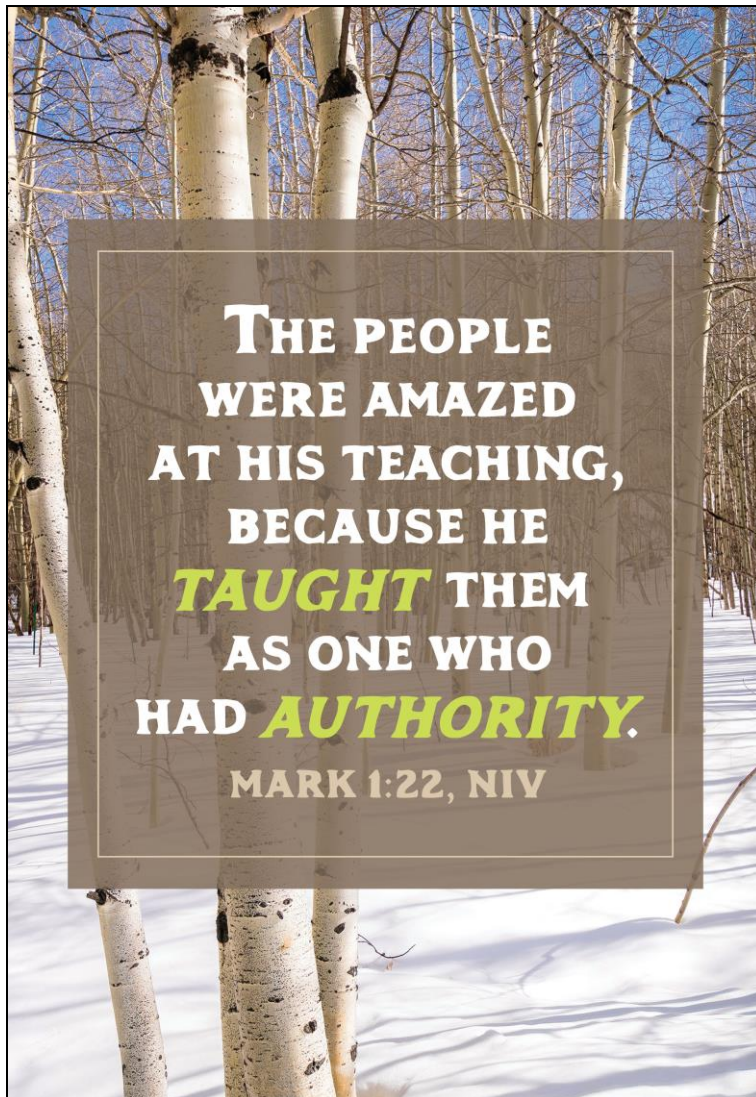


TRINITY CATHEDRAL  
OF THE DIOCESE OF NEW JERSEY



**JANUARY 28, 2024 – THE FOURTH SUNDAY AFTER THE EPIPHANY – YEAR B  
FAMILY SUNDAY**

**10:00 AM - THE HOLY EUCHARIST: RITE TWO  
CELEBRANT & PREACHER – THE REV. CN. BRUCE MONTGOMERY**

**801 West State Street, Trenton, NJ 08618  
Phone (609) 392-3805; Fax (609) 392-2305  
[www.TrinityCathedralNJ.org](http://www.TrinityCathedralNJ.org)  
The Very Rev. René Rory John, Dean**

WELCOME! We're honored that you're worshipping with us today. Masks are optional within the Cathedral buildings. Please use the hand sanitizer that is provided throughout the building before and after touching any surfaces.

If you're not familiar with our Episcopal worship service, we hope this will help. For sanitary purposes, all of our prayers are printed in this bulletin. Thank you for helping us to remain as safe as possible while enjoying in-person worship. "This is how we love one another!"

*Please stand as indicated and be seated for lessons, as able*

## **Prelude**

*Dr. Kerry Heimann, organ*

*All stand, as able*

## **Processional Hymn      Hymnal # 448**

## **O Love, How Deep, How Broad, How High**

1  
O love, how deep, how broad, how high,  
how passing thought and fantasy,  
that God, the Son of God, should take  
our mortal form for mortals' sake.

4  
For us to wicked men betrayed,  
scourged, mocked, in purple robe arrayed,  
he bore the shameful cross and death;  
for us gave up his dying breath.

2  
For us baptized, for us he bore  
his holy fast and hungered sore;  
for us temptations sharp he knew;  
for us the tempter overthrew.

5  
For us he rose from death again;  
for us he went on high to reign;  
for us he sent his Spirit here  
to guide, to strengthen, and to cheer.

3  
For us he prayed; for us he taught;  
for us his daily works he wrought:  
by words and signs and actions, thus  
still seeking not himself, but us.

6  
All glory to our Lord and God  
for love so deep, so high, so broad;  
the Trinity whom we adore  
for ever and for evermore.

*Celebrant:* Blessed be God: Father, Son, and Holy Spirit.

*People:* **And blessed be God's kingdom, now and forever. Amen.**

*Celebrant:* Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

*All sing together*

**Gloria**

**Hymnal # S-278**

**Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world;  
have mercy on us;  
you are seated at the right hand of the Father;  
receive our prayer.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.**

### **The Collect of the Day**

*Celebrant:* The Lord be with you.

*People:* **And also with you.**

*Celebrant:* Let us pray.

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

*The People are seated*

### **First Reading**

**A Reading from the book of Deuteronomy (18:15-20)**

Instead, he will send you a prophet like me from among your own people, and you are to obey him. "On the day that you were gathered at Mount Sinai, you begged not to hear the LORD speak again or to see his fiery presence any more, because you were afraid you would die. So the LORD said to me, 'They have made a wise request. I will send them a prophet like you from among their own people; I will tell him what to say, and he will tell the people everything I command. He will speak in my name, and I will punish anyone who refuses to

obey him. But if any prophet dares to speak a message in my name when I did not command him to do so, he must die for it, and so must any prophet who speaks in the name of other gods.'

The Word of the Lord.

**People:** Thanks be to God.

*Remain seated; sung by the Choir*

**Psalm 111**

*Confitebor tibi*

**Richard Massey**



1 Hallelujah!

I will give thanks to the LORD with my whole heart, \*  
in the assembly of the upright, in the congregation.

2 Great are the deeds of the LORD! \*  
they are studied by all who delight in them.

3 His work is full of majesty and splendor, \*  
and his righteousness endures for ever.

4 He makes his marvelous works to be remembered; \*  
the LORD is gracious and full of compassion.

5 He gives food to those who fear him; \*  
he is ever mindful of his covenant.

6 He has shown his people the power of his works \*  
in giving them the lands of the nations.

7 The works of his hands are faithfulness and justice; \*  
— all his commandments are sure.

8 They stand fast for ever and ever, \*  
because they are done in truth and equity.

9 He sent redemption to his people;  
he commanded his <sup>c</sup>ovenant for <sup>e</sup>ver; \*  
holy and <sup>a</sup>wesome <sup>i</sup>s his <sup>N</sup>ame.

10 The fear of the LORD is the be<sup>g</sup>inning of <sup>w</sup>isdom; \*  
those who act accordingly have a good understanding;  
his <sup>p</sup>raise en<sup>d</sup>ures for <sup>e</sup>ver.

*Remain seated*

## **Second Reading**

### **A Reading from Paul's First letter to the Church in Corinth (1 Cor. 8:1-13)**

Now, concerning what you wrote about food offered to idols. It is true, of course, that “all of us have knowledge,” as they say. Such knowledge, however, puffs a person up with pride; but love builds up. Those who think they know something really don't know as they ought to know. But the person who loves God is known by him. So then, about eating the food offered to idols: we know that an idol stands for something that does not really exist; we know that there is only the one God. Even if there are so-called “gods,” whether in heaven or on earth, and even though there are many of these “gods” and “lords,” yet there is for us only one God, the Father, who is the Creator of all things and for whom we live; and there is only one Lord, Jesus Christ, through whom all things were created and through whom we live. But not everyone knows this truth. Some people have been so used to idols that to this day when they eat such food they still think of it as food that belongs to an idol; their conscience is weak, and they feel they are defiled by the food. Food, however, will not improve our relation with God; we shall not lose anything if we do not eat, nor shall we gain anything if we do eat. Be careful, however, not to let your freedom of action make those who are weak in the faith fall into sin. Suppose a person whose conscience is weak in this matter sees you, who have so-called “knowledge,” eating in the temple of an idol; will not this encourage him to eat food offered to idols? And so this weak person, your brother for whom Christ died, will perish because of your “knowledge”! And in this way you will be sinning against Christ by sinning against other Christians and wounding their weak conscience. So then, if food makes a believer sin, I will never eat meat again, so as not to make a believer fall into sin.

The Word of the Lord.

**People: Thanks be to God.**

*All stand, as able*  
**Sequence Hymn**

**Hymnal # 567**

**Thine Arm, O Lord, in Days of Old**

1

Thine arm, O Lord, in days of old  
was strong to heal and save;  
it triumphed o'er disease and death,  
o'er darkness and the grave.  
To thee they went, the blind, the deaf,  
the palsied, and the lame,  
the leper set apart and shunned,  
the sick with fevered frame.

2

And lo! thy touch brought life and health,  
gave hearing, strength, and sight;  
and youth renewed and frenzy calmed  
owned thee, the Lord of light:

and now, O Lord, be near to bless,  
almighty as of yore,  
in crowded street, by restless couch,  
as by Gennesaret's shore.

3

Be thou our great deliverer still,  
thou Lord of life and death;  
restore and quicken, soothe and bless,  
with thine almighty breath:  
to hands that work and eyes that see,  
give wisdom's heavenly lore,  
that whole and sick, and weak and strong,  
may praise thee evermore.

*Remain standing*

**The Gospel: Mark 1:21-28**

*Deacon:* The Holy Gospel of our Lord Jesus Christ according to Mark.

*People:* **Glory to you, Lord Christ.**

Jesus and his disciples came to the town of Capernaum, and on the next Sabbath Jesus went to the synagogue and began to teach. The people who heard him were amazed at the way he taught, for he wasn't like the teachers of the Law; instead, he taught with authority. Just then a man with an evil spirit came into the synagogue and screamed, "What do you want with us, Jesus of Nazareth? Are you here to destroy us? I know who you are—you are God's holy messenger!" Jesus ordered the spirit, "Be quiet, and come out of the man!" The evil spirit shook the man hard, gave a loud scream, and came out of him. The people were all so amazed that they started saying to one another, "What is this? Is it some kind of new teaching? This man has authority to give orders to the evil spirits, and they obey him!" And so the news about Jesus spread quickly everywhere in the province of Galilee.

The Gospel of the Lord.

*People* **Praise to you, Lord Christ.**

**Sermon**

**The Rev. Cn. Bruce Montgomery,  
Priest Associate**

*All stand as able and say together*

**A Statement of Faith based on Galatians 3:26-28**

*Celebrant:* Let us renew our pledge to work for unity, justice, and peace.

**We are all children of God.**

**There is no longer Jew or Greek.**

**There is no longer slave or free.**

**There is no longer male and female.**

**For we are all one.**

**We believe Jesus lived for this and died for this.**

**We pledge ourselves with God's help and the support of each other to make this become a reality.**

*All stand*

**Nicene Creed**

**We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.**

**Through him all things were made.**

**For us and for our salvation  
he came down from heaven:**

**by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.**

**For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.**

**On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven**

**and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.**

**With the Father and the Son he is worshiped and glorified.**

**He has spoken through the Prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.**

*Remain standing*

**Prayers of the People**

*The Leader and People pray responsively*

*Deacon:* As the people gathered in Capernum to hear Jesus' words, so too have we come together to hear God's word. Let us boldly offer our prayers to God, saying: Lord, have mercy.

*Lector:* For the world in which we live and to which we are called, let us pray to the Lord:

***People:* Lord, have mercy.**

*Lector:* For the nations of the world, and for world peace, let us pray to the Lord:

***People:* Lord, have mercy.**

*Deacon:* We commend to your prayers this day all persons deployed in the service of our country. May they dwell safely under the protection of Almighty God. Let us pray to the Lord:

***People:* Lord, have mercy.**

*Lector:* For the church of Christ, zealous in mission, compassionate in service, let us pray to the Lord:

***People:* Lord, have mercy.**

*Deacon:* We remember God's holy catholic church, including Michael, our Presiding Bishop and Primate; Sally, our Bishop; René, Dean of this Cathedral; Bruce, John, Peter and Noel, priest associates; Carol and Chris, our Deacons, along with all other ministers in this congregation, lay and ordained; Justin, the Archbishop of Canterbury, and all Anglican Christians around the world, especially the Anglican Church of Southern Africa; and for our brothers and sisters in this diocese, including Joe Morris, Sylvestre and William, retired Bishops, and the Rev. Richard A. D. Benedict. Let us pray to the Lord:

***People:* Lord, have mercy.**

*Lector:* For this congregation and for our hearing the word, let us pray to the Lord:



**People: Lord, have mercy.**

*Lector:* For all who labor in the world and in the church, let us pray to the Lord:

**People: Lord, have mercy.**

*Lector:* For those who are sick, and for those who care for them, let us pray to the Lord:

**People: Lord, have mercy.**

*Deacon:* We remember before you those who are sick, or in any other special need, especially the residents of Hamilton Grove Care and Rehabilitation Center; along with **the People of Ukraine and Russia, the People of Israel and Palestine, Steven Erdy, Anita Hill, Reid Howard, Maria Hunter, Brenda Smith, Frances & Benny Bardsdale, Amarachi Ngozi Okere, the Shervington family, the Longman family, the Epps family, the Pray family, the King family, Yvette Salter, Cliff Salter, Dave Mojica, and Victoria Jones.** Let us pray to the Lord:

**People: Lord, have mercy.**

*Deacon:* We remember those who have died, especially **Leighton “Pluto” Shervington, Jerome Longman, Fatima Pray, Dexter King, Vivian Smith,** the victims of violence in Trenton, and the victims of the ongoing wars around the world. Let us pray to the Lord:

**People: Lord, have mercy.**

*Lector:* For the homeless and for the refugees, let us pray to the Lord:

**People: Lord, have mercy.**

*Lector:* For those with whom we rejoice, and for those whose joy is known only in the secrets of their hearts, let us pray to the Lord:

**People: Lord, have mercy.**

*Deacon:* We remember those with whom we give thanks, especially those who celebrate birthdays and anniversaries this week: **Kelvin Blasse, Donald Brokate, Annette Carew, Nomsa Nganang, Bill & Ginny Harmer, Marvin C. Porter, III, Joan Victor and Kendall Walton.** Let us pray to the Lord:

**People: Lord, have mercy.**

*Silence, as the People add their own petitions.*

*Celebrant:* O God, we commend to your care all for whom we pray, in the confidence that your love for them is greater than anything we can know or imagine. Hear us, through Christ our Lord. **Amen.**

## **Confession of Sin**

*The Deacon or Celebrant says*

Let us confess our sins against God and our neighbor.

*Silence may be kept.*

*Celebrant and People:*

**Most merciful God,**

**we confess that we have sinned against you**

**in thought, word, and deed,**

**by what we have done,**

**and by what we have left undone.**

**We have not loved you with our whole heart;**

**we have not loved our neighbors as ourselves.**

**We are truly sorry and we humbly repent.**

**For the sake of your Son Jesus Christ,**

**have mercy on us and forgive us;**

**that we may delight in your will,**

**and walk in your ways,**

**to the glory of your Name. Amen.**

*The Bishop when present, or the Priest, stands and says*

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

**Amen.**

*Please remain in your pew for the Peace.*

**The Peace**

*Celebrant:* The peace of the Lord be always with you.

*People:* **And also with you.**

## **Holy Communion**

*Please remain seated while Ushers collect the offertory*

**Offertory Anthem**

**O For a Thousand Tongues to Sing**

Arr. Craig Courtney

*The Absalom Jones Inspirational Choir*

**Offertory Hymn****Hymnal # 339****Deck Thyself, My Soul, with Gladness**

*Representatives of the congregation bring the people's offerings of bread and wine, food donations to the Cathedral Food Pantry, and money or other gifts, to the deacon or Celebrant.*

1

Deck thyself, my soul, with gladness,  
leave the gloomy haunts of sadness,  
come into the daylight's splendor,  
there with joy thy praises render  
unto him whose grace unbounded  
hath this wondrous banquet founded—  
high o'er all the heavens he reigneth,  
yet to dwell with thee he deigneth.

2

Sun, who all my life dost brighten;  
Light, who dost my soul enlighten;  
Joy, the best that any knoweth;  
Fount, whence all my being floweth:

at thy feet I cry, my Maker,  
let me be a fit partaker  
of this blessed food from heaven,  
for our good, thy glory, given.

3

Jesus, Bread of Life, I pray thee,  
let me gladly here obey thee;  
never to my hurt invited,  
be thy love with love requited;  
from this banquet let me measure,  
Lord, how vast and deep its treasure;  
through the gifts thou here dost give me,  
as thy guest in heaven receive me.

**The Great Thanksgiving:  
Eucharistic Prayer A**

*Celebrant:* The Lord be with you.

*People:* **And also with you.**

*Celebrant:* Lift up your hearts.

*People:* **We lift them to the Lord.**

*Celebrant:* Let us give thanks to the Lord our God.

*People:* **It is right to give God thanks and praise.**

*The Celebrant proceeds . . .*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father almighty, Creator of heaven and earth, through Jesus Christ our Lord. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

*All sing together*

**Sanctus**

**Hymnal # S-128**

**Holy, holy, holy Lord, God of power and might,**

**heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

*The people stand or kneel. Then the Celebrant continues . . .*

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Therefore we proclaim the mystery of faith:

*Celebrant and People:*

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

*Celebrant:* We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom. All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **Amen.**

*Celebrant:* And now, as our Savior Christ has taught us, we now pray . . .

*Celebrant and People:*

**Our Father, who art in heaven,**

**hallowed be thy Name,**

**thy kingdom come,**

**thy will be done,**

**on earth as it is in heaven.**

**Give us this day our daily bread.**

**And forgive us our trespasses,  
as we forgive those  
who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and ever. Amen.**

**Fraction**

*The Celebrant breaks the consecrated Bread. A period of silence is kept.*

*Then may be said . . .*

*Celebrant:* Alleluia. Christ our Passover is sacrificed for us;

*People:* Therefore let us keep the feast. Alleluia.

*All sing together*

**Agnus Dei**

**Hymnal # S-165**

**Jesus, Lamb of God:**

**Have mercy on us.**

**Jesus, bearer of our sins:**

**Have mercy on us.**

**Jesus, redeemer of the world:**

**Give us your peace.**

*Celebrant:* The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith with thanksgiving.

*A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion:*

***Celebrant:* My Jesus, We believe that you are truly present in the Blessed Sacrament of the Altar. We love you above all things, and long for you in our soul. Since some cannot now receive you sacramentally, come at least spiritually into their hearts. As though you have already come, we embrace you and unite ourselves entirely to you; never permit us to be separated from you. Amen. (St. Alphonsus de Liguori, 1696-1787)**

*All Baptized Christians are welcome to make their Communion at the Lord's table.*

*All stand, as able*

**Communion Hymn**

**LEVAS # 170**

**Yield Not to Temptation**

1  
Yield not to temptation,  
For yielding is sin;  
Each vict'ry will help you,  
Some other to win;  
Fight, still pressing onward,  
Dark passions subdue;

*Refrain*

Look ever to Jesus,  
He will carry you through.  
Ask the savior to help you,  
Comfort, strengthen and keep you;  
He is willing to aid you,  
He will carry you through.

2  
Shun evil companions,  
Bad language disdain;  
God's name hold in rev'ence,  
Nor take it in vain;  
Be thoughtful and earnest,  
Kind-hearted and true;

*Refrain*

3  
To him that o'ercometh,  
God giveth a crown;  
Through faith we will conquer,  
Though often cast down;  
He who is our savior,  
Our strength will renew;

*Refrain*

## **The Post-Communion Prayer**

***Celebrant and People:* Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

## **Announcements**

*All stand, as able*

**Recessional Hymn      Hymnal # 380**

1  
From all that dwell below the skies  
let the Creator's praise arise!  
Let the Redeemer's Name be sung  
through every land, by every tongue!

**From All That Dwell Below the Skies**

2  
Eternal are thy mercies, Lord,  
and truth eternal is thy word:  
thy praise shall sound from shore to shore  
till suns shall rise and set no more.

3

Praise God, from whom all blessings flow;  
praise him, all creatures here below;

praise him above, ye heavenly host:  
praise Father, Son, and Holy Ghost.

### **Blessing**

*Celebrant:* May Christ, the Son of God, be manifest in you, that your lives may be a light to the world; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

### **Dismissal**

*Deacon:* Go in peace to love and serve the Lord.

*People:* **Thanks be to God.**

### **Postlude**

*Dr. Kerry Heimann, organ*

**THE CATHEDRAL ALTAR FLOWERS ARE GIVEN TO THE GLORY OF GOD  
IN CELEBRATION OF THEIR 53<sup>RD</sup> WEDDING ANNIVERSARY,  
FROM BILL & GINNY HARMER**

For Family Sunday, today's readings are taken from  
the *Good News* translation of the Bible.

TRINITY CATHEDRAL OF THE DIOCESE OF NEW JERSEY  
JANUARY 28, 2024 ~ THE FOURTH SUNDAY AFTER THE EPIPHANY



**Following Christ, joining the Cathedral** – We invite you to accept the invitation to follow Christ, to become a Christian and to become a member of Trinity Cathedral. We encourage you to fill in one of the pew cards and place it in the offering plate, or please contact one of the clergy.



**ANNOUNCEMENTS**

The Lectors for the 10:00 am Mass on 2/4 are:

**Frances O'Brien, Erica Warner, Fay Manicke & Sue Gummere (alternate)**

**2024 Stewardship Update** - Thank you to all who have pledged your support to the Cathedral for 2024! We currently have 74 pledging units, totaling \$255,880 – an average of \$3,458. If you would like a pledge card, please speak with Willie Coleman, J. Gil Williams or Dean John.

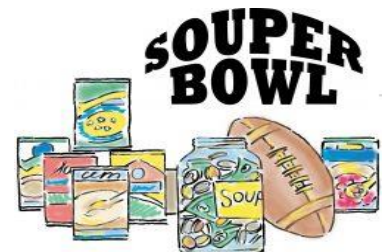
On **Sunday, February 4<sup>th</sup>** we will share our Emergency Action Plan with the congregation. **There will be ONE MASS ONLY at 10:00 am (no 8:30 am service)** so the entire parish can be together as we learn about the Plan. In place of the Sermon, Bobbie Powell and Mary Johnson will make the presentation to the congregation.

**Join us for our Lenten Series** – Weekly reflections on “How We Learn to Be Brave” by Bishop Mariann Budde will be led by Canon Dr. Phil Lewis. Wednesdays, February 21<sup>st</sup> and 28<sup>th</sup>, and March 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup>. Sessions will be held via Zoom from 7:00 – 8:30 pm. For more information, please speak with Phil or Dean John.

**We are immensely grateful for all that Susan Remmers has done to manage the altar flowers and decorations for the Cathedral.** As Sue has now “retired” from this ministry, with immediate effect, anyone interested in sponsoring altar flowers, please contact the Cathedral office. All arrangements for flowers and decorations will be handled through the office. Thank you for your cooperation in this matter.

**If you are interested in helping the Food Pantry, we can especially use one or two volunteers who can lift up to 50 pounds** - We have folks who can pack our food bags, but they require assistance lifting cases of canned goods onto the packing tables and moving the packed bags into place to be handed out. Can you fill this need? Please call Lourdez “Cookie” Hernandez at (609) 902-8282.

**SOUPER BOWL SUNDAY!** - February 11<sup>th</sup> is *Souper Bowl Sunday* – Please bring a can or two of soup or other non-perishable food items to share with our friends of the Cathedral Food Pantry the next couple of Sundays. If you cannot get out to the store, but want to contribute; you can leave a donation or see Lucy Adams to purchase items for you. **Let's get that touch-down feeling by filling the goal box!**





**Cathedral Altar Guild Shop Winter Clearance SALE is now happening!** - Check out a variety of items at great prices! Need to make room for new merchandise. Also check out the Books & Bargains table. Shop will be open:

- Sat., February 3<sup>rd</sup> (Diocesan Confirmation Day) 1:30 – 3:30 p.m.
- Sun., February 4<sup>th</sup> & 18<sup>th</sup> after the 8:30 service. Also, before & after the 10 a.m. service.

Wall & Desk Calendars are still available along with *“The Taste of Joy”* cookbooks.

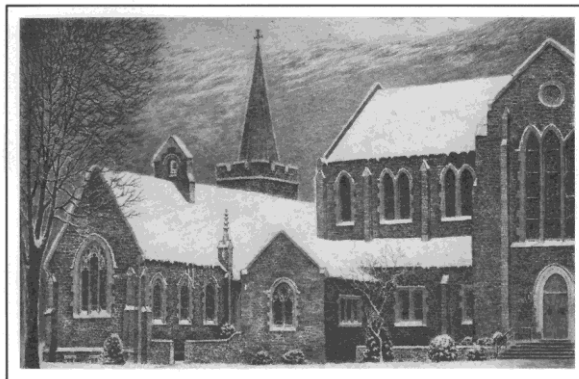
**Don’t forget your Valentine!** Visit us for that unique gift. Contact Lucy Adams for more information or if you need something not during shopping hours.



***“A Taste of Joy – Recipes of Trinity Cathedral”* cookbook is available!** - Proceeds from the sale of the books are going to provide fresh produce to our Food Pantry. Even if you do not cook or don’t have a particular person to gift it to, you can still assist by purchasing books and we’ll donate them to the Food Pantry. **Get yours today at the Cathedral Altar Guild Shop for just \$10 or contact Lucy Adams at [trinitycathedralags@gmail.com](mailto:trinitycathedralags@gmail.com).** Also, if you are interested in selling the books, let Lucy know. **Thank you in advance for your support!**

**The next Food Pantry distribution date is – Saturday, February 10<sup>th</sup> (2<sup>nd</sup> & 4<sup>th</sup> Saturdays this month) from 9-11:00 am.**

**Each Thursday, we distribute hot dinners “to go” from 4:15–5:30pm at the Overbrook Avenue entrance as a satellite location for the Trenton Area Soup Kitchen.**



### THIS WEEK'S CATHEDRAL SCHEDULE

#### TODAY (1/28)

9:15 am

**10:00 am**

10:30a – 12:30p

11:15a – 12:15pm

1:00 pm

#### **Fourth Sunday after the Epiphany ~ Family Sunday**

Choir warm-up

**Rite II Eucharist in the Cathedral (+ livestreamed, when available)**

Full Gospel Community Church service – CHP

Choir rehearsal

Adult Christian Education, via Zoom

#### Tues. (1/30)

9 – 9:45 am

Weekly Zoom check-in for parishioners: For more info. on how to join us, call or text Nancy Hood-Boczar at (267) 614-5746, or E-mail [shaktisocialwork4@hotmail.com](mailto:shaktisocialwork4@hotmail.com)

#### Wed. (1/31)

10:00am – Noon

**12:10 pm**

Winter coat giveaway - SH

**Wednesday Healing Eucharist - CHP**

#### Thurs. (2/1)

4:15 – 5:30 pm

8 – 8:30 pm

TASK Meals – SH

Society of Mary Rosary Devotions, via Zoom and phone access: Please E-mail Erica Warner at [yassose@aol.com](mailto:yassose@aol.com) for information on how to join us

#### Sat. (2/3)

2:00 pm

3 – 6:00 pm

Trinity Strings music lessons

Diocesan-wide Confirmation Service – CATH/SH

Diocesan Youth Event – whole bldg.

#### Sun. (2/4)

9:15 am

**10:00 am**

10:30a – 12:30p

11:15a – 12:15pm

#### **Fifth Sunday after the Epiphany**

Choir warm-up

**Rite II Eucharist in the Cathedral (+ livestreamed, when available)**

*Presentation of Cathedral Emergency Action Plan during Mass*

Full Gospel Community Church service – CHP

Choir rehearsal