



# THE TRINITY TIMES

Dec. 2023 - Jan. 2024



*The  
newsletter  
of Trinity  
Cathedral of  
the Diocese  
of New  
Jersey*



### Inside this issue:

- Christmas Greens and Music dedication form; Gift Shop news - a new Manager! **4,5**
- Wish PJ a Happy Retirement! **6**
- Christmas Worship Schedule **6**
- Maternal Health forum a success! **7**
- November Vestry highlights **8**



Dear Friends,

As we move quickly towards the end of 2023 my prayer is for everyone to be safe. We will no doubt use this time to be with friends and family. Please be intentional and enjoy every moment; tomorrow is promised no one.

I want to share as a teachable moment something which I experienced recently. About two weeks ago I received a call from someone about a proposed Zoom meeting. It was from a number I did not recognize (mistake number one.) But as a person somewhat in public service and with many persons having access to my personal cell, it didn't seem too much out of the ordinary. What was out of the ordinary was the person on the other line saying a code was sent to me and to please share (mistake number two.)

This was apparently used to access my WhatsApp platform. And, using that, attempted to approach my contacts for favors (aka, money!)

So as a precautionary tale, please be careful - especially at this time of year, when seemingly hackers and scammers abound even more. If you get a call from a number you don't recognize, let them leave a message. And whatever you do, never repeat a code sent to you by text. (In fact, lots of times the business sending you a legitimate code says, "Please don't share with anyone.") I've since changed my number and as far as I know, no one was affected by this breach. But it was very aggravating and embarrassing, to say the least.

At the same time I hope and pray this does not discourage you from generously supporting charities which do great good. The Rescue Mission of Trenton, Urban Promise, Angel Tree and Episcopal Community Services, are but a few.

May you and yours have a blessed Christmas and a blessed New Year 2024.

Your Friend and Dean,

The Very Rev. René R. John



For those interested in touring the Jackie Robinson Museum: We are looking at reserving a bus to take us from Penn Station to the museum, and back to Penn Station at the conclusion of our trip. Please inform Dean John at your earliest convenience, if you are interested. Thank you!



**Trinity Cathedral  
Trenton presents**

## **Group Tour of the Jackie Robinson Museum**

Join us as we learn about life and times of this barrier breaking national hero.

**Friday, December 8, 2023  
11:30am**

**75 Varick Street**  
Intersection of Varick & Canal Streets  
New York, New York

**RSVP to Dean René John,  
reneroryjohn@gmail.com, by  
Monday, November 27, 2023**



**Easily accessible via mass transit**

NJ Transit to New York Penn Station

Take either the MTA **1** **A** **C** or **E** subway to

Canal Street stop or catch the **M20** South Ferry bus  
at Seventh & 31st Street to Varick and Grand Street.

Taxis, Uber and Lyft also readily accessible.

**\$20**  
/per person +  
own transportation  
Includes curated tour  
and group lunch

# Creation Care Corner

## *News this month:*

### **Partnership with ISLES**

Trinity Cathedral is excited to partner with ISLES, ([isles.org](http://isles.org)), in support of a Creation Care grant from the Episcopal Church national office. Founded in 1981 by a former member of Trinity Cathedral, ISLES is a successful and highly effective Trenton-based community development organization, operating with a mission of environmental stewardship. Their existing programs range from youth education and training, urban agriculture, promoting green and healthy living, climate action, and community revitalization.

The focus of the grant application will be the expansion of ISLES' Vegetarian cooking classes and will utilize the Cathedral's professional-grade kitchen facility. Reducing our meat consumption is the single most important act we can take to affect climate change, and the proposed program will address key environmental justice issues such as climate change resilience, food insecurity and wellness, and empowerment for environmental improvement and reduced carbon footprint. Look out for further information in the coming months.

### **COP28**

COP28, the 28<sup>th</sup> meeting of the annual United Nations climate summit is taking place in Dubai from November 30<sup>th</sup> through December 12<sup>th</sup>, when world leaders gather to work together on solutions to tackle climate change. Our prayers are needed in support of this critically important conference. The Episcopal Church sent a delegation of 21 members to COP28, including our own Cn. Barbie Bach. According to the Presiding Bishop's office the delegates will complete in-depth advocacy training and host public reports, discussions and events with a focus on environmental justice, ending environmental racism, and solving the climate crisis.

There was an Episcopal Church kickoff and prayer event on November 27<sup>th</sup>, and delegates will report back on their experiences during an online closing (open to all) at 3 pm EST, December 15<sup>th</sup>; please see The Episcopal Church website for registration details if you wish to join. Meanwhile, please pray for all our delegates and attending world leaders.



A Special Offering for



## Christmas

In grateful Thanksgiving for all of God's blessings on our life and our work,  
please accept my offering of \$ \_\_\_\_\_ to be used for (please check):

- Christmas greens & poinsettias
- Christmas musicians & music
- Split evenly between Christmas greens & music

My donation is in memory of / thanksgiving for (PLEASE PRINT!):

---

---

---

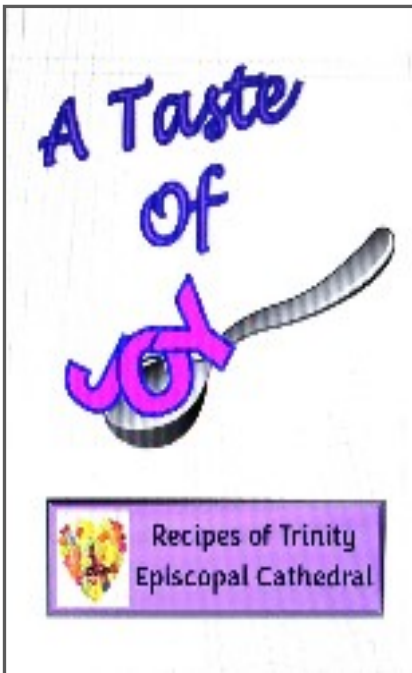
---

My name & phone#:

---

Offerings and this request form may be placed in the alms basin BY  
SUNDAY, DEC. 17th or given to Patrice D'Angelo in the Cathedral office.

## Coming Soon!



Our Cathedral cookbook, "A Taste of Joy – Recipes of Trinity Cathedral" will soon be available! The cookbook is the result of the healthy eating and moving 6-week forum that was held here at Trinity Cathedral. Proceeds from the book sale will purchase fresh produce for our food pantry; assisting our neighbors in eating healthy. There will be a \$10 donation for the books. Watch for updates in the bulletin and the Cathedral website.

Gift certificates for the cookbook will be available in the Cathedral Altar Guild Gift Shop if you would like to use for gift-giving before the books come out. For more information, contact Lucy Adams (contact info. below.)

## Cathedral Gift Shop Happenings



OPEN ALL SUNDAYS DURING ADVENT!

**SALE! BARGAINS!** Advent Calendars, Christmas cards, nativities, books and more!

**Now Available:** Liturgical wall & pocket calendars.

Gifts for everyone on your list. **New items** are coming in each week! Need something unique? Come take a look. **Free gift wrapping** for purchases on December 3rd and December 10th.

**Shop with us: save time and gas, and get some super bargains while helping a great cause!** The Shop will be open every Sunday in Advent before and after the 10:00 am service and after the 8:30 am service. (Yes, we take charge cards too!) Need more details? E-mail Lucy at: [trinitycathedralags@gmail.com](mailto:trinitycathedralags@gmail.com)

## Meet our New Altar Guild Shop Director!

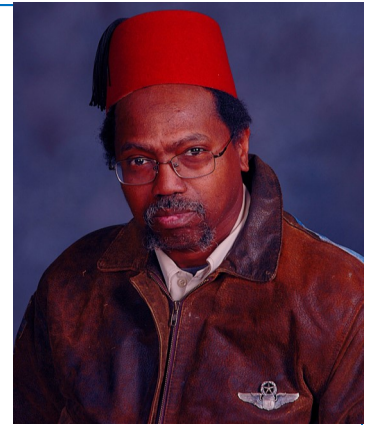


Lucy Adams believes in "doing church". She's been active in church and civic organizations since she was a teenager. She's married to her biggest supporter, Keith, and has two wonderful sons. Besides volunteer work, Lucy enjoys spending time with her family; especially hosting Sunday dinners, gardening, photography, crafts, and helping others. Currently, she is working on the Cathedral's soon to be released, "Taste of Joy" cookbook. She tries to do an act of kindness daily and encourages others to do the same. We hope you will stop in the Altar Guild Shop and meet her!



We will be Greening the Cathedral and Chapel for Christmas on Saturday, December 16 from 8:00am - 12:00pm. Please join us, as many hands make light work! Let us know you can help: speak to Sue Remmers or call the Cathedral office.

On December 31<sup>st</sup>, our Associate Custodian Michael “PJ” Pettyjohn will retire after fifteen years of service to the Cathedral!



We would like to celebrate his time with us on December 10<sup>th</sup> after the 10:00am Eucharist. If anyone is so moved you may express your appreciation to PJ directly. We will also put together an offering to him and you are welcome to contribute to this, if you would prefer. Any such contribution to this gift can be turned in to the Cathedral Administrator, Patrice D’Angelo in the office. Checks can be made out to the Cathedral, but please note “Michael Pettyjohn”



All Worship will be held in person and livestreamed (when able):

- |                      |   |
|----------------------|---|
| Sunday, December 17: | 8:30 am - Rite I Eucharist in All Saints Chapel ( <u>in-person only</u> ) |
|                      | 10:00 am - Advent Service of Lessons and Carols in the Cathedral          |
| Sunday, December 24: | 10:00 am - Rite II Eucharist in the Cathedral                             |
|                      | 4:00 pm - Christmas Eve (Family) Creche-Building Service                  |
|                      | 10:00 pm - Christmas Eve Festival Eucharist (9:30 pm carol prelude)       |
| Monday, December 25: | 10:00 am - Christmas Day Worship  |
| Sunday, December 31: | 10:00 am - Rite II Eucharist in the Cathedral                             |
| Monday, January 1:   | 10:00 am - New Year’s Day Worship   |
| Sunday, January 7:   | 8:30 am - Rite I Eucharist in All Saints Chapel ( <u>in-person only</u> ) |
|                      | 10:00 am - Rite II Eucharist in the Cathedral w/ The Trinity Strings      |

## Healthy Women, Healthy Families Hosts Maternal Health Workshop



On Saturday, November 4, [Healthy Women, Healthy Families](#) hosted a workshop for birthing people, their families, and alternative caregivers on how to navigate perinatal addictions, and support those who may struggle with addiction during pregnancy and after birth. The workshop also addressed how to support new parents in the postpartum journey and navigate the baby blues and postpartum depression.

The afternoon was a collaborative effort, made possible through a partnership with our Cathedral. It featured an array of guest speakers who brought their expertise and insights to the forefront of maternal and child health. Notable speakers included [Perinatal Addiction](#) Specialist Roseann Cervelli, M.S., LCADC, CPS, CCS, and [Pregnancy and Parenting Wellness Program](#) Manager Kathy Donaldson, MSN, APN, C, WHNP-BC, PMH-C, RNC-OB, C-EFM. Their presentations shed light on crucial topics, such as the impact of substances like marijuana, fentanyl, and alcohol on pregnancy and postpartum, as well as the emotional journey that new mothers experience during the postpartum period, including the baby blues and postpartum depression.

The event was not only an educational opportunity but also a platform for real-life testimonials. Representatives from [Catholic Charities](#) shared their personal experiences with addiction and motherhood, underscoring the positive impact services and programs, like Healthy Women, Healthy Families, have on the lives of women and children. "I get to be a good role model to my daughter," said one participant, "thanks to God, this program, and this community." Their stories served as a powerful reminder of the importance of equitable access to services and programs, and their impact on keeping families together.

A diverse array of organizations was present at the event, including Catholic Charities, [Children's Futures](#), Connecting NJ, Prematurity Prevention Initiative, [Prevention Coalition of Mercer County](#), [Saint Michael's Episcopal Church](#), and the [New Jersey Department of Health](#). Global Grace Health of Highland Park, under the direction of Dr. Norma Bowe was also in attendance, providing Flu and Covid-19 vaccines for all in attendance. These organizations provided a plethora of materials advertising services and programs for families and children. This collective effort underscores Healthy Women, Healthy Families' commitment to improving maternal and infant health outcomes by bettering access to quality healthcare across the community.

Healthy Women, Healthy Families is closely aligned with First Lady Tammy Murphy's "Nurture NJ" initiative, which seeks to make New Jersey the safest state for giving birth. Their focus on education and resources for birthing individuals and their families exemplifies a shared commitment to the well-being of both the birthing parent and their loved ones. The program's dedication to these critical issues is a testament to the power of community collaboration and the pursuit of healthier futures for all.

***Cn. Clara M. Gregory, Outreach Chair; Bobbie Powell, Vestry; Dennie Higgins, Senior Warden***

## Highlights of the November 2023 Major Chapter Meeting of Trinity Cathedral

Nineteen of the 26 members of the Major Chapter of Trinity Cathedral met via Zoom on Tuesday evening, November 14, at 6:30 pm. The Bishop called the meeting to order at 6:35 pm and offered the opening prayer. The main agenda items were addressed as follows:

Financial Summary. Treasurer Ron Zilinski presented a financial summary of the Cathedral's operations for 2023. To date, the income from pledges and trusts continues to be ahead of plan, bolstered by corporate matching gifts. Expenses are about as planned, except that employee fringe benefits are over by \$9k, having been billed and paid out a month in advance. The resulting deficit of \$108k in our operations as of the end of October is less than the \$112k deficit expected at this time of the year – enabling the possibility of no deficit at year end.

Investments. Cn. Paul Cooper presented a summary of the Cathedral's investments, which currently amount to \$2.25 million, 34% of which is in four funds of the *Diocesan Investment Trust* (DIT); 25% is mostly a recent bequest residing in a brokerage account; and the remaining 41% is in the *Dean Adams Trust* (DAT). Currently the DIT funds are yielding a 3.2% dividend annually; short term instruments in the brokerage account are earning 5%; and the DAT annually distributes 6.5% of its total value to the Cathedral.

State of the Trinity Cathedral Academy (TCA). The Dean reported for Academy Board Chair, Cn. Noreen Duncan. He said that all is well with the Academy, which continues to be managed successfully by Archdeacon Lynn Johnson, Academic Director.

Property & Maintenance (P&M). P&M Chair Michael Raab (guest) reported on projects that have been completed, including a) a new electric water heater for the Synod Hall kitchen, electrical and plumbing work in the main heater in the boiler room to supply hotter water to that kitchen and to the school – for a total of \$5,400; b) all approved gutter repair items for a total of \$8,525; c) roof maintenance (semi-annual) for \$1,559; and d) moats, cleaned by our in-house crew. He then presented a list of six ongoing issues and items involving garage roof repair, heat in the bathrooms, and Undercroft kitchen fire suppression system inspection.

Fund Raising. Dennie Higgins reported on our successful *Community Day*, which included our traditional Golf outing and dinner, and new Pickleball Clinics. The Bishop participated and was glad to be there. Future potential fundraisers include: a) *Tea for All* by Mike and Debbie Raab – with story-telling – to be held in February or March; b) the next concert in the *Cathedral Arts Series at Trinity* (CAST) with a performer; and c) a *Pumpkin Patch* event by Katherine Young.

Social Justice/Episcopal Community Services (ECS). Bobbie Powell and Cn. Clara Gregory hosted a *Conference on Women's Health* in Synod Hall on November 4 on maternal and child health. Flu and Covid vaccines were supplied. Other sessions are being held in Synod Hall on Trenton social justice topics such as *Creation Care*, for which an ECS grant is being sought. Katherine Young will put us in touch with the Merck for Mothers funding program for social justice projects; and asked about efforts to address the Israel war with Hamas. The Bishop and Dean will discuss how the Diocese can get involved beyond our support of the Diocese of Jerusalem.

Dean's Report. The Dean called attention to items in a report that he sent to the Chapter including: a) the Stewardship launch on November 12 with ECS Director the Rev. Trisha Thorne's message, reporting that 37 pledges totaling \$127k have been received, the goal being 100 pledges totaling \$300k; b) Livestream installation by Rob Bullington and Pete Cornell is almost complete, and they are advising operators Lee Whiteman and Tony Wootson; c) Lourdez with volunteer helpers is giving out 100 turkeys for Thanksgiving; d) *Community Day* having gone well, he is grateful for LaTonya Johnson, the organizing *Committee*, and participating Churches; e) Pilgrimage to the Shrine of Our Lady



of Częstochowa on October 21; g) Retirement of Michael Pettyjohn after 15 years with the Cathedral; h) Nancy Jackson bequest for Memorial Garden restoration; i) World Aids Day on December 1; j) Visit to Jackie Robinson Museum on December 8; and k) the *Emergency Safety Action Plan* prepared by Bobbie Powell and committee.

*Bishop's Report.* Bishop French presented her journal to date and her list of parish visitations. She will attend Cathedral Holy Week and Easter services. She announced the Nov. 17-18 Diocesan presentation and worship at the Cathedral on *Healthy Congregations* to be led by a guest speaker. She said the Special Convention to deal with the budget will take place on Friday evening and Saturday morning, Dec. 9-10. There will be two Diocesan Conventions in 2024 as we transition from having them in March and thereafter only in December. In 2024, we will renew in-person Cathedral activities for Deacons' Ordination Day in January, Confirmation Day, and March Lenten Clergy Day. She has been busy hiring her staff and catching up with congregations overdue for visitations. She would love to attend the pet blessings service at the Cathedral in the Spring. The Bishop then invited questions from Chapter members.

*Next Meeting.* The next meeting of the Major Chapter will take place on Tuesday, February 20, 2024, at 6:30 pm via Zoom.

*Closing Prayer and Blessing.* The Bishop offered a closing prayer and gave her blessing. The meeting adjourned at 8:05 pm.

Respectfully submitted by Clerk Chinweze Ahaghotu and Assistant Clerk Cn. Paul Cooper

29 November 2023



*Tré Devon Lane Foundation*  
Supporting other families during these difficult times.

# GRIEF

## Support Group

**SATURDAY**  
December 9, 2023  
10:00am  
Trinity Episcopal Cathedral Church  
801 West State Street Trenton, NJ  
Please use parking lot in the rear

Please bring a photo of the person you lost

For more information please contact Regina at 609-209-2500

Made with PosterMyWall.com

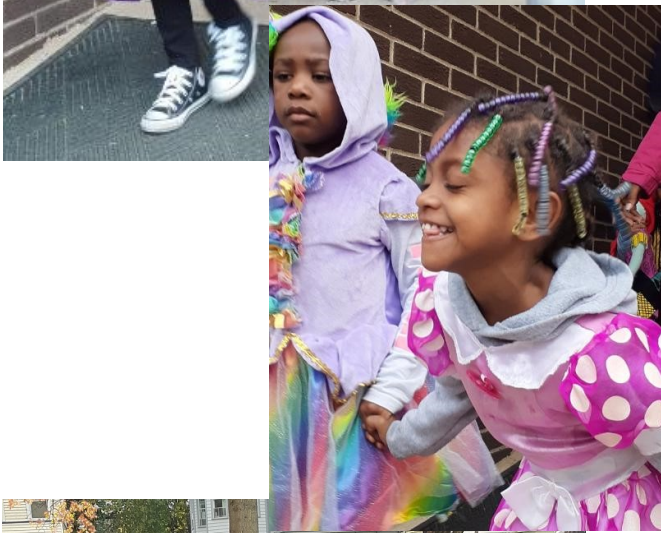


Thank you to all who have pledged your support to the Cathedral for 2024! We currently have 52 pledging units, totaling \$184,030 – an average of \$3,593 per pledging unit. If you would like a pledge card, please speak with Willie Coleman, Dean John or J. Gil Williams.

**Our January Grief Support Group will be held on January 14, 2024 at 10:00 am**



A  
"Not-So-  
Scary"  
Halloween!



Sharing some  
cute photos of  
our Academy  
Pre-School kids  
at their  
Halloween  
parade!



# DECEMBER

# JANUARY

1	Mary Gay Abbott-Young	Birthday
1	Althia Muse	Birthday
3	Amy Elizabeth Wilson	Birthday
3	Dorothy Shean	Birthday
4	Janet Byard	Birthday
5	Hubert & Maureen Perry	Anniversary
6	Carole Porter	Birthday
7	Anthony Russo	Birthday
7	Jared Miller	Birthday
10	Albert Cooper	Birthday
10	Peter G. Lewis	Birthday
11	Fatu Ansah	Birthday
11	Thomas Scott Porter	Birthday
12	Jane Bridge	Birthday
12	Joyce Johnson	Birthday
13	Virginia (Ginny) Harmer	Birthday
13	Jackie Ketter	Birthday
14	Anthony Monte	Birthday
15	Andrea John	Birthday
15	Charles McIntire	Birthday
16	Anthony Richardson	Birthday
16	Charles B. Hopkins III	Birthday
16	Pamela Koenig	Birthday
18	Archie Ngwayah	Birthday
19	Chinwendu Opara	Birthday
19	Mike & Debbie Raab	Anniversary
20	Methuselah McCrownsey	Birthday
21	Philip G. Lewis	Birthday
21	David Eastmead	Birthday
21	Frances Myers O'Brien	Birthday
21	Hilary Cox	Birthday
21	Ciera Bertheau	Birthday
22	Sharlie Ross	Birthday
22	Isaiah Muse	Birthday
23	Manuel Tejada, Jr.	Birthday
25	Scott Young	Birthday
26	Maria Newman	Birthday
26	Mike Raab	Birthday
27	Chris Kirmales	Birthday
28	Julia Bestman	Birthday
31	Samuel & Anastasia Richards	Anniversary

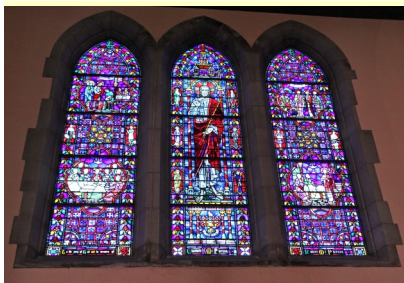
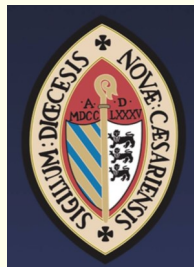
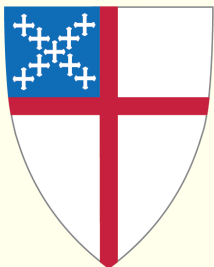
1	Eanna (EJ) O'Suilleabhain	Birthday
1	Wolo Bestman	Birthday
1	John Gabbidon	Birthday
2	Kendall Walton	Birthday
4	William (Bill) Harmer	Birthday
5	James Miller, Jr.	Birthday
5	Ra'shonda Washington	Birthday
5	Christopher Pearson	Birthday
7	Gail Lewis	Birthday
8	Dorothy Pinto	Birthday
8	Gilda Bertheau	Birthday
9	Bernard McMullan	Birthday
9	Hubert Perry	Birthday
10	Karen Callaghan	Birthday
12	Udter Victor	Birthday
12	Samuel Iverson Joseph	Birthday
12	Elizabeth Russo	Birthday
16	Sue Gummere	Birthday
19	Karen Armington	Birthday
20	Christopher Gregory	Birthday
20	Patrice D'Angelo	Birthday
20	Deborah McConnaughey	Birthday
20	Tripuella Dennis	Birthday
20	Christian Boczar	Birthday
21	Dr. Kemdi Opara	Birthday
22	Mark Snow	Birthday
23	Jonathon Zilinski	Birthday
24	Marvin C. Porter, Jr.	Birthday
24	Ruth Cuncell	Birthday
25	Denise (Dennie) Higgins	Birthday
25	Emily Fineburg	Birthday
26	Jeremiah Miller	Birthday
28	Kelvin Blasse	Birthday
29	Donald Brokate	Birthday
29	Annette Carew	Birthday
29	Nomsa Nganang	Birthday
30	Bill & Ginny Harmer	Anniversary
31	Marvin C. Porter, III	Birthday

*Please join in sharing good wishes  
for our fellow parishioners  
on their special day!*

# TRINITY CATHEDRAL

Of The Diocese of New Jersey  
801 West State Street  
Trenton, NJ 08618

Phone: (609) 392-3805  
Fax: (609) 392-2305  
www.TrinityCathedralNJ.org



## 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.

## WORSHIP SCHEDULE:

**Sundays: 10:00 am - Rite II**  
In-person and livestreamed

**Every 1st and 3rd Sunday:**  
8:30 am - Rite I  
In-person only

**Wednesdays: 12:10 - 12:45 pm**  
Healing Eucharist

Please see our website  
for information on how to join us,  
in-person or online!

## CATHEDRAL CLERGY

The Rt. Rev. Sally Johnson French, Bishop  
The Very Rev. René Rory John, Dean  
The Rev. Cn. Dr. Noel J. Amadi, Priest Associate  
The Rev. Dr. Peter Bridge, Priest Associate  
The Rev. Dr. John Luttrell, Priest Associate  
The Rev. Cn. Bruce Montgomery, Priest Associate  
The Rev. Chris Cox, Deacon  
The Rev. Carol Gilbert, Deacon

## CATHEDRAL STAFF

Patrice A. D'Angelo, Administrator  
Dr. Kerry Heimann, Director of Music  
Fay Manicke, Associate Director of Music  
Al Shaw, Sexton  
Michael "PJ" Pettyjohn, Associate Sexton

## THE ACADEMY PRE-SCHOOL STAFF

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