** - Dr. Robert Williamson "The Book of Esther as Resistance to White Nationalism"

**17** - Dean Keller "Liturgical Trial Use and Being a Cathedral"

**24** - Dean Keller "Liturgical Trial Use: Background Theological Considerations"

**31** - Dean Keller "SUMMA: What it is, Why I do it and Who might want to try it"

**April 7** - Marcia Wayland & Meghan McCain

"Education for Ministry"

## Living The Questions

Conference Room

### March 3 - April 14\*

#### "EMBRACING THE PROPHETS IN CONTEMPORARY CULTURE"

Who were the Prophets? Were they ancient meddlers who enjoyed prognosticating about future events? Or, were they messengers from God standing in judgement over the political and religious rulers of the times? Living the Questions Class will begin a study of the prophetic books based on the works of Dr. Walter Bruggemann, America's foremost Old Testament scholar and theologian.

Dr. Stuart Hoke will offer expert commentary. Take a journey through the poetic prophesy of the Holy Bible; and, explore how the words of the prophets are relevant today.

### \*March 10 - Join the Dean's Class

## Pilgrims' Progress

Lounge

We will continue our reading of the book of Romans through March 10.

**March 17** - No Class

**March 24** - Begin a discussion on the Gospel of John.

## Childrens' Formation

Atria

### Good Shepherd Atrium

Age 3 through 1st Grade

Downstairs in Parish House

### True Vine Atrium

2nd & 3rd Grades

Upstairs in Parish House, Blue Classroom

### The Covenant Atrium

4th & 5th Grades

Upstairs in Parish House, Yellow Classroom



## Youth Formation

Mitchell House

Formation class for youth (6th-12th grade) begins at 10:30 a.m. in Mitchell House. Join us for free breakfast in Morrison Hall prior to our lesson.

## Parents' Group

Iona Room

All parents are welcome to come share knowledge, exchange ideas and strategies for parenting, network, socialize, and encourage one another. Babies welcome! Led by Marcia Wayland. Contact Marcia Wayland at [marcia.wayland@gmail.com](mailto:marcia.wayland@gmail.com).

## SUNDAY EVENING

5:00 p.m.

## Evensong

Cathedral

This sung service of Evening Prayer offers music in praise of God by the Cathedral Schola. During Lent, there will be no tea following Evensong in the austere spirit of the season.

## 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.

## SPRING CONFIRMATION CLASS WITH DEAN KELLER

### *The Conference Room in Cathedral House*

On Wednesday evenings from 6:00 to 7:15, beginning February 13, through May 15.

An introduction in depth to Christian faith in the Anglican tradition, with Dean Keller. For whom? For any adults who are preparing for baptism, confirmation or reception, or are curious about God, or are puzzled by faith, or are new to Trinity, or just want to come. What do I need? Just come. There is no homework. The only text is the Book of Common Prayer, which will be provided.

### Scheduled Topics:

#### March

6: No class (Ash Wednesday)  
20: New Covenant  
27: The Creeds

#### April

3: The Bible  
10: The Church  
April 17: The Ministry  
April 24: Prayer and Worship

#### May

1: The Sacraments  
8: Baptism and Eucharist  
15: Hope  
June 9 - Confirmations

## WEDNESDAY EVENING REHEARSAL SCHEDULE

*There are no choir rehearsals on March 6 (Ash Wednesday) or March 20. Tower Bells will still take place March 6.*

The schedule is as follows:

- Cherub Choir: 3:30 - 4:15 p.m.
- Seraphim Singers: 4:30 - 5:30 p.m.
- Service with Healing Unction in the Cathedral: 5:15 p.m.
- Tower Bell Practice - 5:30 - 7:30 p.m.
- Cathedral Handbell Choir - 6:00 - 6:55 p.m.
- Cathedral Choir - 7:15 - 8:45 p.m.

## Jane Wilson Girls Choir Schedule

### March 2019

Regular rehearsal March 11 & 25 7:00 – 8:00 p.m.  
SING Evensong March 31

## WHY I LOVE THE BIBLE

### *Morrison Hall*

Wednesday Evenings in Lent (March 6 - April 17)

A Lenten series led by the Rev. Russ Snapp and Mr. George Harper.

This series is intended to increase participants' enthusiasm for Bible reading and study. Leaders will discuss reasons for their own enthusiasm and different ways of making Bible reading a regular, fruitful part of their lives as Christians.

## MONDAYS & FRIDAYS IN LENT

### MONDAYS AT 5:15 P.M.

On Mondays in Lent, a brief service of Evening Prayer will be offered in Pierce Chapel at 5:15 p.m. Following this, at about 5:30, the Officiant will place the reserved Sacrament on the altar, in view of the congregation, as a focus for silent prayer and devotion, which will last until 6 p.m. Congregants may of course, leave earlier.

### FRIDAYS AT 12:15 P.M. "Feed Your Spirit"

Lenten prayers and organ music will be offered each Friday of Lent in the Cathedral. Organists include Rees Roberts, Jess Anthony, Beau Baldwin, Thomas Alexander, Jason Pennington-Saughey, and Victoria Harden.

See flyer on page 7 for more information.

## MEN'S BREAKFAST

During Lent, we meet each Thursday at 7:00 a.m. We have an hour of Christian fellowship and breakfast. All men of Trinity are invited.

Location: TBD

Contact: George Morledge at  
[gbmorledge@sbcglobal.net](mailto:gbmorledge@sbcglobal.net)

# MARCH 2019

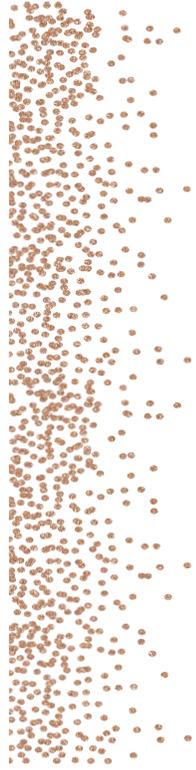
\*M-F Morning Prayer 9:00 a.m. Pierce Chapel \*\*MWF Alanon 12:05 p.m. Lower Mitchell House

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3</b> Cheer From Here! <i>Center Street</i> 7:00 a.m.-12:00 p.m. EYC 4:00 p.m. Choral Evensong 5:00 p.m.	<b>4</b> Evening Prayer 5:15 p.m. Jane Wilson Girls Choir Practice 7:15 p.m.	<b>5</b>  5:30 p.m. Gym	<b>6</b> Ash Wednesday* 7:30 a.m. 12:15 p.m. 6:30 p.m.	<b>7</b> Men's Breakfast 7:00 a.m.	<b>8</b> "Feed Your Spirit" Midday Organ and Prayers 12:15-12:45 p.m. Organist: Jason Pennington-Saughey	<b>9</b> WINTERSTAR @ Camp Mitchell
<b>10</b> EYC 4:00 p.m. Choral Evensong 5:00 p.m.	<b>11</b> Evening Prayer 5:15 p.m.	<b>12</b>	<b>13</b> Confirmation Class <i>Conference Room</i> 6:00 p.m. Why I Love the Bible <i>Morrison Hall</i> 6:00 p.m.	<b>14</b> Men's Breakfast 7:00 a.m.	<b>15</b> "Feed Your Spirit" Midday Organ and Prayers 12:15-12:45 p.m. Organist: Rees Roberts	<b>16</b>
<b>17</b> No EYC (Spring Break) Choral Evensong 5:00 p.m.	<b>18</b> Evening Prayer 5:15 p.m. Jane Wilson Girls Choir Practice 7:15 p.m.	<b>19</b> Vestry <i>Conference Room</i> 5:30 p.m.	<b>20**</b> Sewanee Choir Concert FREE ADMISSION 7:30 p.m.	<b>21</b> Men's Breakfast 7:00 a.m.	<b>22</b> "Feed Your Spirit" Midday Organ and Prayers 12:15-12:45 p.m. Organist: Jess Anthony	<b>23</b> Ordinations to the Traditional Deacons** 11:00 a.m.
<b>24/31</b> EYC 4:00 p.m. Choral Evensong 5:00 p.m.	<b>25</b> Undie Sunday! Evening Prayer 5:15 p.m.	<b>26</b>	<b>27</b> Confirmation Class <i>Conference Room</i> 6:00 p.m. Why I Love the Bible <i>Morrison Hall</i> 6:00 p.m.	<b>28</b> Men's Breakfast 7:00 a.m. ASO Concert "Songs from the Heart"*** 7:00 p.m.	<b>29</b> "Feed Your Spirit" Midday Organ and Prayers 12:15-12:45 p.m. Organist: Beau Baldwin	<b>30</b>

## MARCH 3: CHEER FROM HERE!

Please note: During the LR Marathon, Center Street will be CLOSED for parking and in order to arrive at the Cathedral, you will need to come via Broadway. Please consult the Little Rock Marathon for other closing details at [littlerockmarathon.com](http://littlerockmarathon.com)

## MARCH 5: MARDI GRAS!



### *Festivities • Fat • Fandangle*

JOIN US ON SHROVE TUESDAY

• MARCH 5 •



FOR OUR ANNUAL

MARDI GRAS CELEBRATION & GUMBO COOK-OFF

5:30 – 7:00 P.M.

(FOLLOWED BY THE BURNING OF THE PALMS)

CHANCELLORS' HALL

FOOD, FUN, FELLOWSHIP, & MUSIC



FESTIVITIES INCLUDE:  
MUSIC, PINCARKS, GUMBO, FACE PAINTING, COTTON CANDY, AND MORE...



## MARCH 6

### \*ASH WEDNESDAY SERVICE & RITE TIMES

- 7:30 a.m. Ashes to Go (ECEP)
- 7:30 a.m. Holy Communion with the Imposition of Ashes
- 8:15 - 9:15 a.m. The Rite of Reconciliation
- 12:15 p.m. Holy Communion with the Imposition of Ashes
- 1:15 - 2:15 p.m. The Rite of Reconciliation

4:45 - 5:30 p.m. Ashes to Go (ECEP)

6:30 p.m. Holy Communion with the Imposition of Ashes including Allegrì "Miserere"

### NO CLASSES ON ASH WEDNESDAY

### \*\*WEDNESDAY, MARCH 20

In order to accommodate the Sewanee Choir Concert, *Why I Love the Bible* will convene in the Parlor. 5:15 Healing Eucharist & Confirmation Class will adhere to their regular schedule and location.

### \*\*THURSDAY, MARCH 28

"Songs from the Heart" is a part of the Intimate Neighborhood Concerts by the Arkansas Symphony Orchestra. Featuring Michael Underwood, trombone  
Susan Bell León, bassoon & Philip Mann, conductor.

Tickets are \$29/General Admission and \$10/student and military. Reception to follo.  
More information at

[www.arkansasymphony.org/news-events/songs-around-heart](http://www.arkansasymphony.org/news-events/songs-around-heart)

### The Month Ahead: April

- 4 & 11: Men's Breakfast
- 5: Feed Your Spirit: Thomas Alexander, organist
- 5: Feed Your Spirit: Victoira Harden, organist
- 14: PALM SUNDAY
- 16: Vestry Meeting
- 18: MAUNDY THURSDAY &
- 19: GOOD FRIDAY
- 21: EASTER

### 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](mailto: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](mailto:riley@trinitylittlerock.org).

**Please remember Trinity Cathedral in your will.**

### Want something in the Message?

Send it to Riley at [riley@trinitylittlerock.org](mailto:riley@trinitylittlerock.org) by March 18th.



A LENTEN SERIES  
**WHY I LOVE  
THE BIBLE**

WEDNESDAY EVENINGS  
(March 13, 20, 27 & April 3, 10, 17)



Led by Rev. Russ Snapp &  
Mr. George Harper  
6:00 P.M.

MORRISON HALL

This Lent at Trinity Episcopal Cathedral

# FEED YOUR SPIRIT

A Lenten Noontime Fast for Fridays

Every Friday

12:15 - 12:45 p.m.

March 8 - April 12

**FOR MEAT: A LITTLE MEDITATIVE ORGAN MUSIC**  
**FOR BREAD: SHORT PRAYERS FOR NOONDAY**  
**FOR DRINK: A TINY TASTE OF SILENCE**

Trinity Episcopal Cathedral  
A House of Prayer for All People  
310 W. 17th Street | Little Rock, AR  
In the Quapaw Quarter

**SEWANEE**

The University  
*of the South*



*2019*  
**CHOIR  
TOUR**

**Wednesday, March 20, 7:30 p.m.**  
**Trinity Cathedral, Little Rock**

**FREE ADMISSION** to the public.  
Selections include Leighton, Howells, Wood, Bainton, and more.  
Contact the Cathedral for more information.

# MUSIC NEWS

If this Message reaches you BEFORE March 1, please consider coming to the Cathedral on that date (**Friday, March 1**) at 8:00 p.m. for a wonderful recital-lecture presented by William K. Trafka, organist-choirmaster (retired) of St. Bartholomew's Church New York City. Bill will trace J.S. Bach's work and life and will talk about the influence each location has on Bach's music. He will present representative works from each period and play many of your favorite works. There will be a lovely reception following the recital which is presented by Trinity in conjunction with the Central Arkansas Chapter of the American Guild of Organists. There is no admission charge so please bring your family and friends to welcome our guest organist.

On **March 20** we will welcome the University of the South (Sewanee) as their touring choir presents a concert at Trinity beginning at 7:30 p.m. The concert is free and open to the public. The very next night, Christ Church will present the St. Thomas Church (NYC) choir of men and boys (more info at Christ Church) so you can have a delicious week of beautiful choral music.

These concerts are in addition to Evensong which will continue during Lent. One of the many wonderful things about Evensong at Trinity is tea which follows the service. We are so fortunate that Lenora and Richard Steinkamp organized the 'start-up' of the tea and turned it over this year to Ellon Cockrill. Our tea hosts in 2019 have included Justin Laffoon and Craig Cox, Lenora and Richard Steinkamp, Elizabeth Clark, Maggie Dearnley, Marie Menyhart, and Susan Borné. Thanks so much to them. But to emphasize our penitence during Lent, there will be no tea following Evensong. We will leave the service in silence. Tea and the fellowship which warms our souls will resume during Eastertide.

To help keep track of all the things that will occur during Lent, here's a short music summary:

Ash Wednesday: Allegri's famous setting of Psalm 51, the Miserere.

Evensong: Guest choir from St. Luke's North Little Rock on March 17; Jane Wilson Girls Choir on March 31. Lenten prayers and special organ music each Friday at 12:15 (guest organists include Rees Roberts, Jess Anthony, Beau Baldwin, and Thomas Alexander). Palm Sunday Morning: Childrens Choirs. Palm Sunday Evening: Vesper service of Readings and Music. The remainder of Holy Week will be full of special music.

So much will be happening during Lent...

Our prayer is that we find blessings and seek renewal as we walk through these 40 days together...

-Trinity Music Department

# EYC NEWS

## EYC in March

**Mar 3:** EYC Oscars Night

**Mar 5:** Shrove Tuesday Celebration

**Mar 8-10:** Winterstar at Camp Mitchell

**Mar 17:** Spring Break (No EYC)

**Mar 24:** EYC Study Hall

**Mar 31:** EYC in the Garden

EYC took a day trip to Memphis to visit the National Civil Rights Museum and enjoyed a BBQ lunch, a tour of Beale Street, and a walk by the river.



## Sunday, February 3, Ringing Chamber of the Bell Tower.

The Trinity Ringing Society hosted the EYC and their sponsors for an hour-long introduction to the tower bells. The group climbed up into the belfry to see the bells, then had an opportunity to ring a bell. It was a fun event for both the young people and the bell ringers.

**Kneeling:** Mary Eleanor Felton, Josephine Felton, Sara Cate Smith, and Olivia Goza.

**Standing:** Philip Buck, Mary Wilson, Dick Dearnley, Evelyn Pittman, Matt McCoy, Tristan Issitt, Christian Dixon, Porter Brownlee, Maggie Dearnley, Kay Shurgar, and Sandy Miller Hays.

# VESTRY & COMMITTEE ANNOUNCEMENTS

## 2019 VESTRY OFFICERS



Rett Tucker  
SENIOR WARDEN



Herb Hahn  
JUNIOR WARDEN



Herschel Cast  
TREASURER



Susan Penick  
CLERK



Josie Felton  
MEMBER-AT-LARGE

## NEWLY ELECTED VESTRY MEMBERS



Terri Erwin



Tom Fennell



Jennifer Harvey-Wilson



Neal Lea



Lisa McNeir

## SEARCH COMMITTEE

We are pleased to announce that at the vestry retreat the following persons were named to the Search Committee for our Twenty-First Dean and Rector.



Steve Bethel  
CO-CHAIR



Mary Starr Brock  
CO-CHAIR



Adam Baldwin



Sarah Bennings



Elizabeth Clark



Eliza Gaines



John Milwee



George Morledge



Clarke Tucker  
CATHEDRAL  
CHANCELLOR



Mary Margaret  
Wippo



The Rev. Stuart Hoke  
ADVISORY CAPACITY

## NAMED TO THE ENDOWMENT BOARD



Harold Joyner



Jane McMullin

## ONGOING VESTRY MEMBERS

Adam Baldwin  
Beth Barnes  
Wade Brock  
Ashley Craig  
Meghan McCain  
Lenora Steinkamp

*Thank you to everyone who stepped forward into these leadership positions.*

# COMMUNITY ANNOUNCEMENTS

## MATTHEW 25 COMMITTEE

As spring approaches the Committee has identified the following projects that need the wonderful parishioners of Trinity to make them a reality.

- **The Stewpot** has an ongoing need for men's jeans, athletic shoes, and boots. Donations may be placed in the baskets at the entry to the Cathedral.

- **Sunday, March 24: "Undie Sunday"**.

This is our semi-annual gathering of underwear for The Stewpot clothing room. This fall enough underwear was gathered to supply The Stewpot for five months. Please bring your donation that morning to the church, or by the church office during the week.

- It's time to **"Fill the Bus!"** The pop-up bus will soon be set up in Morrison Hall for the donation of classroom cleaning supplies for the students and teachers at LRPA. With the flu season progressing, this is a real need. Supplies needed include:

- Hand Sanitizer (pump bottles for teacher's desk)
- Kleenex
- Paper towels
- Clorox or Lysol wipes and spray
- Band-aids

- The **Trinity Lay Weeders** will need some helpers as they take on landscaping and beautification of Saint Francis House. More information will be coming as plans are finalized. If you are knowledgeable about gardening, or just have two hands willing to help, be on the lookout for this upcoming announcement!

- Start picking out your purse for the **Mother's Day Purse Drive!** Each year over one hundred purses are filled to be blessed and distributed to the children to gift their mothers at Saint Francis House, Our House, and Dorcas House. This is the fourth year for this event and the response from the children and mothers is wonderful. Gay Hathaway and Jane McMullin will lead this event.

- Thanks to the generous donations of parishioners this past fall and winter, we were able to provide a Thanksgiving and Christmas dinner to the residents of Dorcas House and Saint Francis House. We have decided Trinity will provide an **Easter Dinner** as well. If you would like to contribute to the purchase of this meal, please mark your check "Easter Meals" and send it to the church anytime in the next few weeks.

# UNDIE SUNDAY

## MARCH 24!

Let's make it our best year yet!  
Bring a package of men or women's underwear to donate to The Stewpot!  
Donations can be dropped off in the baskets in the back of the Cathedral or any time in the week at the Cathedral Office.



## RELATIONSHIP ENRICHMENT SERIES

A four-part series designed for couples who are at any stage in their relationship and are motivated to make their relationship stronger, happier and healthier.

Presented by:  
**Chelsea Wakefield, Ph.D., LCSW**  
Director, The Couples Center  
Psychiatric Research Institute

Tuesday evenings from 6 - 8 p.m.  
March 26 and April 2, 9 and 16, 2019  
UAMS Hospital Lobby Gallery, 1st Floor  
\$250 per couple

Topics include:

- The Dance of Two - Relationship as a Path of Personal Growth
- How to Communicate Needs and Desires in Ways that Engage Rather than Alienate
- Working through Sexual Difficulties - Exploring the Mystery of Desire
- Meaningful Connection - How to Get There and Stay There

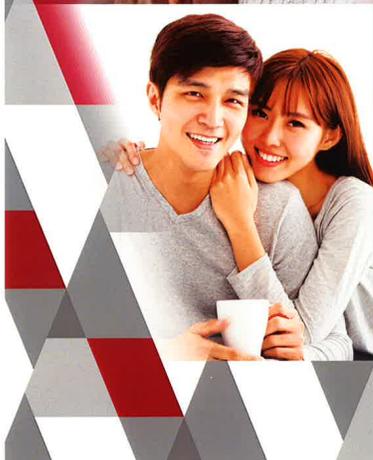
Free parking

Light snacks provided

To register, visit [relationshipenrichment2019.eventbrite.com](http://relationshipenrichment2019.eventbrite.com)

For more information, call (501) 526-8100 or email: [thecouplescenter@uams.edu](mailto:thecouplescenter@uams.edu)

**UAMS**  
Psychiatric  
Research Institute





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Address Service Requested

Weekly Worship Schedule:

**Sunday**

7:30 a.m., 9:00 a.m., 11:15 a.m.,  
Evensong 5:00 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.



# ASHES TO GO! ECEP CARPOOL LINE WEDNESDAY, MARCH 6 7:30-8:15 A.M. & 4:45 - 5:30 P.M.

### Why "Ashes to Go"?

From the Middle Ages it became the custom to begin Lent by being marked in ash with the sign of the cross. The reminder that we are dust turns our attention to the creative power of God, and God's ability to heal the brokenness in our lives when we offer that brokenness to God. That turning to God is the work of Lent, preparation for the celebration of Easter.

God meets us not just in worship, but in the midst of life, and we offer the opportunity to remember our faith to those whose schedules make it hard to stop and pray.

