TRINITY CATHEDRAL OF THE DIOCESE OF NEW JERSEY

F I F T H Sunday in Lent



APRIL 6, 2025 – THE FIFTH SUNDAY IN LENT- YEAR C 10:00 Am - THE HOLY EUCHARIST: RITE TWO

CELEBRANT – THE VERY REV. RENÉ JOHN PREACHER – THE REV. CN. BRUCE MONTGOMERY

Our Vision:

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

801 West State Street, Trenton, NJ 08618 Phone (609) 392-3805; Fax (609) 392-2305

<u>www.TrinityCathedralNJ.org</u> The Very Rev. René Rory 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):		be used for
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. ©

WELCOME! We're honored that you're worshipping with us today. If you're not familiar with our Episcopal worship service, we hope this service bulletin will help. Masks are optional within the Cathedral buildings. Please use the hand sanitizer that is provided throughout the building before and after touching any surfaces.

Please stand as indicated and be seated for lessons

FRIENDLY REMINDER! WE WILL BE HAVING A FIRE DRILL DURING TODAY'S SERVICE – WHEN YOU HEAR THE ALARM, PLEASE MOVE CALMLY AND QUICKLY OUT OF THE NEAREST EXIT!

Prelude Dr. Kerry Heimann, organ

Processional Hymn Hymnal # 398 I Sing the Almighty Power of God

Celebrant: Blessed be the God of our salvation:

People: Who bears our burdens and forgives our sins.

The Penitential Order

Celebrant: If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness.

Deacon: Let us confess our sins against God and our neighbor.

Silence may be kept. Remain standing or kneel as able.

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.

Celebrant: 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**.

Remain standing

Kyrie Hymnal # S-91

The Collect of the Day

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: Let us pray.

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The people are seated

First Reading Lector: Howard Ebersole

A Reading from the book of the prophet Isaiah (43:16-21)

Thus says the Lord, who makes a way in the sea, a path in the mighty waters, who brings out chariot and horse, army and warrior; they lie down, they cannot rise, they are extinguished, quenched like a wick: "Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. The wild animals will honor me, the jackals and the ostriches; for I give water in the wilderness, rivers in the desert, to give drink to my chosen people, the people whom I formed for myself so that they might declare my praise."

The Word of the Lord.

People: Thanks be to God.

Remain seated; all sing Refrain together

Psalm 126 Cantor: Susan Remmers



from Gradual Psalms for the RCL, ed. Bruce E. Ford, Church Publishing Incorporated

When the Lord restored the fortunes of Zion, * then were we like those who dream.

Then was our mouth filled with laughter, * and our tongue with shouts of joy.

Refrain

Then they said among the nations, *

"The Lord has done great things for them."

The Lord has done great things for us, *

and we are glad indeed.

Refrain

Restore our fortunes, O Lord, *
like the watercourses of the Negev.

Those who sowed with tears * will reap with songs of joy.

Those who go out weeping, carrying the seed, * will come again with joy, shouldering their sheaves.

Refrain

Remain seated

Second Reading Lector: Cn. Clara Gregory A Reading from Paul's letter to the Church in Philippi (3:4b-14)

If anyone else has reason to be confident in the flesh, I have more: circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless. Yet whatever gains I had, these I have come to regard as loss because of Christ. More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead. Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.

The Word of the Lord.

People: Thanks be to God.

All stand, as able

Sequence Hymn

LEVAS # 165

I'm Pressing on the Upward Way

Remain standing

The Gospel: John 12:1-8

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

People: Glory to you, Lord Christ.

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, "Why was this perfume not sold for three hundred denarii and the money given to the poor?" (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me."

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

Provers of the P

Prayers of the People

The Leader and People pray responsively

Lector: John Gummere

Deacon: As God's new people, formed in Christ Jesus, let us join in prayer to God who makes all things new, saying: O God our Savior, hear our prayer.

Lector: Draw your church more deeply into the reality of Christ's sufferings, so that every one whom you have called in him may show forth the power of his resurrection. O God our Savior, **People: Hear our prayer.**

Deacon: We remember God's holy catholic church, including Sean, 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; and all Anglican Christians around the world, especially Iglesia Anglicana de Chile; and for our brothers and sisters in this diocese, including Joe Morris, Sylvestre and William, retired Bishops; and the Members and Ministry of the Committee on Deceased Members. O God our Savior,

People: Hear our prayer.

Lector: Renew the spirit of hope in every society and nation. Invigorate us, that we may strain forward to the future you promise. O God our Savior,

People: Hear our prayer.

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. O God our Savior,

People: Hear our prayer.

Lector: Show your mercy to those who are held back by infidelity to your plans, and free them to receive your word of life. O God our Savior,

People: Hear our prayer.

Lector: Rescue from fear those who are deprived of their human needs or their human rights. Give them their share of the dignity you confer on all your children. O God our Savior,

People: Hear our prayer.

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, the People of Haiti, Amarachi Ngozi Okere, Ellen Wanser, Andrew McDonald, Wes Wood, Virginia Barbarin, Rachel Steele, Ethan Rome, Tara Shirk and the Valentine family, Edna Garrison, Sandra Counts, Karen Pilgrim, the Rodgers family, Mary Zegarski, Ed Buckley, Courtney & Diana Muldrow, Cristina Alvarez, Cliff & Yvette Salter, Alicia Booker, Donnell Boyd, Dr. Joyce Wilson Harley, Veronica Austin, Daevon, Donte & Leelee Austin, Brian Mullin, Lisa Johnson, Curtis Williams, Donald Brokate & Anthony Rabara, Dr. Joyce Wilson Harley, Crystal Smith, and Jane & Paul Battaglini. O God our Savior,

People: Hear our prayer.

Deacon: We remember those who have died, especially **Caldner Bell, Charlene Colbert Baskerville, Darryl Johnson, Curtis Williams, Henry Williams, Sr., Tyler Battaglini**, the victims of violence in our neighborhoods, and the victims of the ongoing wars around the world. O God our Savior.

People: Hear our prayer.

Lector: Grant to this assembly a heart open to your word, that we may embrace your promise, heed your commands, and declare your praise. O God our Savior,

People: Hear our prayer.

Deacon: We remember those with whom we give thanks, especially those who celebrate birthdays and anniversaries this week: **John Gummere, Hannah Rose Sopko, Paul & Therese** (**Terry**) **Cooper** and **Jeffrey H. Cooper**. O God our Savior,

People: Hear our prayer.

Celebrant: God our Savior and our Redeemer, you are constantly at work, bringing forth new things in your creation. Hear the prayer we make to you, and continue to perform ever greater wonders for the entire family of humankind, through your Son, Christ our Lord. **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.

Given that SARS-CoV2, the virus that causes the disease COVID-19, is now endemic in the US and globally, it is reasonable for parishes to return to a form of the peace common before 2019. It is clear, however, that for various reasons, some may not feel comfortable with handshakes, hugs and the like. It is thereby important that we are considerate and respectful of those who choose or need to take extra precautions.

Holy Communion

Please remain seated while Ushers collect the offertory

Offertory Anthem

Total Praise

Richard Smallwood

Benny Barksdale, saxophone

Daille Kettrell, piano

The Absalom Jones Inspirational Choir

All stand, as able

Offertory Hymn

Hymnal # 441

In the Cross of Christ I Glory

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.

The Great Thanksgiving:

Eucharistic Prayer AChalice bearer: Cn. Phil Lewis

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, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again. 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-114

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: Christ our Passover is sacrificed for us;

People: Therefore let us keep the feast.

All sing together

Agnus Dei Hymnal # S-158

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.

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

Communion Hymn Hymnal # 471 We Sing the Praise of Him Who Died

The People are seated

The Post-Communion Prayer

Celebrant and People:

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

Announcements

All stand, as able

Recessional Hymn Hymnal # 382 King of Glory, King of Peace

Blessing

Deacon: Bow down before the Lord.

Celebrant: Look with compassion, O Lord, upon this your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; through Christ our Lord. **Amen.**

Dismissal

Deacon: Let us go forth in the name of Christ.

People: Thanks be to God.

Postlude Dr. Kerry Heimann, organ

GODSPEED, BENNY ...

Today we bid farewell to longtime parishioner Benny Barksdale as he moves to join his family in Michigan. Benny, we thank you for your friendship and fellowship and for sharing your talents with all of us! Please join us to celebrate Benny after Mass in Synod Hall.

A Healthy Congregation is a Singing Congregation – Lift Your Voice & Sing!

"Music does a lot of things for a lot of people. It's transporting, for sure. It can take you right back, years back, to the very moment certain things happened in your life. It's uplifting, it's encouraging, it's strengthening."

~ Aretha Franklin (1942 - 2018) American singer songwriter, pianist, actress, civil rights activist

TRINITY CATHEDRAL OF THE DIOCESE OF NEW JERSEY APRIL 5, 2025 ~ THE FIFTH SUNDAY IN LENT

AN HH HH HH

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 4/13 are:

Angela DiJoseph, Judith Miller, J. Gil Williams & Bobbie Powell (alternate) Chalice bearer: Cn. Clara Gregory

The Palm Sunday Passion: Erica Warner, Ellen Heath, Dean John & Fay Manicke
The Ushers/Greeters for Sunday, 4/13 (2nd Sunday) are:

Edward Greenfied (Greeter/Usher), Dennie Higgins (alternate Greeter)

Today is the LAST DAY to turn in names of our departed loved ones to be honored with memorial donations for Easter flowers and music.



SAVE THE DATE! – Our parish dance is back! After an unfortunate break, we are in the planning stages of our first parish dance since 2020! Save the date for Saturday, June 7 at 6:00 pm. We'll enjoy music, dancing, food and fun, while raising some money for our Cathedral. The REALLY fun part is that you get to vote on the theme of our dance! Here are

the themes: I Love the 80s, Mad Hatter (fun hats optional!), Casino Night, and Favorite Sports Teams. There will be a ballot box available on Palm Sunday for you to cast your vote! **Get your dancing shoes ready!**

Our last Stations of the Cross is April 10th - at 8:00 pm via Zoom (in place of our usual Rosary Devotions.) If you would like to participate, call the office for the link.

Our LAST 2025 Lenten Series Session - What are the collects of the Church? How can these beautiful prayers help to strengthen our faith by reminding us of God's goodness, mercy, and love? Join us on April 9th as we explore these deep truths, how they connect to Scripture, and how we can inwardly digest them as food for our Lenten journey. We'll meet via Zoom from 7 - 8:30 PM; have a Bible for reference. If you need the Zoom link, please contact the Cathedral office.

We will bag food for the Food Pantry on Thursday, April 10th at 4:45 pm.

Our next Grief Support Group meeting will be held Saturday, April 12^{th} from 10:00am – 12:00 pm in the Guild Room.

Easter Egg hunt donation deadline is April 13th - On Sunday, April 20th we will host our annual Easter egg hunt on the grounds of the Cathedral (weather permitting). Can you contribute to the egg hunt? We don't actually need any more eggs - what we DO need are egg fillers: candy, coins and very small toys and prizes that can fit inside. Please bring your contributions to the Cathedral office. Thanks!

The last Wednesday Healing Eucharist will be held on April 16th – after that, the service will be on a break until Dean John returns from his sabbatical in September.

The Trinity Cathedral Food Pantry needs reusable grocery bags! Strong, clean, new or gently used bags would be appreciated. Please leave bags in the collection bin near the "ship table (literature table)" in the Cathedral. Please speak to Cookie Hernandez or Lucy Adams if you have any questions.

The next Food Pantry distribution date is – Saturday, April 12th (2nd & 4th 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.

Trinity Episcopal Cathedral



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



April 6, 2025

RE: Sabbatical 2025

Dear Friends,

As we approach Holy Week and Easter I'm grateful to all for the blessings of a holy and life-giving Lent.

In a world seemingly filled with chaos, we must pray and work tirelessly to experience the abundant life Jesus promises in John 10:10 - "I have come that they may have life, and have it more abundantly."

In 2023 I was scheduled to take a Sabbatical. However, because we were in transition mode - electing and installing our new Bishop - it hardly seemed practical with everything happening.

In 2024 we had so many deaths that once more plans needed to be shelved. This year, after consulting with our Bishop, my clergy associates, Wardens and Vestry it does seem possible to have this time of renewal. I have sought to make it happen at a time that is least disruptive: May 1st - August 31st.

Our lay leadership (Wardens and Vestry) and Associate Clergy, together along with our Cathedral Administrator can ably do what is needed in my absence.

J. Gil Williams (Senior Warden), Margaret Nartey (Junior Warden) and Chinweze Ahaghotu (Clerk of Vestry) will handle business matters; Peter Bridge, Bruce Montgomery and Deacon Chris Cox, Clergy Associates, will handle pastoral matters. Please feel free to contact Patrice D'Angelo, Cathedral Administrator should the need arise. Visiting Clergy Phil Carr-Jones, Caroline Carson and Julia McKeon will assist with Sunday worship, celebrating and preaching on a couple of occasions. I'm confident all will be well. We've done this before on two occasions.

Thank you for affording me this time of reflection and renewal.

Let us pray...

Loving God, we give you thanks for a time of renewal and reflection sought by Dean René. Bless and watch over our time apart. Guide and bless all who will sustain Cathedral Ministries in his absence. And also direct our hopes and dreams for our community: Rooted in Faith, Grounded in Service. In Jesus' name, **Amen.**

Faithfully,

Keni Dhu

The Very Reverend René R. John

Dean

JOIN US FOR HOLY WEEK AND EASTER WORSHIP AT TRINITY CATHEDRAL

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

Services will be livestreamed as often as we are able. Please visit us at www.TrinityCathedralNJ.org and click on "Upcoming Service" and a link will be provided if the service will be livestreamed.



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

cooking with PRESENTS **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,

What's Included:

When:

Where:



health-focused meals that you can easily recreate at home!

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

SPACE IS LIMITED!

Registration for each event is required. TO REGISTER: Use the OR 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!



Free pet supplies and food will be available.

Limited Financial Assistance Available for Spay Neuter Surgery

- 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 •



THIS WEEK'S CATHEDRAL SCHEDULE

TODAY (4/6) The Fifth Sunday in Lent ~ Altar Guild Shop open

8:30 am Rite I Eucharist – CHP (in-person only)

9:15 am Choir warm-up

10:00 am Rite II Eucharist - CATH (+ livestreamed, when available)

After Mass Confirmation Class: Stewardship - GR

10:30a – 12:30p Full Gospel Community Church service – CHP

11:15 – 12:15 pm Choir rehearsal

Mon. (4/7) Pre-K early dismissal Vestry meeting, via Zoom

Tues. (4/8)

5:30 – 8:00 pm Hands-on Cooking Class, presented by our Creation Care Ministry - UC

Wed. (4/9)

12:10 pm Wednesday Healing Eucharist - CHP

7 - 8:30 pm Lenten Series: "40 Days of Renewal" via Zoom (call office for link/will be E-

mailed)

Thurs. (4/10)

4:15-5:30 pm TASK Meals – SH

4:45 pm Food bagging for Food Pantry

8:00 pm Stations of the Cross, via Zoom (call office for link/will be E-mailed)

Sat. (4/12) Trinity Strings music classes

9 - 11:00 am Food Pantry

10 am – 12 pm Grief Support Group – GR

Sun. (4/13) The Sunday of the Passion: Palm Sunday ~ Altar Guild Shop open

9:15 am Choir warm-up

10:00 am Rite II Eucharist - CATH (+ livestreamed, when available)

After Mass Confirmation Class: Confirmation Rehearsal - GR 10:30a – 12:30p Full Gospel Community Church service – CHP

11:15 – 12:15 pm Choir rehearsal