

Trinity
Episcopal
Cathedral
Little Rock, Arkansas

THE MESSAGE

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



Insights Lecture Series: Rachel Held Evans
June 3, 2017

Sundays at Trinity

Dean's Sunday Breakfast Class Spring 2017



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

June 4: Bishop Benfield shares ideas from his sabbatical work

June 11: Trinity Picnic at Lake Nixon!

June 18: Cathedral Camp Musical Review!

June 25: Preview of Patty Griffin

July 2: Watch President Kennedy's Inaugural Address

Living the Questions

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

June 4 - July 2: Join the Dean's Class

Parents' Group

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

Evensong Service

Evensong is Sundays 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.

Pentecost and Confirmation

Bishop Larry Benfield will preside, preach, and offer the sacramental rite of Confirmation at Trinity Cathedral on June 4, the Feast of Pentecost. This is one of the most significant dates in the church calendar. It commemorates how, fifty days after Jesus's Resurrection (Easter), the Holy Spirit descended on his disciples. They then went from fearful, guilt-ridden hiding to hopeful, bold proclamation of the good news throughout the world. The feast of Pentecost is therefore often considered as the birthday of the Church and its mission. In the English-speaking world, it is also known as Whitsunday, after the white garments worn by candidates baptized on that day. (In England, baptism often occurred then because the weather was still considered too chilly for baptism at Easter.) The color of the day, however, is red, which symbolizes the fire of the Spirit.

On the Day of Pentecost this year, ten will be confirmed at Trinity and one will reaffirm his faith. Confirmations will take place at both of the main services. Also, at the 9 o'clock service, we will dedicate a newly commissioned Pentecostal altar frontal given by Dr. Ann Hedge-Carruthers in loving memory of her husband, the Rev. Dr. Robert Cooper.

Full Breakfast Every Sunday Morning and Supper Every Wednesday Night

We will serve breakfast from 8:30 a.m. to 11:00 a.m. on Sunday mornings in Morrison Hall and supper on Wednesday evenings from 5:15 p.m. to 6:15 p.m. The price per person is \$7.00 for adults and \$4.00 for children under 12. The maximum charge for a family is \$20. You can purchase tickets with cash, check, or credit/debit card.

Wednesdays at Trinity

Wednesday evenings are going to be a little different this summer. Starting June 14:

Eucharist begins at 5:05 p.m.

Dinner is served from 5:00 - 6:15 p.m. with Scott Johnson at the grill (prices listed above). A **farmer's market** will have various foods and goods for sale during the evening.

The Bow Tangles, a banjo and fiddle duo, will play.

Games, ranging from board games to pick-up ultimate frisbee, will be going on. There will also be classes (TBD) that run from 6:15-7:15 p.m.

June 14 - July 19 (6 weeks) - Holy Spokes! Bike the trails of Little Rock in a relaxed, no-drop ride. We'll set off promptly at 6:15 p.m., so arrive a little early and be sure to bring a water bottle.

July 26 - August 30 (6 weeks) - Drawing Basics with Melissa Wilkinson. There will be a supply list issued for participants for this introductory course in drawing.

Are you interested in Education for Ministry (EfM)?



Are you interested in learning more about EfM? The Trinity Cathedral group will be taking new members starting next August. If you'd like to learn more, please contact Mercedes Clements for more information or if you have any questions - mercedes.clements@gmail.com. Meetings will be on Wednesday evenings from 6:00-8:30 p.m. at Trinity.

Education for Ministry (EfM) is a unique four-year distance learning certificate program in theological education based upon small-group study and practice. Since its founding in 1975, this international program has assisted more than 80,000 participants in discovering and nurturing their call to Christian service. EfM helps the faithful encounter the breadth and depth of the Christian tradition and bring it into conversation with their experiences of the world as they study, worship, and engage in theological reflection together. For more information, please visit the EfM website.

This is a four year program administered by the School of Theology at Sewanee. In each year you take a deep dive into a particular area - Old Testament, New Testament, Christian History, and Personal Theology. We meet weekly on Wednesday evenings from August to May, and there is a significant bit of reading each week. There is also an annual cost of \$350 that covers your reading materials.

Our meeting time is spent with some fellowship time, a brief discussion of the readings, and then a facilitated discussion called a theological reflection. Our focus as a group is going to be on theological reflection. The reading is important to build your knowledge of Christian tradition to feed these discussions, but it is not as overwhelming as many might think. If you're too busy to read on some weeks, you'll still want to attend for the discussions.

Sunday, June 11: Trinity Sunday Picnic

“No Pants Sunday”...Wear shorts to church and head to Lake Nixon!

LAKE NIXON, an easy 15-20 minute drive from the Cathedral, is our wonderful location for this year's Trinity Sunday Picnic. Don't need to rsvp, don't need to bring a dish, just bring yourselves and enjoy burgers, brats, dogs & outdoor fun: 11:30 a.m. – 3:30 p.m.

• Directions: Take I-630 West to I-430 South; take the Col. Glenn exit and stay to the right; stay on Col. Glenn for 1.5 miles, turn right on Cooper Orbit Road and follow the signs for Lake Nixon. (Map it: 18500 Cooper Orbit Road)

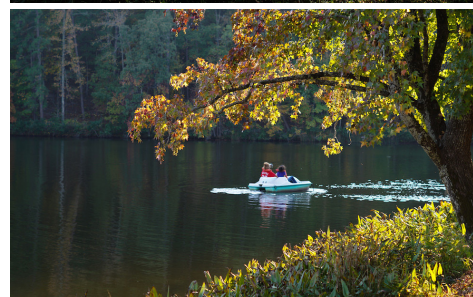
• Things to do:

- Enjoy swimming & sandy beach (lifeguards on duty) & paddle boating.
- Enjoy plenty of shade for dining & conversation under two pavilions.
- Enjoy sports: Basketball court, 4-Square court, volleyball net, hiking areas.

• Things to bring:

- The whole family & guests.
- Swimsuits (changing areas available).
- Towels, sunscreen, hats, sunglasses, water toys.
- Basketballs, volleyballs, plastic balls, Frisbees, jump ropes.
- Picnic blankets/quilt if you prefer the non-pavilion route.

• Things not to bring: Pets & cigarettes.



Wednesday, June 21: Trinity @ the Travs

Join the Dean and Trinity parishioners at Dickey-Stephens Park as the Travelers play the Northwest Arkansas Naturals.

Pick up your purchased tickets Sunday, June 18 through Wednesday, June 21 at the Cathedral. Adults \$7.00, children \$5.00.

The fun begins at Trinity at 5:15 p.m. with a cookout in the Garth by Scott Johnson Catering (food tickets available that evening) with entertainment by the Bow Tangles.



After dinner in the Garth, follow the fun to the ballpark as we cheer the Travelers to victory. The game starts at 7:10 p.m.

Come help us represent Trinity Cathedral as we root, root, root for the home team!

Purchase your tickets at the Cathedral (make checks payable to Trinity Episcopal Cathedral) or online at <http://trinitythetravs.eventbrite.com>.

Please remember Trinity Cathedral in your will.

You Are Invited!

Sunday July 9, 2017, from 4:00 to 7:00: An afternoon to celebrate a wedding.

For all adults and children who work or pray at Trinity Cathedral.

4:00 Choral Evensong, with marriage prayers for Mary Olive Keller and John Stephens.

4:30 Music in the Cathedral by Patty Griffin.

5:30 Reception in Morrison Hall to thank the Cathedral Parish for the blessings of our life together and to toast the bride and groom (hosted by the Kellers and Stephens).

Come early: Cathedral doors will close at 4:00!

Attire: Business Casual

Child care will be provided.



Insights Lecture Series: Rachel Held Evans

Saturday, June 3, 6:30 p.m.

Rachel Held Evans is a New York Times best-selling author and popular blogger who writes about faith, doubt, and life in the Bible Belt. Her books include *Faith Unraveled* (2010), *A Year of Biblical Womanhood* (2012), and *Searching for Sunday* (2015). With millions of visits each year, her blog has become a renowned online hub for conversations about Christianity and culture.

Rachel has been featured on *The View*, *The Today Show*, NPR, Slate, The BBC, The Washington Post, The Atlantic Monthly, and Oprah.com. She also served on President Obama's Advisory Council on Faith-Based and Neighborhood Partnerships.

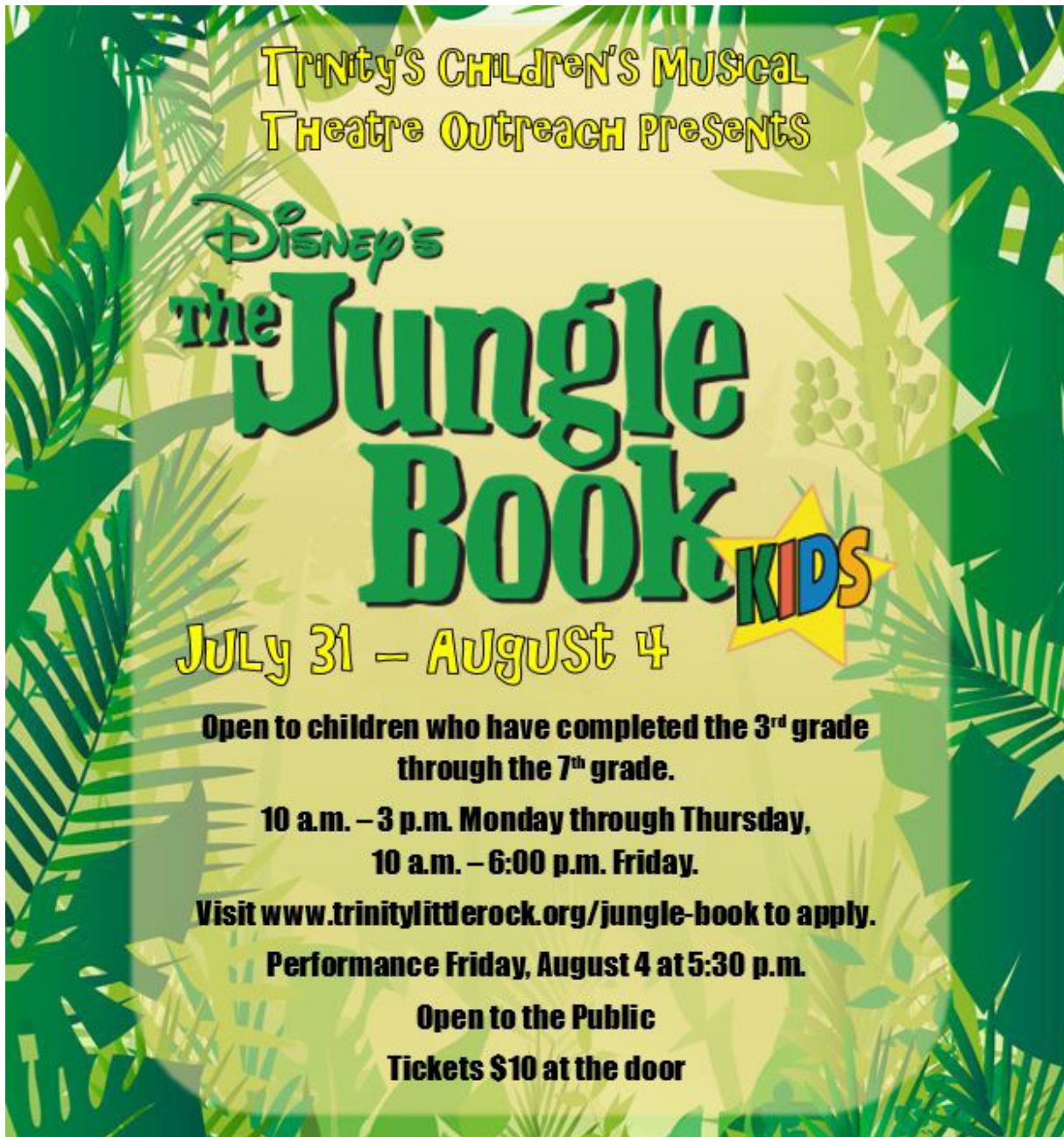


Her popularity as a writer also keeps her busy speaking across the country. She has spoken at The Festival of Faith and Writing, the Q Conference, Trinity Wall Street, Princeton University, Austin Theological Seminary, Eastern University, Baylor University, The Gay Christian Network Conference, The Wild Goose Festival, and a wide range of retreats, conferences, universities, and churches. In 2015, in partnership with Nadia Bolz-Weber and Jim Chaffee, she launched the “Why Christian? Conference,” which features fresh, diverse voices responding to the question of why they continue in the faith.

Rachel lives with her husband, Dan, in Dayton, Tennessee—home of the famous Scopes Monkey Trial of 1925. Dan and Rachel were thrilled to welcome their first child, Henry, in February of 2016. They worship at St. Luke's Episcopal Church in Cleveland, Tennessee.

The lecture will begin at 6:30 p.m., with a reception following in Morrison Hall. Patron Reception begins at 5:30 p.m.

Reserve your tickets at rachelheldevans.eventbrite.com or call the Cathedral Office at 501-372-0294.



Opportunities for Service in June

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

1. Volunteer to supply food or help set up for Evensong Tea Sundays at 4:00 p.m.
Contact Lenora Steinkamp, steinkamp.lr@gmail.com
2. Volunteer to help set up, reset, or be a greeter at Evensong.
Contact Russ Snapp, rsnapp@trinitylittlerock.org
3. Give someone a ride to church.
Contact Russ Snapp, 870-664-6404
4. Help fold, seal, and label the Message on June 28.
Contact Josiah Wheeler, josiab@trinitylittlerock.org
5. Join the committee organizing our annual Parish Picnic which will be held Sunday, June 11, at Lake Nixon.
Contact Christy Kalder-Jameson, christykalderjameson@gmail.com
6. Volunteer for Insights reception on June 3.
Contact Michael McNeely, mcneelymichaelk@uams.edu

Music at Trinity

Choir Rehearsal Times

Wednesdays:

Ringin' Society: 6:00 p.m. to 7:30 p.m.

Thursdays:

Cathedral Choir: 6:30 p.m. to 7:45 p.m.



Music Notes from Jason



In last Sunday's Gospel according to John, we heard our Lord explain, "This is the Spirit of truth... You know him, because he abides with you, and he will be in you. I will not leave you orphaned." What a peculiar statement this seems! Where is our Lord going? And how is it that, if he leaves us, we will nonetheless not be alone, not orphans? Foretelling his ascension into heaven, he has a plan for us, which will be fulfilled on the great day of Pentecost, the day we come at length to realize that orphans we are not, and left alone we are not. It is on this day when the Advocate, the Comforter, is sent to be with us always: the Holy Spirit, the life-giving spirit of God, indeed God himself, who enlivens our being, makes belief possible, strengthens our faith, and inspires and empowers us to spread the Gospel message. Such an important day this is for the disciples and the Mother of our Lord, wondering whether they had been left behind, abandoned by Jesus, gathered in that place on the first Pentecost two millennia ago, when a great wind swirled about them, and the Spirit appeared upon them as tongues of fire, an outward sign of a promise fulfilled: God has created us, Jesus has redeemed us, and the Holy Spirit enlivens us and makes us his own. And so the Church commemorates this day, considered by many the very birth of the Church herself. This Pentecost Sunday at Trinity Cathedral, we mark the Feast with special music that relays the magnificent, fiery spark of the Creator God. We welcome the Pinnacle Brass who will play with the organ to accompany our congregational hymns and who will offer brilliant repertoire at the prelude and postlude. The anthem for the day will be Ralph Vaughan Williams' beloved "O clap your hands," whose text is taken from Psalm 47: "O clap your hands, all ye people, shout unto God with the voice of triumph!" Our nave will resound with the triumphal strains of trumpet and horn, voice and organ on this day of days. Our Jesus who once was dead, who arose, and who has ascended to the right hand of the Father, has now sent from heaven upon us his Holy Spirit, such an unfathomable, inestimable, if not utterly incomprehensible gift to us. With this sending of the Spirit, we are indeed not left orphaned, but rather, we have become children of God, adopted by the Most High into the mystery of the Trinitarian life. Our song for ever shall be Veni, Sancte Spiritus: "Come, Holy Spirit, fill the hearts of your faithful, and enkindle in us the fire of your love." The Music Department of Trinity Episcopal Cathedral wish you all the richest of blessings for Pentecost.

Jason A. Pennington-Saughey
Associate Director of Music and Organist

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 Information

Summer Children's Formation

Our summer Sunday morning children's program will kick off on June 25. Until then here is the schedule. We are in need of volunteers to teach beginning June 25.

May 28 – Memorial weekend – no class

June 4 – Confirmation – brunch/reception

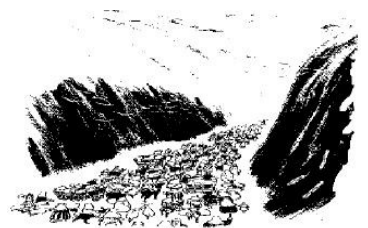
June 11 – Trinity Picnic at Lake Nixon

June 18 – Cathedral Camp Music – children who attended Cathedral Camp will sing their songs during brunch

June 25 – a series on Moses begins. We are looking for volunteers to cover the following Sunday mornings: July 9, July 30, August 13, 20, 27. We will provide the curriculum and craft/project materials. We normally have between 6-10 children during the summer. Please contact Dawn at dhowe@trinitylittlerock.org or 372-0294 if you can volunteer for a Sunday.

Cathedral Camp – The Great Escape

Join us June 12-16 for our Vacation Bible School program. We will meet from 9-noon. This is year 3 of our 6 year cycle through the Old Testament. This year we will escape from slavery in Egypt and begin our journey to the Promised Land. We'll sing, hear stories, play, and create during the week. Visit www.trinitylittlerock.org/cathedralcamp2017 to register. Volunteers are also needed. Please contact Dawn at dhowe@trinitylittlerock.org or 372-0294 if you can help.



Eagle Scout



Benjamin Whitfield, the son of Scott & Melissa Whitfield earned his Eagle Scout on May 21. Benjamin is part of Troop 12 at Pulaski Heights Methodist. His Eagle Project was the restoration of a pavilion at the Arkansas Audubon Nature Center. Congrats to Benjamin.



Interfaith Friendship Camp

Applications for the second annual Friendship Camp are now open!

July 10-14, 2017

Second Presbyterian Church

600 Pleasant Valley Drive, Little Rock



Open to rising 3rd-6th graders. Celebrate your faith! Celebrate your neighbors and their faith! Celebrate with new friends!

Friendship Camp is the place to come and get inspired to learn more about the people who make up your community. This year's camp is all about CELEBRATIONS!

Space is limited so don't miss your chance to celebrate with one another as we celebrate all that makes us similar and all that makes us different. \$55 for the first child, \$45 for each additional child.

Friendship Camp 2017 Application: <https://debcooper.wufoo.com/forms/friendship-camp-application-form/>
Please feel free to share this link with anyone who may be interested in camp.

Spotlight on Service

Spotlight on Service is a way for us to acknowledge individuals that work diligently behind the scenes to make a difference in the lives of others, both within Trinity Cathedral and in our community.

This month, we are recognizing Janet Robb, the head of the Altar Guild. Here's what she has to say about her service to Trinity:

1. *How long have you been at Trinity?* -- about 9 years. I was a lifelong Methodist, but had always been drawn to the beautiful liturgy and the reverent worship services of the Episcopal church. I had been visiting Trinity for a few years, and finally decided to make it official and go through confirmation. I truly feel I've found my church home.

2. *How do you serve Trinity and the community?* -- I have served on the Altar Guild since coming to Trinity. It was a great way to learn about all the symbolism involved in Communion. I also serve on the Board of Directors of Presbyterian Village. And for the past 24 years, I have been the President and CEO of the Arkansas Better Business Bureau.

3. *Why do you serve?* -- It is such an honor to know that when we set up for the Eucharist, our efforts will allow the congregation to come to the Altar for special time with God. Before getting involved with the Altar Guild, I really didn't think much about how much preparation it takes to provide Communion at most of our worship services. We have a small but extremely dedicated group of Altar Guild members and are ALWAYS looking for additional volunteers. It is a wonderful and very flexible way to get involved with the Cathedral and I invite anyone who may be interested to contact me at janet.robb@arkansas.bbb.org



Next time you see Janet, please thank her for everything she does at Trinity.

What brought you to Trinity?

What initially brought you to Trinity Episcopal Cathedral? Was it a friend? A relative? Did you come for an event or a special service? Did you drive by and just decide to check it out? We would love to hear your stories. Please send your story and a picture (we love putting faces to names) to communications@trinitylittlerock.org and you may see your story in a future Message.

“Walking the Mourner’s Path” Registration is Open

Walking the Mourner’s Path is an 8-week grief group for anyone who has suffered a loss due to the death of a loved one and would like to process it in a group setting. This is a Christ-centered bereavement support program started in the Episcopal Church.

The sessions will begin July 11 and run through August 29. Group meetings are tentatively set for Tuesday afternoons at 2:00 pm. Facilitators for the group will be Dr. Ann Hedge-Carruthers and Dr. Linda Brown. The cost is \$80 for materials, payable to Trinity Cathedral; scholarships are available.

If this is something in which you might be interested, please call the church office (501-372-0294) and speak to Fr. Russ Snapp or Rev. Deb Cooper. You may also email or call Linda Brown for any further clarification (lgbparkview@gmail.com or 501-590-0631).

Interfaith Choir Camp, July 23 - 29



Established in 1976 by Trinity Episcopal Cathedral, and sponsored by the Arkansas Interfaith Conference of Churches and Synagogues, Choir Camp offers an intensive music program with classes in choral singing, handbells, liturgy, Broadway song & dance, history, poetry and art. This camp aims to provide a healthy balance between work and play.

Choir Camp is hosted each year by Subiaco Abbey and Academy, in Subiaco, Arkansas. Excellent amenities including air-conditioned dorms and rehearsal halls, Olympic-sized pool, beautiful countryside and grounds, and an exceptionally beautiful church and pipe organ all help facilitate the lessons, worship, and recreational activities (including swimming, games, arts & crafts, movies and dances) during camp.

The camp is open to students who have completed 3rd grade up through those in the 12th grade. No prior choral experience or membership in a choir is necessary. Only a love of singing and music is required.

For information, visit choircamp.org. Enrollment is limited to 120 campers, so please reserve a place early.

We Need Your Pictures

Having our directory available online has allowed several people to have access to accurate contact information for the parish, and, more importantly, help the church office correct any incorrect details. If you have not yet checked out our directory, visit instantchurchdirectory.com and click "Church Member Sign In." You can create a log in with your email address. If you have any trouble or need to make a correction, email communications@trinitylittlerock.org.

One great thing about this directory is the ability to post a picture of your family. To post a picture, go to <http://bit.ly/2qyW4sJ> and upload your picture. Be sure to include who is in the picture and the family's last name. Thanks for helping us keep this directory accurate and up-to-date.

BIG Kid Program This Summer

Looking for fun, hands-on learning experiences for your elementary aged child this summer? ECEP will again offer its BIG Kid program this summer. The program is designed to serve elementary school-age children during holidays and summer break. Parents love the convenience of being able to sign-up for the weeks they need care, and children have a blast as they receive lessons that take them from the center of the earth to the edge of the galaxy! Visit www.trinitylittlerock.org/ecep to register. Please contact Christy Poindexter at ecep@trinitylittlerock.org or 501-588-3659 for more information.

The Great Escape!

Join the children of Trinity Cathedral this summer as they
suffer the hardships of slavery,
find the baby Moses,
experience the plagues of Egypt,
are passed over by the death angel and
finally escape to their freedom through the Red Sea.

For Children entering pre-K through 5th grade
Youth are needed as helpers (register below)



It is important to register in advance.
Space will be limited. Registrations will be
received on a first come, first served basis.

Trinity Cathedral's 2017 Cathedral Camp

Date: June 12-16 **Time:** 9:00 a.m. - Noon **Age:** Children entering Pre K4 through 5th grade

Parents _____
Address _____ City _____ 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 2017. **T-Shirt sizes: 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.
Scholarships are available.

**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 needed also! Name(s): _____

I (We) would like to be a: Group Leader Set Up / Take Down Snack Provider
 Nursery Worker Other (you name it!) _____
 I'm volunteering and I need Nursery care for my child(ren) Number of nursery children _____



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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 8:30 a.m.
(9:00 a.m. Friday)
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.

INSIGHTS Lecture Series: Rachel Held Evans

Saturday, June 3
6:30 p.m.

\$25 General Admission

\$100 Patron Ticket (includes reserved seating and pre-reception with Rachel)

Reserve tickets at
rachelheldevans.eventbrite.com

See page 5 for more details.

