



2010



TRINITY TIMES

The official newsletter of Trinity Episcopal Cathedral of the Diocese of New Jersey

(609) 392-3805

www.TrinityCathedralNJ.org



A Message From our Dean

God's Love in Our Hearts: All is Possible



"The Day the World Came to Town - 9/11 in Gander Newfoundland" by Jim DeFede. How many of us have even heard about this story? We live in a world in which we and the media sometimes focus too much on bad behaving celebrities. We need to celebrate the grace filled moments that oft times go unnoticed and unrecognized.

On the eve of the anniversary of September 11, and as we continue to contemplate the impact of the debacle in the Gulf, may I invite you to consider three examples of what is possible when God's love is in our hearts.

6,595 refugees in thirty-eight jet liners descended upon this little town of Gander. On a day of high anxiety and great tragedy the people of Gander showed us the way to be truly hospitable and open minded. Schools and halls quickly became emergency shelters. Residents invited people into their homes for showers, beds and meals. People stripped their houses of sheets and towels and offered the use of their vehicles. No stone was left unturned in an effort to be available for people.

Aplington Parkersburg, Iowa. May 2008. Ed Thomas High School Football coach rallies the town after a devastating tornado destroys several homes, businesses and the local High School football field. Coach Thomas' great leadership inspired the community and against all odds everything was in place for the new High School Football season. Just as all seemed well, a mentally disturbed brother of one of the high school footballers walked in the locker room and shot Coach Thomas to death. In the ensuing days the family of Coach Thomas not only dealt with their grief, but also found it in their hearts to reach out to the family of the shooter. In a tremendous act of grace and forgiveness, they implored the town to pray for the family of the young man who shot their father. The family went on to receive most deservedly at this year's ESPY Awards, the Arthur Ashe award for courage.

The final story is about Revive 2010 which was held at Trinity Cathedral. In our last publication of *Trinity Times*, I invited you to be a part of Revive 2010. I knew that the Planning Committee worked very hard and the hope was that it would all come together for good. I am pleased to report it was a tremendous success. Many generations and denominations gathered over three days, sharing, praying, singing, hoping, dreaming, and walking with the intent of making life better for the people of God. The level of cooperation was so phenomenal that someone wondered whether we had done this for several years.

The truth is when God's love is in our hearts and we are prepared to work together, all things are possible. Let us go now and replicate these examples focusing on what is possible when God's love is in our hearts.

Your Friend
and Dean,

René

IN THIS ISSUE . . .

Sign up at Trinity for food assistance!	p. 5
Who is this year's Celebrity Chef?	p. 6
The Flower Guild needs your help!	p. 8
A new Cathedral Arts Series begins . . .	p. 8
Our new Accessibility Committees	p. 10



September 9 - 12:30 pm - Last Farmer's Market of the season!

September 11 - 9:00 am - Diocesan Anti-Racism Retreat

September 15 - 7:30 pm - Choir rehearsal resumes

September 18 - 6:00 pm - Celebrity Chef dinner

September 26 - Homecoming Sunday - back to regular service schedule (8:00 am & 10:30 am)

CAST: TrinityFest! Concert and Reception

October 3 - 10:30 am - St. Francis Blessing of the Animals

October 9 - 6:00 pm - Annual African Festival

October 11 - 10:00 am - Community Day Golf Outing

October 15 - 7:00 pm - CAST: Deborah Ford & the Keystone Youth Choir

October 17 - 4:00 pm - An African Evensong

October 24 - CAST: Tom Purviance piano recital

October 29 - Parish Halloween Party with CAST Halloween movie!

October 30 - Diocesan "Equipping the Servants" workshops

For a comprehensive list of events, please go to www.TrinityCathedralNJ.org/calendar.html or call (609) 392-3805 ext. 100



Adult Christian Education Class for the Fall

The History of the Church from the Roman Empire to the present day.

Sunday, after the 10:30 am service, every two weeks. Look out for further announcements in early September, or see Deacon Chris Cox for more information.

Trinity Times

is a monthly publication of
Trinity Cathedral
801 West State Street
Trenton, NJ 08618
(609) 392-3805 Fax: (609) 392-2305
www.TrinityCathedralNJ.org

Most photos in monthly issues of *Trinity Times* are courtesy of Trinity photographer, Dot Cellini.

Submissions from parishioners and groups of similar interest are welcome and encouraged (and subject to editing.) **Please submit all items by the 15th of each month for inclusion in the next month's publication to Patrice D'Angelo, Editor, via fax: (609) 392-2305 or E-mail:**

PatriceDAngelo@TrinityCathedral.comcastbiz.net

The Healthier Heart Farmers Market at Trinity Cathedral

By Clara Gregory and Charles McIntire

The Healthier Heart Farmers Market at Trinity Cathedral reopened on Thursday, June 24, 2010. Our opening theme, “A Blueberry Festival” was well received with more than 100 participants attending throughout the day. Lunch included an array of desserts made with fresh blueberries and a wonderful cooking demonstration by Charles McIntire. Seventy-five pints of blueberries were donated by our farmer, Judee Dificcio as well as eco-friendly bags donated by our Sustainability Commission.

At the market, we continue to offer *Jersey Fresh* fruit and vegetables, weekly health screenings, educational literature and health forums. Dr. Phil Lewis, facilitated a forum entitled, “The Wondrous Astonishing You,” that was well received by the participants. Staff of the Mercer County Office on Aging continues to qualify and issue \$20.00 Senior Farmers Market Checks to seniors that meet the income requirements.

What’s new at the Market this year?



A beautiful sign, acknowledging our Market was hand-painted and donated by Ruth Councill, Chairperson of Episcopal Church and the Visual Arts (ECVA). Bernard McMullan, Chairperson of our Property and Maintenance Commission, designed and constructed a mobile platform for the sign.

Three additional faithful volunteers joined us this summer. We are grateful to welcome Winifred Daniels, Dulcie Lawton and Debbie Raab.

According to the NJ Department of Agriculture,

Judee Dificcio is listed as one of the “14 farmers” in the State of New Jersey that can accept Electronic Benefits Transfer (EBT) cards from Supplemental Nutrition Assistance Program (SNAP) recipients to purchase fresh produce. SNAP was formerly known as the food stamp program. During 2009, she was listed also as one of the top 10 farmers in New Jersey for Women, Infants and Children (WIC) and Senior Farmer Market Check redemptions by the NJ Department of Health and Senior Services.

The Market was relocated from the parking lot to the corner of West State and Overbrook. This visible location has made a great difference in the number of weekly shoppers.



New Jersey Celebrates Farmers Market Week: August 1 – 7, 2010

On July 29, 2010 the New Jersey Secretary of Agriculture, Douglas H. Fisher announced Farmers Market Week, August 1 to 7, 2010 by issuing a challenge to New Jerseyans to eat local. We were one of the two Markets selected by Nora Muchanic of Channel 6 ABC Action News that was aired on the 6:00 PM news program on Monday, August 2, 2010. In Nora’s broadcast, she indicated that our market “takes *Jersey Fresh* a step further.”

On the back of this page, we have attached a “When to find fruit and vegetables in New Jersey.” Remember eating in season is not only healthier but it’s cheaper!



WHEN TO FIND FRUITS AND VEGETABLES IN NEW JERSEY

Quando Encontrar Frutas y Vegetales en Nueva Jersey

COMMODITIES Articulo de Consumo		EARLY Temprano	USUAL HARVEST DATE*	
			MOST ACTIVE Lo mas activo	LATE Tarde
FRUITS & BERRIES	Frutas y Bayas			
Apples	Manzanas	Jul 15	Sep 1 - Oct 25	Oct 31
Blackberries	Moras	Jul 10	Jul 15 - Jul 30	Aug 10
Blueberries	Arandanos	Jun 20	Jul 5 - Aug 10	Aug 15
Cherries	Cerezas	Jun 10	Jun 10 - Jun 25	Jun 25
Grapes	Uvas	Aug 25	Sep 10 - Sep 20	Sep 30
Peaches	Duraznos	Jul 24	Aug 1-Sept 7	Sept 15
Nectarines	Nectarinas	Jul 5	Jul 20 - Sep 1	Sep 15
Pears	Peras	Aug 1	Aug 10 - Aug 31	Sep 10
Plums	Ciruellas	Jul 1	Jul 15 - Aug 15	Sep 1
Raspberries	Frambuesa			
Traditional	Tadicional	Jul 1	Jul 5 - Jul 21	Aug 1
Fall Bearing	Frutas en el Otono	Aug 15	Sep 1 - Sep 20	Oct 15
Melons	Melóns	Jul 15	Aug 1- Sep 30	Oct 15
Strawberries	Fresas	May 20	Jun 1 - Jun 10	Jun 25
VEGETABLES	Vegetales			
Asparagus	Esparragos	Apr 23	May 1 - May 30	Jun 25
Beets	Remolachas	Jun 1	Jul 1 - Oct 31	Nov 30
Broccoli	Brecoli	Jun 20	Jul 1 - Oct 31	Nov 1
Cabbage	Repollo	Jun 1	Jun 10 - Oct 31	Nov 15
Cauliflower	Coliflor	Sep 1	Oct 5 - Nov 20	Dec 5
Collards	Col Comun	May 15	Aug 20 - Oct 31	Nov 20
Cucumbers	Pepinos	Jun 25	Jul 5 - Aug 15	Sep 15
Eggplant **	Berenjena	Jul 10	Jul 20 - Sep 30	Oct 15
Lettuce	Lechuga			
Late Spring	Tarde Primavera	May 15	May 20 - Jul 15	Aug 31
Early Fall	Otono Temprano	Sep 1	Sep 15 - Nov 15	Nov 30
Lima Beans	Habas de Lima	Jul 10	Jul 15 - Aug 31	Oct 31
Okra **	Quimbombo	Jul 15	Aug 15 - Sep 15	Oct 15
Onions	Cebollas	Jun 25	Jun 25 - Jul 31	Sep 30
Peas	Guisantes	May 20	Jun 15 - Jun 25	Jul 5
Peppers	Pimientos	Jul 5	Jul 15 - oct 31	Nov 5
Potatoes **	Patatas	Jul 10	Jul 20 - Sep 30	Oct 15
Pumpkins	Calabazas	Sep 15	Oct 1 - Oct 15	Oct 31
Snap Beans	Ejotes Rápidos	Jun 10	Jun 20 - Jul 20	Aug 31
Squash	Calabaza	Jun 15	Jun 25 - Sep 1	Sep 30
Spinach	Espinaca	Apr 15	May 5 - Jun 25	Jun 30
Sweet Corn	Maiz Dulce	Jul 1	Jul 5 - Aug 31	Sep 25
Tomatoes **	Tomates	Jul 5	Jul 10 - Sep 15	Oct 15
Herbs	Hierbas		01-Jul	Oct 1

*NOTE THAT THE HARVEST DATES LISTED MAY VARY DEPENDING UPON WEATHER CONDITIONS & GEOGRAPHIC LOCATION OF THE FARM

*Notar que la fecha de la cosecha pueda variar dependiendo sobre las condiciones del tiempo y localidad de la region de la finca.

** LATE DATE IS OCT 15 OR KILLING FROST

La fecha mas tarde es Oct 15 o una helada destructora

Outreach Commission Offers Additional Program

By Clara Gregory and Janet Thompson

Due to the continued rise in unemployment and underemployment nationwide, the United States Department of Agriculture on October 1, 2008 introduced the Supplemental Nutrition Assistance Program (SNAP), formerly known as the federal food stamp program. This new program reflects changes made to highlight the needs of clients, including a focus on nutrition and an increase in benefit amounts.

To receive SNAP benefits, households must satisfy certain criteria in the following areas:

- Resources
- Income
- Deductions
- Employment Requirements
- Special Rules for the Elderly and Disabled
- Immigrant Eligibility



During the month of October 2010, members and volunteers of the Outreach Commission will be able to screen and submit applications for individuals that may qualify for SNAP and receive an Electronic Benefit Transfer (EBT) Card. This EBT card can be used to purchase fresh produce and groceries. If you are unemployed or underemployed, you may qualify for this program or know of others that may qualify.

Brochures and pamphlets outlining the qualifications will be available in late September and located throughout the Cathedral. All applications are confidential. We thank the following individuals that have taken the first step in being trained to provide this service: Virginia Harmer, William Harmer, Dulce Lawton, Clara Gregory and Debbie Raab. If you wish to volunteer your service for this much needed program, please contact Patrice D'Angelo, our Parish Administrator at (609) 392-3805 extension 100.

A Note from The Altar Guild Shop

We do hope that everyone is having a wonderful summer despite the heat. The Altar Guild Shop will reopen on Wednesday September 1, 2010 from 10:00 a.m. – 1:00 p.m.

We will have in stock the 2011 calendars, diaries etc. You are welcome to call or E-mail to reserve your copy. There are also copies of *Holy Women Holy Men* in stock. See you in September.

Please feel free to contact Andrea John – andrealjohn1@verizon.net, or Regina Zilinski – tlgrpodhorin@comcast.net or by calling (609) 392-3805.

SEPTEMBER 2010

Wednesday September 1	10:00 a.m. – 1:00 p.m.
Wednesday September 15	10:00 a.m. – 1:00 p.m.
Sunday September 19	9:30 a.m. – 12:30 p.m.



Who is That Celebrity Chef?



Shhhhhh! We have tried to keep the lid on, but word is slowly getting out. This year's visiting Celebrity Chef is someone near and dear to the Diocese. A graduate of Culinary Institute of America (C.I.A.); an accomplished chef in his own right with experiences ranging from being a personal chef to managing large-scale food services operations for several companies, as well as the U.S. Army. He will tempt our taste buds this year with an array of passed hors d'œuvres and a choice of three entre selections.

SEARED SALMON STEAK WITH CELERY ROOT MASH
& SWISS CHARD WITH TOMATO CONCASSE'

ROASTED RACK OF LAMB WITH MINT OIL DRIZZLE,
QUINOA PILAF & BUTTERED ASPARAGUS

WILD MUSHROOM RISOTTO WITH WHITE TRUFFLE OIL ESSENCE

Maybe you joined us last year at our 2009 Celebrity Chef Dinner, or perhaps heard about the evening that included a Cajun dinner, entertainment, wonderful fellowship and the grand finale of our "50/50" campaign. It was certainly an evening for celebration, as we raised more than \$9,000 for Trinity's hunger and poverty outreach ministries. Please consider joining us this year's celebration as we strive to do more!

With the funds raised last year, we were able to replace the deteriorated stoves and ovens that served the Cathedral for more than 70 years. We provided supplemental food purchases that were distributed by our volunteers to the growing line of individuals who visit our food pantry twice a month. Welcome packets were also distributed during the Christmas and Easter seasons to children and adolescents in the community.

We are pleased to report that our ever-increasing efforts in reaching out to our community members have helped to strengthen the safety net for some of our most vulnerable brothers and sisters, as well as making us a stronger congregation. This year's Celebrity Chef Dinner and proceeds from the "50/50" raffle will be used to continue the ministries for our outreach missions.

It is our prayer that you will continue to assist us in this mission, as the job is not complete; therefore we invite you to join us on September 18, 2010 from 6:00 PM – 9:30 PM as we enjoy our 2010 Celebrity Chef Dinner and this year's "50/50" campaign grand finale.

Please complete and return an order form TODAY and let us know your dinner selection and how many raffle tickets you need! We are planning a festive evening, full of wonderful fellowship, food and entertainment. Make your reservations today! We look forward to seeing you.

**For additional questions and/or raffle tickets,
please contact Debbie Raab at debbieraab@verizon.net,
or through our Parish Administrator at (609) 392-3805 extension 100.**

DINNER RESERVATIONS

Trinity Cathedral Celebrity Chef Dinner 2010

Saturday September 18, 2010

801 W. State Street, Trenton, NJ 08618

6:00 PM to 9:30 PM

Send \$45.00 for each ticket



All tickets will be mailed and a copy of order form retained at the Cathedral

Please send tickets as indicated below for this year's Celebrity Chef Dinner (indicate number of each entree choice)

- Seared Salmon Steak with Celery Root Mash & Swiss Chard with tomato concasse'
- Roasted Rack of Lamb with mint Oil Drizzle, Quinoa Pilaf & buttered Asparagus
- Wild Mushroom Risotto with White Truffle Oil Essence

Name: _____ Street Address: _____

Town: _____ State/ZIP _____ Contact # () _____ - _____

50/50 RAFFLE TICKET ORDER

100% of proceeds to Trinity's Outreach Ministries
Send \$10.00 for each ticket & complete the following information
All tickets will be mailed and a copy of order form retained at the Cathedral



Name: _____ Street Address: _____

Town: _____ State/ZIP _____ Contact # () _____ - _____

Name: _____ Street Address: _____

Town: _____ State/ZIP _____ Contact # () _____ - _____

Name: _____ Street Address: _____

Town: _____ State/ZIP _____ Contact # () _____ - _____

Name: _____ Street Address: _____

Town: _____ State/ZIP _____ Contact # () _____ - _____

Name: _____ Street Address: _____

Town: _____ State/ZIP _____ Contact # () _____ - _____

Return form by September 1, 2010 - Trinity Cathedral, 801 W State St. Trenton, NJ 08618 Attn: Debbie Raab

CAST Launches 2010/2011 Season!



The Cathedral Arts Series at Trinity has developed an exciting season of concerts and events designed to make Trinity Cathedral a destination arts performance space for parish, diocesan and community members. CAST needs your support to sustain its role as the Cathedral's musical outreach ministry. Please become a member!

The season opens on Sunday, September 26 with TrinityFest featuring the **Absalom Jones Inspirational Choir** and the **Mount Carmel Gospel Chorus of Philadelphia** in a performance of *That Name!* — a rocking gospel cantata. Tickets \$10 adults; \$5 students/seniors.

On Friday, October 15th at 7:00 pm, **Deborah Ford** joins the **Keystone Youth Choir** for a performance of *We Believe: The Life of Christ in Spirituals*, an inspiring compilation by Evelyn R. Larter and directed by Esther Jane Kulp. Free will offering.

On Sunday, October 24th, Pianist **Thomas Purviance** presents a program of Liszt and other Romantic composers. In 2006, after a ten-year hiatus, Purviance re-launched his international performance career and has recently returned from a tour in Croatia. Purviance has also rejoined the artist faculty of the Westminster Conservatory of Music. Tickets: \$15 adults; \$5 students & seniors.

November and December feature performance by the **Diaspora Chamber Music Players**, the **Princeton Girlchoir**, **Stretto Youth Orchestra**, and the **American Boychoir**. Details to follow!

"I will sing to the LORD, I will sing; I will make music to the LORD..."



Judges 5:3, NIV

The Trinity Cathedral Flower Guild: For Everything There is a Season

By Robert Prouty

Fifteen years ago I was called to come help with Christmas decorating down at the Cathedral. I was very excited since I loved the Christmas season and Chris and I had only been at the Cathedral for about a year. So I responded with an overexcited yes.



Since that time I have seen the Cathedral through so many happenings, so many holidays. The Flower Guild even did all the flowers for the Bishop's and the Dean's installations. The Easter gardens have gone from Mt. Calvary in the rear of the church to fifteen foot Birch trees growing on either side of the pulpit and lectern. We have had ponds, big and small. Water features for sound. Tombs of all shapes and sizes. Christmas trees ranging from sixteen feet on the high marble altar to white flocked trees surrounding the altar. We have had decorated trees full of ornaments and trees glowing in white lights. Gold lamé has swooped down from a six-foot wreath above the high altar to smaller wreaths on the "wine racks". We've had gold and silver angels flying from above. The chapel altar covered in Christmas greens. Creche sets everywhere you would look.

On the high altar we have had arrangements from the untraditional to the traditional. The twin towers as a memorial, rainbow colored flowers, and even Mickey Mouse even made a guest appearance in an arrangement. Arrangements that were six feet tall, to arrangements that were two feet tall. In each season we either enjoyed the smell of Easter lilies, the bright color of a full living Cornucopia, or the color of Poinsettias.

Continued on next page . . .

CONTINUING THREADS

An Exhibition of Original Quilts by Nancy Breland

In Synod Hall, July 30 - October 7

Since her first Trinity Cathedral exhibition in 2007, quilter Nancy Breland has continued to explore and expand her art form. She has begun using vintage handmade linens, such as crocheted doilies and embroidered tablecloths, ingeniously incorporating them into her quilt designs along with fabrics, buttons and beads.

Nancy has also been working with various dying techniques. The artful combination of dyed linens and printed fabric, unified by skillful and imaginative machine quilting has led to some truly innovative, intricate, and beautiful work.

She has always taken inspiration from her natural surroundings, such as the neighborhood turkey vultures silhouetted against a sunset sky in "Coming Home to Roost", as well as some of her favorite flowers from her garden.

Nancy's work appears regularly in juried quilt exhibits, and has been displayed in the Museum of the American Quilter's Society and the Rocky Mountain Quilt Museum. Many of her quilt designs have been published as patterns in 'Quilter's Newsletter Magazine'.

Sponsored by ECVA NJ

Continuing Threads
Original Quilts by Nancy Breland



Trinity Cathedral, Trenton
July 30- October 7, 2010

 Sponsored by ECVA NJ
The Episcopal Church and Visual Arts

(. . . continued from last page) It has been a wonderful fifteen years. And when I started this journey, Chris and I were thinking about children, but there were none for many years. Through the grace of God and the help of many friends we adopted our sons. At that time I was still running my flower shop. And after trying to work and raise two children - and missing so much of their growth - when I was working six to seven days a week, we made the decision to close my business.

Well, unbeknownst to us God had more in store for us, and our three daughters were brought into our lives, giving us a total of five children. It has been wonderful and rewarding and trying all at the same time. (As most of you parents I'm sure can agree.)

So I have made the decision to step down from the Trinity Flower Guild, so that I can spend more time with my family. And enjoy them flourishing and blooming in all that they do.

I know this decision is the correct one because I know that this was a part of my journey to learn and enjoy flower arranging and holiday set-ups. I know someone out there is where I was fifteen years ago, and is just waiting for that call from God saying, "Hey - I could use your help here - can you do it?"

If you are interested in taking an active role in the Flower Guild of Trinity Cathedral, please speak with Bob Prouty or Dean John, or call Patrice in the office!

Major Chapter Forms Accessibility Committee

At its May meeting, the Major Chapter of the Cathedral formed a committee to plan for and implement improvements to our Cathedral buildings so that they will be accessible for people with disabilities. The members are Ellen Wry, Clara Gregory, and Deb Raab from the Cathedral, and The Rev. Deborah Piggins and Ms. Donna Devlin, both members of the Chapter from other parishes.

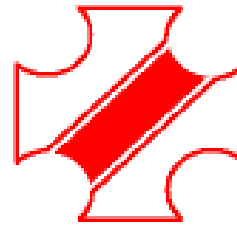
The committee has surveyed the Cathedral property and noted the many areas that are impossible for those with physical disabilities to reach. It began its survey with an excellent study done a few years ago by Bernard McMullan, chair of our Property and Maintenance Commission.

There are three main areas of focus as the committee begins its work: creating a longterm plan, setting priorities for access improvements, and finding funding sources outside the Cathedral so that the improvements will not need to be paid for out of the Cathedral budget. Priorities will be set by looking at how frequently an area is used, who uses it, what changes could be made to make it more accessible, and what the changes would cost. And under the guidance of committee member Deborah Piggins, who has had experience with grant writing, the group will be spending some time researching possible grant sources and eventually applying for grants.

Right now, the committee has set two priorities. It will soon be purchasing a portable ramp to provide wheelchair access from the main part of the chancel into the sanctuary so that clergy and lay people with disabilities can serve at the altar. And it is investigating the possibility of installing a wheelchair lift to allow access up the stairs to the Guild Room and the rest of the education wing.

The committee would welcome anyone with an interest in accessibility or the knowledge of the grant process to join us. This will be a longterm process, and we would be grateful to share this important ministry with anyone who is interested. Our parish's mission includes a commitment to welcoming everyone, and we hope that this new ministry will help us to do just that. Interested? Call Ellen Wry at (609) 695-4372 or E-mail her at ellentwry@gmail.com or speak with any of the other members.

Reflections on a Deacons' Conference



At the end of June I was privileged to attend the tri-annual conference for Deacons in the USA and Canada. Two hundred deacons of all ages, backgrounds, and levels of experience met for three days at Loyola University, near the historic water tower district of Chicago. Our diocese was well represented by Deacons Emily Holman, Terry Suruda, Tom Sweeny, me, and Archdeacon Keith McCoy. We worshipped together, listened to outstanding inspirational speakers, participated in workshops, networked, and generally tried to figure out how we could better serve God and the Church.

I came away from the conference with three thoughts that I would like to share. Firstly, I want to tell you that God's Church in the USA and Canada is alive and well and filled with the Holy Spirit! I learned something of the breadth and depth of diaconal ministry across our nation, and saw the Spirit-filled energy, vitality and joy of some of those who carry it out. It was truly inspirational, (if a little overwhelming), to hear of so many opportunities to serve Christ in others.

My second "take away" from the conference is that whatever work we do, - feeding the hungry, visiting the sick or imprisoned, or advocating for social change, - it is really not "our" ministry, but God's ministry, and we don't do it alone, but with the whole Body of Christ. The work of the Church is not about priests, deacons or lay people working in isolation as individuals, but rather working as a Body - communicating, networking, sharing our talents, striving together for the common good.

Finally, my experience in Chicago reminded me of the importance of Spiritual feeding **before** we attempt to be the hands and feet of Jesus in the world. We are fed at the Eucharist, and in our daily prayers for each other, and again when we come together in community. And like physical feeding, eating just once is not enough, we need to give ourselves a regular healthy "diet" if we are to be fit for duty. For three days in Chicago we lived a (monastic-like) cycle of worship and prayer - what a difference that can make to our lives!

Go in peace to love and serve the Lord!

CATHEDRAL CLERGY

The Rt. Rev. George E. Councill, Bishop
The Very Rev. René Rory John, Dean
The Very Rev. Lloyd G. Chattin, Dean Emeritus
The Rev. Canon Dr. Noel Amadi, Priest Associate
The Rev. Dr. Peter Bridge, Priest Associate
The Rev. Dr. David Cooling, Priest Associate
The Rev. Dr. Howard Fidler Wood, Priest Associate
The Rev. Carol Gilbert, Deacon
The Rev. Chris Cox, Deacon

CATHEDRAL STAFF

Canon Deborah Ford, Associate Music Minister/Choir Director
Dr. Kerry Heimann, Associate Music Minister/Organist
Patrice D'Angelo, Cathedral Administrator
Al Shaw, Sexton
Michael (P.J.) Pettyjohn, Associate Sexton

THE ACADEMY PRE-SCHOOL

The Rev. Lynn H. Johnson, Administrator
Tossa Thorpe, Administrative Assistant



OUR SUNDAY AND WEEKDAY SERVICE SCHEDULE

Wednesdays (services resume on September 15)

12:10 pm: Healing Eucharist in All Saints' Chapel.

Sundays (changes to 8 & 10:30 am on Sept. 26)

8:00 am: Rite I Eucharist in All Saints' Chapel

10:00 am: Rite II Eucharist in the Cathedral

12:30 pm: Igbo Service in the Chapel

Our Vision:

A visible agent of God's love, joyfully embracing all people.

Our Mission:

God is here. Jesus loves you.

We are a welcoming, diverse community sharing God's love, spreading the Gospel and caring for all people and God's creation. Come join us.



Trinity Cathedral

The Diocese of New Jersey

801 West State Street

Trenton, NJ 08618

**For a comprehensive list of Cathedral events and meetings,
go to www.TrinityCathedralNJ.org/calendar.html**

Would you like to read the *Trinity Times* online? If you would like to receive an E-mail reminder when the newsletter is posted to our Website each month, please send a note to PatriceDAngelo@TrinityCathedral.comcastbiz.net