



THE TRINITY TIMES



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



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April 2025

A Message from Dean John



Lent 2025 has been very productive. Thanks to a grant from Episcopal Community Services, the Creation Care team at Trinity is working together with Isles to organize two programs: "Cooking with Chef Pearl" and "Dinner and a Movie". These are wonderful opportunities to build community and foster healthy eating.

On three Sundays this Lent, during fellowship hour, Danny Thomas, Executive Director of the Peace Center has led us in presentations on "Building Bridges"/ "Talking Across a Divide". This has been a very useful program about having conversations with persons with differing opinions.

Also during this Lent we are looking at the Lenten Collects and how they impact our spiritual journey (thanks Angela DiJoseph.) On Thursdays, Canon Paul Cooper has organized for us to participate in the Stations of the Cross. (These two offerings are via Zoom.)

Rooted in Faith, Growing in Service -

On March 1, 2025, Trinity Cathedral's leadership gathered under the theme "Rooted in Faith, Growing in Service." It was a sacred time to step away from the routine, engage in visioning and spiritual renewal, and discern the future of our ministry. We celebrated our past, prayed for wisdom, and committed to the next season of God's work in our community. Leadership demands careful planning and deep faith. As the African proverb says: "If you want to go fast, go alone; if you want to go far, go together."

After some nineteen years at Trinity Cathedral, I reflect on the many lives and experiences that have shaped our journey. Through seasons of sorrow and joy, God has guided us, and I believe we have been faithful stewards of the trust placed in us.

Faithfulness through Challenges -

One of the most challenging times was the COVID-19 pandemic in 2021-2022. We faced difficult questions about worship, community, and care. Yet, by God's grace, we stood together, prayed fervently, and worked tirelessly.

I recall the opportunity provided by the Mayor of Trenton to help our congregation members receive vaccinations. Andrea and I spent a Sunday afternoon calling members to gauge interest, and the response was overwhelming. Likewise, I remember the steadfast leadership of the Diocesan office, and the many others who ensured we could keep our staff paid and our doors open. Thanks to the dedication of our Wardens, Vestry, and Lay Leaders, we not only survived; we remained faithful, even fulfilling our full financial commitment to the Diocese.

Last year, 2024, was another difficult season, as we mourned the loss of many beloved members of our parish. Yet, as Andraé Crouch so powerfully reminds us: "Through it all, I've learned to trust in Jesus, I've learned to trust in God."

A Hopeful Future - As we sojourn through Lent 2025, my hope is that we continue to trust in God. One of the great challenges of post-COVID times has been rebuilding our Youth Ministry. Many of our young people experienced immense anxiety during that time. Yet, by God's grace, we now witness renewal: on Easter Day, our Bishop will confirm eight young persons in their faith.

I give thanks for their teachers, their parents, and our parish community who have nurtured them. Most of all, I thank God for these young people who will boldly stand and affirm their faith. To God be the glory.

Faithfully,

The Very Rev. René John
Dean

A Special Offering for *Easter...*



On Easter, please
remember the following
persons who have
departed from this life:
**(PLEASE PRINT
CLEARLY!!!)**



Please accept my offering of \$ _____ to be used for
(please check your selection):

___ Easter Garden & Memorial Lilies

___ Music

___ Split evenly between Flowers and Music

My name & phone #: _____

Offerings and this request form may be placed in the alms basin on
Sunday or given to Patrice D'Angelo in the Cathedral office.

Please turn in forms no later than April 6th. ☺

SAVE
THE DATE!

JAZZ UP SATURDAY

CAST is delighted to welcome back
MACI MILLER & HER QUARTET

Saturday, April 5
at Trinity Cathedral

801 West State Street • Trenton, NJ 08618

\$30 + Cash Bar

Enjoy the catered nosh starting at **6 pm**

Music starts at **7 pm**



“Miller is one of those singers they say has something . . . Indeed she does: **talent**
. . . well worth making the effort to hear.” — Richard J. Salvucci, *All About Jazz*



Presented by the Cathedral
Arts Series at Trinity (CAST)

More Information:
609.392.3805 ext. 100

Free parking

Tenebrae (The Service of Darkness) at Trinity Cathedral

Wednesday, April 16 at 7:30 pm



Sometimes, the judicious use of low-tech dramatic elements – turning off lights, a chant, or a slammed door – make a religious service resonate deeply in those in attendance. Such is the case of Tenebrae, an ancient service that captures the despair of the death of Christ in a direct, moving manner.

Also known as the Service of Darkness, the name Tenebrae means darkness or shadows, and has for centuries referred to the early morning offices of Matins and Lauds of the last three days of Holy Week. Carefully woven together, the readings and psalms recreate the betrayal, abandonment, and agony of the events of the seizure and crucifixion of Christ as foreshadowed in the Old Testament and described in the New Testament. The story, however, is left unfinished and unresolved until Easter.

The service is noted by a gradual extinguishing of candles and other lights in the church until only a single candle, considered a symbol of Christ, remains. Toward the end of the services, this candle is hidden leaving the congregation in total darkness, reflecting the apparent victory of the forces of evil. But just as the weight of darkness and silence engulfs the cathedral, a *strepitus* ("loud noise") breaks the stillness, symbolizing the earthquake at Christ's resurrection, the hidden candle is restored to its place, and by its light all depart in silence.

Trinity Cathedral has conducted the service for more than 20 years under the leadership of Canon Paul Cooper, who has done extensive research on the origins and variations of the service. Paul notes that "Tenebrae is one of the most dramatic services held at the Cathedral. It begins with the congregation ensconced in the Cathedral's chancel with the entire Cathedral bathed in light keeping the darkness at bay. As the service progresses, lights and candles are extinguished so that the chancel appears to be an island surrounded by darkness. The readings themselves underscore the precariousness of our existence. Eventually, more candles are extinguished until only a single candle provides dim solace to the assembled. When the last candle is removed, you really feel alone and abandoned. And then, after a period of uneasy silence, that incredible, deafening noise echoes through the Cathedral. It is definitely frightening and awesome." Paul continues, "Many people who attend Tenebrae tell us that it is one of their favorite services because it helps them mentally prepare for the rest of Holy Week and the Easter celebration."

JOIN US FOR HOLY WEEK AND EASTER WORSHIP



- | | |
|---|---|
| April 13 - | Palm Sunday: 10:00 am |
| April 14/15 - | Monday & Tuesday in Holy Week:
7:00 pm |
| April 16 - | Wednesday in Holy Week:
Tenebrae at 7:30 pm |
| April 17 - | Maundy Thursday:
12:00 pm and 7:30 pm * |
| * Vigil in Cathedral Easter Garden follows through
10:00 pm; resumes at 6:00 am Friday | |
| April 18 - | Vigil in the Garden resumes - 6:00 am
Liturgy of Good Friday: 12:00 pm |
| April 19 - | Holy Saturday:
Easter Vigil at 7:00 pm |
| April 20 - | Easter Day:
Mass of the Resurrection at 10:00 am |



PLEASE
JOIN US
FOR A
FREE

Vegan Lunch!

Trinity Cathedral's Creation Care Committee invites you to join us for a Vegan Lunch catered by **Lady and the Shallot** — the award-winning vegan restaurant at the Trenton Farmers Market!

Attendance is **FREE** — after the 10 am Service, **Sunday May 4 in Synod Hall.**

Check out the restaurant at ladyandtheshallot.com





Spring has Sprung at Trinity Cathedral Altar Guild Shop!

**Nice Jewelry Pieces for Confirmation and Easter Giving!
Cross Necklaces, Bracelets, Prayer Beads & More!**



**Book of Common Prayer/Hymnal Combo Special - \$80
(Regularly \$120) Boxed**

**Children's Puzzles, Easter Eggs, Books, Bears,
Baptismal Bibs, Beautiful Cards, Tees, Hats, & Scarves too!**



**Shop will be open April 6th & April 13th
After Services**

If you need something after shop hours, contact Lucy Adams at
trinitycathedralags@gmail.com or leave a message at the Cathedral office

Highlights of the Trinity Cathedral Vestry Meeting of March 17, 2025

A quorum of eight of the fourteen members of the Vestry met virtually on Monday, March 17th, at 6:45 pm, with the Dean presiding and offering the opening prayer. Treasurer Ron Zilinski presented a summary of the Cathedral's operations through February, 2025. Income for the month was nearly according to our balanced budget for the entire year of \$842k for both income and expense – with the contributions of \$12k per month from the Diocese arriving at the end of February and paid ahead through March. Income from pledges continues to do well; however, extra February spending occurred due to property and maintenance of \$43k versus the \$29k – due partly to heating costs and the purchase of a new computer. Greater expenses than planned also come from insurance being paid a month in advance, etc. The resulting operating deficit – always high at this time of the year – was about \$65k, which is \$17k greater than planned at this time. This will be reduced when we receive the first quarterly payment of \$17k from the Dean Adams Trust (DAT). Cn. Paul Cooper reported that the Cathedral's investments to date total \$2.6 million. 42% of this total is \$1.1 million managed by the trustees of the Dean Adams Trust. Another 42% is \$1.1 million managed by the *Endowment Board*, and the remaining 16% is managed directly by the Vestry. Senior Warden Gil Williams is looking into whether the current investments that we control are in instruments that are acceptable in the Christian view of what is socially responsible.

Gil reported on *Property & Maintenance* (P&M) as follows: a) reducing the cost of trash collection by utilizing the City of Trenton's services; b) rebuilding the entry ramp from the parking lot; c) replacing several stained-glass windows; d) repairing rain gutters; e) boiler maintenance to satisfy annual inspection by the City; e) replacing the galvanized steel pipes in the boiler room – for which there is \$7k in the budget. Quotes are being obtained for the other items (a) through (d). Also reporting on the Food Pantry for Lourdez Hernandez, Gil said that the numbers are steady at 130 to 150 families being served on the Saturdays they operate; moreover, we are meeting growing needs for this service. We are arranging with others to take any extra food that we sometimes receive. A banner in memory of Food Pantry supporter Janet Thompson (RIP) will be hung in the Narthex.

Junior Warden Margaret Nartey said that she and Patrice are considering combining, or alternating, a Cathedral dance with the previously successful *Fashion Show* fundraiser in the coming months. The Dean said that the planning committee for the 21st annual *Golf Outing* in October has its first meeting on the 24th of March and are moving forward with energy under LaTonya Johnson's leadership. Bobbie Powell reported that CAST (the Cathedral Arts Series at Trinity) has \$5k in its account as a self-sustaining activity. She added that Sherri Anderson wants to do the same event with the Trinity Strings as last year, as well as to do other concert events, the latest being a cabaret starring Maci Miller on April 5th – with tickets selling for \$30 each.

In pursuit of social justice, the Dean met with pastors in Trenton on keeping open lines of communication in the city, keeping in touch with each other on deportation targets. They are doing training on knowing one's rights; moreover, greeters should be alert.

In his report to the Vestry, the Dean wants people to take care of themselves in order to be able to help others. He added that the energy was great at the Vestry Retreat with Fr. Jeffrey Roy from St. George's, Rumson. He announced that he will be taking his sabbatical leave from May to September, and that he has arranged for our staff clergy and others to conduct the services, etc., at no cost to the Cathedral.

Respectfully submitted by Cn. Paul Cooper, assisting the Clerk, Chinweze Ahaghotu



Time is Hopping along - it's almost time for the Trinity Cathedral EASTER EGG HUNT! We are hoping (?hopping?), weather-permitting, to once again hold the egg hunt on Easter day, April 20th this year. Can you help?

We are looking for:

- * Easter egg fillers (treats, small prizes, etc. - must fit into a standard size Easter egg)
- * Small baskets with handles, or gift bags (for the little ones who may have forgotten one on the day)

Please drop off all donations at the Cathedral! Any questions? Please call Rose Cooper or E-mail her at g.r.c@att.net

Trinity Episcopal Cathedral



**SPRING – SUMMER
CLOTHING CLOSET**



Donations of spring/summer clothing are needed.

New or gently used, clean items are appreciated.

Socks, pants, shorts, shirts, jackets, and such.

(Always in short supply: men's & children/teen's clothing.)

**Also collecting new sheets &
New or gently used towels**



**Leave donations in Synod Hall or the
Cathedral office by **Sunday, April 27th****



Clothing distribution: Monday, April 28th

10 a.m. – 1 p.m. in Synod Hall

**For more information or to volunteer:
Contact Lucy Adams or Lourdez (Cookie) Hernandez**

Earth Day 2025

Our Power: Our Planet

Photo credit: Earthday.org

Earth Day 2025 is April 22nd The theme this year is Renewable Energy.

Here are a few thoughtful and hopeful comments from Trinity Cathedral's Creation Care team:

Every country of the world has experienced the devastating effects of an increasingly hotter climate, and the race is on to counter the historical effects of advanced economies that run on fossil fuels. Clean energy technologies, known as renewables, are rapidly being deployed. Moreover, these renewables have turned out to be the cheapest and most dependable sources of energy¹.

As a result, we see amazing progress in turning away from fossil fuels, especially coal. Germany's economy now runs on 60% renewable sources²; the UK on 50% renewables³.

We even find underdeveloped countries making rapid use of renewables. Pakistan's industrial centers, having found themselves subject to frequent blackouts, are now covered with inexpensive solar panels⁴. Countries like those in Africa can leapfrog over the need for fossil fuel powered plants and extensive power grids by adopting local solar and wind technologies. The citizens of Puerto Rico who have been dependent on an unreliable power grid are turning to solar panels.

Where do we find ourselves in the US? In the US, the use of renewables is slightly over 20%, with Texas and California leading the way⁵. In 2022, Congress passed the misleadingly named bipartisan Inflation Reduction Act, primarily to invest in domestic energy production and manufacturing, thus kickstarting the national development of renewables⁶. By 2024, 90% to 95% of all new additions to the national grid were carbon free⁷. Additionally, 334,000 jobs were created⁸. While this has been costly to taxpayers, the Inflation Reduction Act has attracted \$500 billion in private investment⁸. Meanwhile, there has been push back from fossil fuel companies who receive between \$14 and \$20 billion dollars in tax breaks every year⁹.

The Chinese government has invested tremendous amounts in renewables, and at the moment leads the race in this 21st century technology¹⁰. We don't yet know if the US investments will continue after the pause in funding carried out by the current Administration. Most of the investments were made in Republican leaning states and have strong constituency support¹¹.

We hope you found this short article helpful and informative, and will inspire you to consider ways that we, as individuals, can help with the renewable energy transition. This might include discerning how we vote, or sponsoring clean energy generation through our utility bills, or even installing solar panels.

Happy Earth Day!

References:

¹Brookings, Riki Fujii-Rajami and Sonjay Patnaik, January 6, 2025

²Fraunhofer Institute for Solar Energy Systems ISE, Press Release, January 2025.

³Plamena Tisheva, Renewables Now, March 27, 2025.

⁴"Solar Energy is Even Cheaper Than You Think," Jenny Chase, TED Talk, January 2025

⁵Inside Climate News, March 6, 2025.

⁶"The Inflation Reduction Act Is Now the Law," Forbes, August 23, 2022.

⁷Cleanview Newsletter, The State of Clean Energy Deployment in 2025, Feb. 2025, and World Resources Institute, February, 2025

⁸Silvio Marcacci and Energy Innovation Policy. Forbes November 19, 2024 pg1.

⁹Lisa Friedman, NYTimes, March 2024

¹⁰Washington Post, Climate Coach, March 3, 2025

¹¹Time, February 27, 2025





1	Lowanda Martha Joseph	Birthday
2	Kerry Heimann	Birthday
2	Sunday Gustin	Birthday
2	Abraham Miller	Birthday
2	Peter D. Cooper	Birthday
4	Elle Ahaghotu	Birthday
8	John Gummere	Birthday
8	Hannah Rose Sopko	Birthday
11	Paul & Therese (Terry) Cooper	Anniversary
12	Jeffrey H. Cooper	Birthday
14	Ronald L. Stockham	Birthday
15	Ellen Heath	Birthday
17	Keith & Lucy Adams	Anniversary
18	Jah'mere Miller	Birthday
21	Mason Dunn	Birthday
21	Cheryl Nagy	Birthday
22	Benny Barksdale	Birthday
24	Rose Cooper	Birthday
25	Leslye & Fatima Scipio	Anniversary
27	Samuel B. Richards, II	Birthday
28	Frank Castellon	Birthday
28	Malcolm Emmanuel Newman	Birthday
28	Cyrus Ketter	Birthday
28	Rachel Mathis	Birthday
29	David Monte	Birthday
29	Jennifer Ahaghotu	Birthday
30	Sewon Bestman	Birthday

1	Matthew McDermott	Birthday
1	Nanette R. O'Brien-Blake	Birthday
1	Kumeiwo Ngwayah	Birthday
2	Debbie Raab	Birthday
4	Lauretta Ketter	Birthday
4	Samuel Richards	Birthday
5	Mary Hopkins	Birthday
6	Lawrence Monte	Birthday
9	Carolyn Ford	Birthday
10	Barbara Tweh	Birthday
10	Zoe Ahaghotu	Birthday
12	The Rev. Chris Cox	Birthday
17	Regina Zilinski	Birthday
17	Ron & Regina Zilinski	Anniversary
17	Ekele Onyenwe	Birthday
21	Dr. Paul Cooper	Birthday
21	Diane Nancekivell & Tom Baskett	Anniversary
22	Brenda Whiteman	Birthday
22	Sam Stephens	Birthday
23	Robin Bridge	Birthday
23	Ariana Jakub	Birthday
23	Vallerie M. Samuels	Birthday
25	Bernard McMullan & Sam Stephens	Anniversary
25	Robert C. Gibson	Birthday
26	Aweon A. Richards	Birthday
26	Melani A. Lewis	Birthday
26	Sally L. Fineburg	Birthday
26	Kurtis Perry	Birthday
26	Junius Ketter	Birthday
26	Cyrus & Lauretta Ketter	Anniversary
27	Thelma Tunstall	Birthday
28	Evangeline T. Smith	Birthday
28	Patti Castellon	Birthday
29	Hillary K. Sopko	Birthday
29	Tammy J. Samuels	Birthday
30	Keith Adams	Birthday
31	Janice Borrella	Birthday
31	Nathaniel McMullan	Birthday

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





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

For anyone who might come to the rail at the Ikon Altar for a blessing during the ten o'clock service, I want to reassure you that kneeling at the rail is not required. Some of us (and I include myself here!) might have arthritis pains, which can make kneeling troublesome. So, if you would prefer to stand during the sacrament of laying on of hands, that blessed sacrament is still valid! Moreover, please be aware that you and I are partners in this sacrament; and that we clergy receive as much of God's grace from you as you receive from our hands and prayers! Next month, I will say a little more about the many forms of healing that this sacrament is meant to provide. God bless you, every one.



Hospitality/Coffee Hour Volunteers Needed

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, food, unload & 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.*



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

GRIEF

Support Group

SATURDAY

April 12, 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

WANTED

**The Trinity Cathedral Food Pantry
 needs reusable grocery bags.**

**Strong, clean, new or gently used bags would
 be appreciated. Leave bags in collection bin
 going into Cathedral. Need more information,
 contact, Lourdez (Cookie) Hernandez or Lucy Adams**

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:

March 12th, 19th & 26th

April 2nd & 9th

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

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 609.341.4704

(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



FREE Vaccination & Microchip Clinic for cats and dogs



at **Trinity Cathedral**
801 West State Street, Trenton, NJ 08618

**Saturday,
April 26, 2025
11am-2pm**
First Come, First Served!



**Limited Financial Assistance Available
for Spay Neuter Surgery**

**Free pet supplies and
food will be available.**

- **All dogs must be on a leash •**
- **All cats must be in carriers •**

Please leave your pet in the car and
ask for help from a staff member if:

- **you need a leash or carrier •**
or
• **your dog is reactive
to other dogs or people •**

1 Sharon Road, Robbinsville, NJ 08691 • 609-208-3252 • robbinsville@pfaonline.org
www.pfaonline.org

Farm Sanctuary Visit and Tour

Saturday May 17th 2025. 11:00 am – 1:00 pm

Uncle Neil's Home, Bridgeton NJ.

Diocesan event sponsored by the Creation Care team



Photo credit: Uncle Neil's Home. <https://www.uncleneilshome.org/>

May 17th 2025 (Rain date May 24th)

A fun and educational experience for all the family
(Under 16's must be accompanied by an adult)

Attendees will rendezvous at Uncle Neil's

Advanced registration required by May 3rd:



Use QR code or [Click Here](#)
to register

Email
ChristopherECox@aol.com
for more information

Private group tour

Meet the animals

Hear their stories

Learn how we can
improve life
for
God's creatures
in our food chain

Cost:
\$30 per person
\$60 per family
to cover
required farm
sanctuary
donation

During the month of March, Cathedral parishioners and guests participated in three conversations centered around “Building Bridges”, presented by Danny Thomas, Executive Director of The Peace Center. Excerpted from The Peace Center’s workshop, “Talking Across a Divide”, Building Bridges explored the basics of - and differences between - communication and dialogue. Our discussions addressed the need for helpful conversations in these challenging times, when it’s sometimes difficult for us to find common ground with our neighbors, friends, and even family. The following are slides presented during our sessions, to serve as further “food for thought”. Our conversations were enlightening and we received very positive feedback. Thanks to all who participated!

“Build Bridges, not Walls”

Rev. Dr. Martin Luther King, Jr.



Welcome!!!

*The Peace Center
16, 23, & 30 March 2025*

“Preach The Gospel At All Times And If Necessary Use Words”

~St. Francis



Building Bridges: Talking Across Divides



Danny L. Thomas
Executive Director

The Peace Center, Inc.
www.thepeacecenter.org

Points to Cover

- Review Communication Modes
- Learn (reflect) on personal style
- Practice Active Listening
- Develop Strategies to “reclaim” positive interactions



Community Agreement

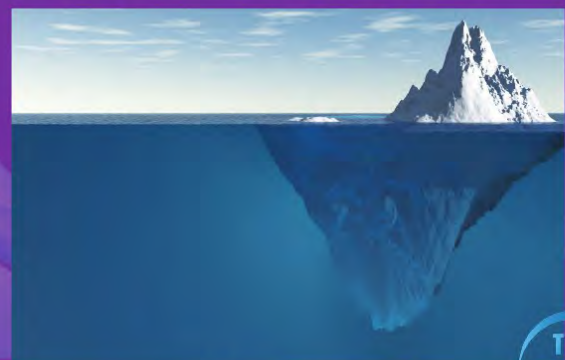
Our guidelines for discussion

- Be Present (phones on vibrate)
- Be Respectful
- Be Willing to name the situation (Be in proximity)
- Be Open to changing old narratives
- Respect another’s truth that may be different from yours
- Being Uncomfortable is OK
- Use “I” statements if you hear something hurtful
- Listen Respectfully and Respect Confidentiality
- Be Open to learning, not debating (Lead with Curiosity)
- Assume Goodwill of all present
- Remain Hopeful!

Credit to Bryan Stevenson, Equal Justice Initiative for some of the language



Beneath the Surface



Who Are You?



Value (or Gain)



Remember these?

- Who?
- What?
- Where?
- When?
- Why?
- How?



"Build Bridges, not Walls"

Rev. Dr. Martin Luther King, Jr.



Welcome!!!

*The Peace Center
23 March 2025*

HOMEWORK Review

Being Intentional

- Was it difficult for you?
- How many days were you able to complete?
- How did it go for you?



HOMEWORK

Remember Relationships!!

• Be Intentional

Have at least one conversation each day in which you DO NOT lead with politics or a negative statement!



Points to Cover

- Review Communication Modes
- Learn (reflect) on personal style
- Practice Active Listening
- Develop Strategies to "reclaim" positive interactions



Communication Modes (Styles)

• Linear



• Transactional



• Relational



Use these questions
(ask yourself first)

- Why (do you want to engage?)
- Who
- What
- Where
- When
- How



"Build Bridges, not Walls"

Rev. Dr. Martin Luther King, Jr.



Welcome!!!

The Peace Center
30 March 2025



²⁰No, 'if your enemies are hungry, feed them;
if they are thirsty, give them something to drink;

for by doing this you will heap burning coals on their heads.'

²¹Do not be overcome by evil, but overcome evil with good.

Romans 12:20-22 (Paul's take on Prov 25:21-22)

⁴ Do not answer fools according to their folly
or you will be a fool yourself.
Proverbs 26:3-4



HOMEWORK



Reestablish Old Relationships

Make a New Relationship!!

- Be Intentional

Have one conversation this week with the intention of getting to know the other person (or knowing them better)

AGAIN: DO NOT lead with politics or a negative statement!

HOMEWORK REVIEW



One conversation with the intention of getting to know the other person (or knowing them better)

Reestablishing Old Relationship

Building a New Relationship!!

Is it hard for you to NOT lead with political or negative statement?

Conflict is an Opportunity for Growth

"Must Haves"

- Nutrients (Food)
- Right Climate (Temperature)
- Environment (Light, Air, Space)
- Care (Nurture)



Points to Remember

- Why are *YOU* talking?
- Who are *YOU* talking to?
- What do you hope to gain?
- How will you communicate?
 - Is this a relationship or a transaction?



What will YOU Do? Who will YOU Be?

Your Home Work (and your Life Work)

Share with others at your table

- One (1) step that you will make to build a bridge toward peace and reconciliation



SAVE THE DATE!

The 21st annual Bishop George E. Councill Memorial Golf Outing & Pickleball Tournament will be held on Monday, October 13, 2025. In 2024, we focused on celebrating the milestone anniversary of the outing. And while we were pleased to generate over \$35,000 in income, We continue to believe the event has serious growth potential and will continue our efforts to mine the possibilities.

We need to spread the word amongst potential golfers and pickleballers, find new sponsors and advertisers, and obtain prizes for our after-tournament dinner reception. We would very much like to add a couple of additional members to the committee. If you believe you have skills that speak to any of the areas described above, we'd love to connect with you. You don't need to be a golfer, or even have knowledge of the game. We need organized, outgoing people with a love for Trinity Cathedral, who would be willing to solicit prospective sponsors, ad buyers, and auction items. Are you that person? If you would like to learn more about how we organize the Cathedral's biggest annual fundraiser, please call the office and speak to Patrice D'Angelo. It's always a fun time!

**You will never
lose ground
by building a
bridge**

—Don Carmont

www.drcarmont.com

"Build Bridges, not Walls"

Rev. Dr. Martin Luther King, Jr.



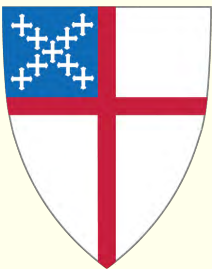
Thank You!

Go Build Relationships, not make Transactions

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



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
(on break April 23 - August)

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

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.