



THE TRINITY TIMES

February 2025



The newsletter of Trinity Cathedral of the Diocese of New Jersey



Building Bridges (formerly “Talking Across a Divide”)

Excerpted from The Peace Center’s 2020 workshop **Talking Across a Divide**, which was offered as part of Pennsylvania Inauguration Committee’s 2021 MLK Day of Service, **Building Bridges** will explore the basics of and differences between communication and dialogue. They are not always the same!

From kindergarten through elementary school, most students learn how to build friendships in the classroom by using their words, developing shared interests, and finding common ground. Then middle and high school happen. We learn and practice the art of debate. Our communications often devolve into a winner-loser approach. We entrench. We lose opportunities to build bridges. We can unlearn this!

Danny Thomas, Executive Director of the Peace Center and I spoke about the need for helpful conversations and dialogue in these challenging times. As Dean I’ve heard from Cathedral members, their desire to work on finding ways to have constructive and helpful training.

We are proposing three sessions: March 16th, 23rd and 30th, following Mass at coffee hour. Are you willing to commit approximately forty five minutes for each?

Participants will develop styles and strategies for more effective communication.

Participants will:

- Review communication modes
- Learn (reflect) personal style
- Practice active listening
- Develop strategies to “reclaim” positive interactions

In addition to being chosen by the PA Inauguration Committee as a statewide recommended workshop, Pride In the Pews and McCormick Seminary welcomed The Peace Center to Chicago to share this program to assist predominantly black and brown congregations nationwide to have conversations with and around LGBTQIA+ topics and concerns.

The Peace Center has conducted this workshop as a 7-hour spiritual formation retreat, as well as its 2.5 hour workshop.

At Trinity Cathedral, we will divide the program over 3 sessions. Even though the sessions build upon each other, missing one session will not put you too far from catching on and catching up (although **we will not go back and review** the sessions that you missed.)



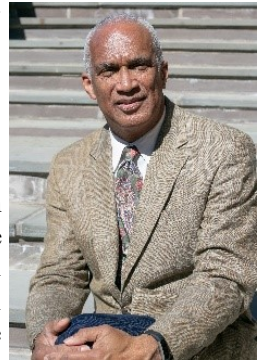
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Danny L. Thomas is the Executive Director of The Peace Center, Inc., a nonprofit organization dedicated to building bridges and mitigating conflicts between individuals, within schools, and with communities (www.thepeacecenter.org). They are located in Langhorne, PA (Bucks County).



Building Peace: One Person, One School, One Community at a Time

Danny is professionally trained in conflict management skills. His primary focus is reconciliation and bridge building, especially around the issues of racial, economic, and educational disparity. Prior to The Peace Center, Danny served several communities in New Jersey as a pastor. The congregations he has led have become active change agents and advocates in their communities. He holds a Master of Divinity from Princeton Theological Seminary and a Bachelor of Science in Biology from Virginia Tech. He has also done graduate work in HR/Organizational Development and Environmental Toxicology. He is trained specifically in Inhalation Toxicology, Developmental Behavior/Ethology, as well as Pastoral Care/Counseling, and Grief and Bereavement. He has served as a training director in a multinational corporation as well as developing leaders in the non-profit sector.

For more information, please see me on Sundays or call the Cathedral office.

Faithfully,

The Very Reverend René John
Dean



Our Mission

To educate, empower and support individuals and organizations in order to prevent violence, promote peaceful resolution of conflict and foster inclusive, equitable and safe communities locally, nationally and worldwide. The Peace Center has been working for community peace and social justice since 1982. Our programs are designed to reduce violence and conflict in our schools, homes and communities through a multicultural, community-based approach. We are dedicated to building peace by understanding and managing conflict in our community, our nation, and our world.

**BUILDING PEACE: One Person, One School,
One Community at a Time**

Tre' Devon Lane Foundation
Supporting other families during these difficult times.

GRIEF Support Group

SATURDAY
February 8, 2025
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

isles
PRESENTS

Cooking with Chef Pearl!



HEALTH-FOCUSED MENUS &
FUN COOKING DEMONSTRATIONS

Join us for FREE plant-based cooking classes and demonstrations led by Chef Pearl Thompson. Learn how to create delicious, health-focused meals that you can easily recreate at home!

What's Included:

- **HEALTH-FOCUSED MENUS** that are easy to make at home.
- **FREE DINNER-AND-A-MOVIE EVENT** featuring topics of environmental interest.
- **RAFFLE PRIZE** at each event!

When:

- **COOKING CLASSES:** Second Tuesday of each month, from March 11, 2025 to December 2025 • 5:30 – 8 pm
- **DINNER-AND-A-MOVIE EVENT:** Last Tuesday of each month, from March 25, 2025 to December 2025 • 5:30 – 8 pm

Where:

- **TRINITY EPISCOPAL CATHEDRAL**
801 West State Street • Trenton, NJ 08618



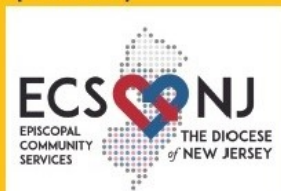
SPACE IS LIMITED!

Registration for each event is required.

TO REGISTER: Use the QR code or email ocaldwell@isles.org or call 609.341.4700

(Given the popularity of these events and limited seating, we ask that you **do not register for all 16 workshops**. To ensure as many residents as possible can participate, we recommend signing up for **two workshops in the same month.**)

Sponsored by



Isles.org • dioceseofnj.org/ecs

Highlights of the 2025 Annual Meeting

by Canon Paul Cooper

On Sunday, January 26, 2025, the Annual Meeting of the Congregation of Trinity Cathedral was held in Synod Hall following the 10 o'clock Mass. Lunch was served first at 11:30 am by the Hospitality Committee under the leadership of Larry and Joyce Spears along with others assisting.

80 persons were present at the meeting, which was called to order at 11:50 am with a Welcome by the Dean, who said an opening prayer. The *Agenda* for the meeting as laid out on the 3rd page of the *Annual Meeting Booklet* was then accepted, and he appointed Deacon Christopher Cox and Angela DiJoseph as tellers for the elections to follow. Following the *Agenda*, he then called for the *Report of the Nominating Committee*, which had been chaired by Cn. Paul Cooper. Clerk Chinweze Ahaghotu presented this report which first named Margaret Nartey as Candidate for a full 2-year term as Junior Warden; then Candidates Edward Greenfield, John Gummere, and Althia Muse for the three open full 3-year terms as Vestry persons, biographies of which are found near the end of the *Annual Meeting Booklet*. He also presented six candidates to serve as the six delegates to meetings of the *Trenton Convocation*; namely Howard Ebersole, John Gummere, Lourdez Hernandez, Nancy Hood-Boczar, Ra'Shonda Washington, and Brenda Whiteman. Finding no other candidates from the floor, the Clerk declared these ten persons elected. He then presented six nominees to serve at Diocesan Convention on November 22, 2025, the three to be *Delegates* receiving the largest number of the 154 votes on 52 election ballots. These were Willie Coleman, Margaret Nartey, and Judith Miller. The other three therefore became *Alternate Delegates*; namely, Georgia Koenig, Bernard McMullan, and Dennie Higgins. Each ballot was cast by selecting three persons, except for two ballots on which only two were selected.

At 12:05 pm, the Dean presented his report, which can be found on the six pages following the *Agenda* in the *Annual Meeting Booklet*. Among the items in his report were the following:

- Announcement of the Vestry Quiet Day on March 2, conducted by The Rev. Jeffrey Roy, Rector, St. George's, Rumson.
- Pastoral Care
- Property
- Justice Issues
- Mission and Ministry
- Fundraisers
- Appreciations for Cathedral Staff, Food Pantry, Trenton Soup Kitchen Satellite Site, Angel Tree Ministry, Parish Hospitality, Hamilton Grove Care & Rehabilitation, Offering Counting, Music Ministry, Trinity Strings, Acolytes and the many Cathedral commissions and organizations, bulletin boards, live streaming, flower arranging, delegates to Diocesan Convention and Trenton Convocation, the Wardens, and the many affiliated organizations.
- Future Considerations
- The Necrology, found on the last page of the *Annual Meeting Booklet*.

At 12: 35 pm, Treasurer Ron Zilinski then presented the Financial Reports, which follow the Dean's report in the *Annual Meeting Booklet*. This includes 2024 Financial Performance, which was nearly balanced with a small deficit; and the 2025 (balanced) Budget. Reports submitted by parish organizations for 2024 are found on the pages following Ron's financial reports.

Other Business Items included thanks to the Dean by Deacon Christopher Cox and comments by the Dean on Bp. of Washington, Mariann Budde's book and keeping our nation in prayer.

The meeting then adjourned with prayer at 12:55 pm.

New Cathedral Vestry and Delegates Elected

Congratulations to those elected to lay leadership positions at our 2025 annual meeting! We welcome back Margaret Narthey as our Junior Warden, and Edward Greenfield and John Gummere back as Vestry persons. We're also welcoming Althia Muse back to our Vestry, after she last completed a term in 2019.

Six delegates were elected to represent the Cathedral at meetings of the Trenton Convocation: Howard Ebersole, John Gummere, Lourdez Hernandez, Nancy Hood-Boczar, Ra'Shonda Washington, and Brenda Whiteman.

And finally, three parishioners were elected to be delegates to Diocesan Convention on November 22, 2025: Willie Coleman, Margaret Narthey, and Judith Miller. Our alternate delegates are Dennie Higgins, Georgia Koenig and Bernard McMullan.

Thank you all for your willingness to serve!



Trinity Altar Guild Shop Update -

Need something for your special Valentine? ❤️ Come check us out! We have a variety of gifts and free gift wrap, too!

Unique jewelry pieces (many crafted from repurposed items), inspirational mugs, books, religious items and much more!

New merchandise coming in weekly!

Have you seen the new artistic cards, now available? The reviews have given them a **10★** rating! Reasonably-priced, too!

"The Episcopal Church welcomes you" tees are in! Limited sizes – Get yours today at the Altar Guild Shop!



New LGBTQ Logo Short sleeve



Episcopal Shield – Long & Short Sleeve

AGS Open: 2/8 & 2/16 After Services. Acolyte Fest – 2/8 9 to 1

For more information, contact Lucy Adams at trinitycathedralags@gmail.com

Creation Care Corner

As people of faith, we respond to the current climate emergency and all the consequences that flow from it by bringing our deep passion and concern for “this fragile earth, our island home” to discern how God is calling us to be better stewards of Creation. This month’s Creation newsletter lists some of the actions completed by Trinity Cathedral’s Creation Care team in 2024, and a look forward to events already planned for 2025. In 2024 we

- ❖ Implemented “green polices” at Trinity Cathedral, including
 - Use of eco-friendly cleaning products for bathrooms, kitchens, floors etc.
 - Reduction of single-use products, especially plastics, at hospitality hour.
 - Improved recycling, including education and awareness about “how to recycle”.
- ❖ Completed Blessed Tomorrow¹ Ambassador training for members of the team to help improve effective communication about Environmental concerns.
- ❖ Constructed a permanent Creation Care display table in Synod Hall. The current display features “plastic alternatives” for many household products. The display will be updated in 2025.
- ❖ Conducted a Creation Care Forum (in September) featuring speakers from Catholic Relief Services² on the topic of Creation Care advocacy at the State and Federal Government level.
- ❖ Wrote monthly Creation Care articles in Trinity Times, including suggestions for easy lifestyle changes that we can all make to help the environment and reduce our carbon footprint.
- ❖ Secured a grant from ECS-NJ³ to develop a joint program with Isles Inc⁴ addressing climate change resilience, food insecurity and wellness, and empowerment for environmental improvement.

Thanks to everyone who made these accomplishments a reality in 2024!

Exciting events already planned for 2025 include:

- ❖ A catered plant-based lunch during Sunday morning coffee hour. (Aiming for early March)
- ❖ A visit to a local Farm Sanctuary for “hands-on” experience of animals in our food chain. This will be a great outing for kids! (Aiming for a Saturday in early May)
- ❖ FREE plant-based cooking classes and demos here at Trinity Cathedral! Second Tuesday of the month starting in March, running through December (Funded by ECS-NJ³)
- ❖ FREE Dinner-and-a-Movie meal and environment focused discussion/presentation. Last Tuesday of the month starting in March, running through December. (Funded by ECS-NJ³)



Lily the goat. Photo credit: Muddy Paws Farm Rescue

Look out for more Creation Care news and events as they arise in 2025!

¹ <https://blessedtomorrow.org/>

² <https://www.crs.org/>

³ <https://dioceseofnj.org/ecs/>

⁴ www.isles.org

By Dcn. Christopher Cox

Blessings for Healing

by *The Rev. Dr. John Luttrell*
Member of the Clergy Support Team

For any among us who have arrived and settled into the Cathedral as a new member during or just after the pandemic, a little explanation might be helpful. Before the COVID-19 restrictions were adopted; and Sunday attendance was larger; there was a strong and wonderful Sunday tradition that any who desired it (and there were always, it seemed, at least ten or twelve worshippers) could come forward to the side altar (below the display of ikons) to receive a blessing for healing. Physical healing was sometimes the concern; but in every case, people who came forward simply desired the comfort and reassurance of the Holy Spirit. Recently, a purely spontaneous revival of this marvelous custom has taken place!

I write this to reassure everyone: If you are unfamiliar with this custom, but would like to receive this comfort of the Holy Spirit, PLEASE do come forward! Be aware that healing can be defined in various ways (all of them helpful!). *There are no requirements, nor is it ever necessary to explain yourself. Just come forward and stand, or kneel, at the altar rail! Clergy will lay hands on your head or shoulders and say an appropriate prayer. If you wish to say a brief word about what troubles you, please do so; but it is not required. Sometimes those who come forward ask the clergy who administer this sacrament to anoint them with the oils of healing that have been blessed by the Bishop. Do not hesitate, if that is your desire!* The revival of this priceless Cathedral tradition is an encouraging sign of renewal and vitality in our community life. To this, we can truly say, Hallelujah!



Hospitality/Coffee Hour Volunteers Needed!

by *Lucy Adams*

Sign-up today to be a part of this fun, important ministry! We are looking for people to serve on a team to set-up or clean-up during our hospitality time after church services. You don't need to serve every week. The more volunteers, the better the schedule!

Some tasks that we do: Set out dishes and food, unload and load dishwashers, clean tables, counters and make another's day with big smiles.

Benefits:
Easy training. You will be helping keep a clean environment in our parish kitchen.

Experience the happiness of seeing intergenerational socializing. Opportunity to meet new people. If you are a student, you can earn volunteer hours for school clubs and scholarships. And the best one: Feeling the joy this ministry will bring!



See *Larry Spears* in the kitchen on Sundays to sign up.



Love one another.

1 JOHN 4:7



**A Service of Witness to Black Ministry
in the Episcopal Diocese of New Jersey
Sunday, February 16, 2025
3:00 P.M.**

**Trinity Cathedral
801 W. State St. Trenton, NJ 08618**



Black Clergy Caucus

Sponsored by:
Black Clergy Caucus
Union of Black Episcopalians
Commission on Black Ministries

Celebrant:
The Right Reverend Sally French
Bishop of the Diocese of New Jersey

Preaching:
The Rev. Terrence Lee
Priest-in-Charge
Holy Trinity, South River

Contact:
Ven. Lynn H. Johnson
revlhj2000@comcast.net

Rev. Canon Clive Sang
clivesang81@verizon.net

Canon Wendy Blackman, *President*
EBS-UBE
vickibaj.12@aol.com



**Union of Black
Episcopalians**

40 Days of Renewal

The Trinity Cathedral Lenten Series

Join us for our 2025 Lenten Series:

“Renewing our minds, through
a closer look at our Collects (prayers)”

Led by Angela DiJoseph

Wednesdays, 7:00 - 8:30pm via Zoom:

February 12th, 19th & 26th

March 5th & 12th

Call the Cathedral to register: (609) 392-3805



We are all saddened to see the loss of life and extensive damage in Southern California due to the wildfires ravaging the area. If you would like to donate toward the relief efforts to help our sisters and brothers in California, the following are just a few organizations that provide natural disaster relief:

American National Red Cross

Americares Foundation, Inc.

Direct Relief

**Episcopal Relief & Development -
Wildfire Response Fund**

Feeding America

**Partnership for Inclusive
Disaster Strategies**

Salvation Army National Corp

Team Rubicon

World Central Kitchen Incorporated



**SAVE THE DATE to
Jazz Up SATURDAY!**

April 5, 2025

**CAST is delighted to
welcome back
Maci Miller and Her Quartet**

**Enjoy the catered nosh
starting at 6:00PM ~
Music at 7:00PM**

More details to follow!

Warm Up the Winter...

*Eat, talk, relax
Come for coffee, tea or cold drinks
and healthy goodies following the 10 AM
service every Sunday.*

*Get to know your parish family better
and enjoy meeting new friends!*

in Synod Hall

*Go down the ramp, entrance to Synod Hall is on the left,
directly across from the church office.*

*If you are new to Trinity, we'd like to meet you...
If you call Trinity your home, we greet you.*

*Would you like to contribute something for coffee hour?
Each Sunday there is a sign up sheet available on the coffee hour
table. You can choose a date and what you'd like to contribute.
Suggestions are provided!*





FEBRUARY

birthdays & anniversaries



MARCH

Birthdays and Anniversaries

1	Joan Victor	Birthday
4	Timothy (TJ) Narthey	Birthday
5	Jonathan Gabbidon	Birthday
6	Beydoun Dennis	Birthday
6	William Gilbert	Birthday
6	Georgia Koenig	Birthday
7	Susanne Isbill	Birthday
7	Ngozi Ogonna	Birthday
8	Brann Wry	Birthday
9	D. Michael Mulcahy	Birthday
9	Leslye Scipio	Birthday
9	Nefetari Blasse	Birthday
11	Margareth Joseph	Birthday
11	Mark & Anna Snow	Anniversary
11	Jocelyn Francis-White	Birthday
12	Thomas Bestman	Birthday
12	Jocelyne Graham	Birthday
14	Margot McCormick	Birthday
16	Bruce Boczar	Birthday
17	Meghan Lewis	Birthday
17	Savannah Carly Tolan	Birthday
18	Antonio James Tolan	Birthday
20	Marlene Porter	Birthday
26	Beverly P. Hopkins	Birthday
28	Lourdez Hernandez-Rosario	Birthday
28	Louise Tarr	Birthday

2	Noreen Duncan	Birthday
5	Timothy Narthey	Birthday
5	John O'Brien	Birthday
7	John Major	Birthday
8	Bryan W. Hopkins	Birthday
8	Lucy Adams	Birthday
9	Willie J. Coleman	Birthday
10	Gregory Blasse	Birthday
11	Stephen B. Ford	Birthday
11	Judith Miller	Birthday
17	Dr. Alain Nganang	Birthday
17	Samaya Ross	Birthday
19	Christopher Vassos	Birthday
21	Ronald W. Zilinski	Birthday
21	Dr. Bernard Taylor	Birthday
23	Michael Tweh	Birthday
23	Daniel Fryar-Kothare	Birthday
24	Tammy A. Gibson	Birthday
25	Jenifer Taylor	Birthday
25	Brenda Pruitt	Birthday
26	Andre McIntosh	Birthday
27	Curtis Michael Spenser Newman	Birthday
27	Vance Smith	Birthday
29	Barbara M. Fryar	Birthday
30	Venice Wollie	Birthday
31	John V. Gibson, Jr.	Birthday
31	Kelly Passerini	Birthday

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



So many thanks to everyone who contributed to the lovely flowers, candy and gift bag for my recent birthday! The best part of the gift was the beautiful, handmade card signed by so many of my fa-

vorite people. I appreciate you all so much, and it felt great to be remembered. I am grateful for you all and for my part in making our Cathedral feel like home for so many.

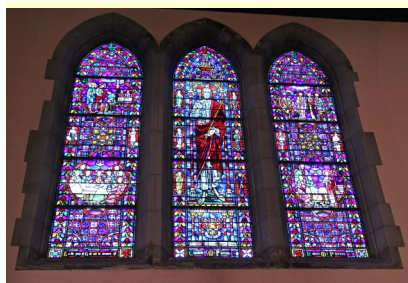
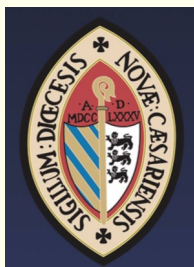
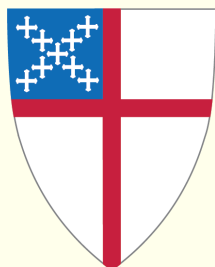
Patrice D'Angelo, your Cathedral Administrator



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
In-person only

Please go to
www.TrinityCathedralNJ.org
for information on how to join us
via livestream!

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
Tyree Bodiford, Associate Sexton

THE ACADEMY PRE-SCHOOL STAFF

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