



The Trinity Times

November 2025



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



Inside this issue:

- Save your back, 2
and leave the
leaves!
- Vestry meeting 5
highlights
- Golf Outing 7-9
photos
- Trinity's Belinda 12
Whiteman
honored with
"Telly Award"
- Please support the 14
Greening of the
Cathedral for
Christmas!



A Message from Dean John

Dear Friends,

I came across this wonderful meditation and found it most refreshing and appropriate to our time...

Refusing the Gift

by The Rev. Cameron Trimble

"Hatred does not cease by hatred, but only by love;
this is the eternal law."

There's a story told of the Buddha and an angry man. The man came hurling insults, full of fury, demanding a fight. But the Buddha stood calm, rooted in stillness. When the man finally paused for breath, the Buddha said softly:

"If someone offers you a gift and you do not accept it, to whom does the gift belong?"

"To the one who offered it," the man replied.

"Exactly," said the Buddha. "So it is with your anger—I do not accept it. It remains yours."

There is deep wisdom here for our moment. We are living in a time of constant provocation. From degrading AI-generated propaganda to the destruction of public symbols, from political gaslighting to cultural erosion, the powerful seem intent on drawing us into their theater of rage, spinning us in cycles of outrage, fear, and despair. But not every gift must be received. Not every insult must be dignified with our energy. Not every performance deserves our participation.

To not receive the gift of contempt is a sacred act of resistance. It is not passivity. It is presence. It is choosing not to mirror cruelty. It is refusing to be governed by someone else's narrative of hate.

The empire may try to humiliate, distract, and dominate. But we do not have to carry what was never ours to begin with. We can be like the Buddha—grounded, discerning, still. We can hold our clarity like a flame in a windstorm. When we stop reacting to every cruelty and begin responding from spiritual depth, we reclaim our sacred agency. This is not detachment: it's a strategic refusal to let chaos colonize our spirit. The revolution will not be reactive. It will be metabolically wise. Spiritually rooted. Discerning. Collective. Generous. Joyful. Courageous.

We are in this together.

The Very Rev. René R. John
Dean



Creation Care Corner

Leave the Leaves!

It's that time of year when many people are tempted to rake those leaves off their lawn. But there's a growing movement to "leave the leaves" for environmental reasons. Here's why:

The Benefits of leaving leaves

Wildlife support:

Leaf litter provides crucial overwintering habitat and a food source for many insects including butterflies and moths, amphibians, and other small animals, which in turn provides food for birds and other predators.

Environmental benefits:

Leaving leaves on your property reduces the need for leaf blowers and trucks, which saves energy and cuts down on greenhouse gas emissions. It also keeps a large amount of yard waste out of landfills, where it can produce methane.

Soil health:

As leaves decompose, they return nutrients to the soil, acting as a free, natural fertilizer and improving soil structure. They also increase moisture retention and aeration.

Natural mulch:

Leaves can be used as a free mulch for garden beds, which suppresses weeds, keeps the soil moist, and protects plant roots from winter damage.

How to leave your leaves

Mow and shred:

Use a mulching mower to chop up the leaves directly on your lawn. This is the most efficient way to turn them into a beneficial fertilizer that won't smother the grass.

or if you have little or no lawn....

Rake to garden beds:

Instead of removing leaves, rake them into your garden beds to use as a natural mulch. This is an effective way to protect plants through the winter.

Compost:

Add shredded leaves to your compost pile to create a nutrient-rich soil amendment for the next growing season.

Give nature a helping hand this fall and leave the leaves!



Who do you know that would like a fresh, hand-decorated live wreath this year? It's not too early to think about your front door, cemetery remembrances, your neighbor who always admires your wreath!

Please remember that the wreath sale and Christmas sale are fundraisers for the Cathedral, so please lend your support if possible.

Order now and get a leg up on your Christmas preparation. Friday afternoon, December 5th is wreath decorating time. Sunday December 7th is the pick-up date, before or after the 10 AM service. We will only decorate as many as are ordered, so don't be disappointed this year!

Plan also to check out the mini Christmas sale in Synod Hall before and after Sunday service on pick up weekend. We have some beautiful Christmas bargains this year!

If you are interested and able, lend a hand to the decorating process. No time to decorate? Order a wreath or two! For either or both, contact Georgia Koenig or Patrice D'Angelo. Georgia at gbkoenig@verizon.net or text to (609) 273-3351. Patrice at PatriceatTrinity@aol.com or call the church office at (609) 392-3805 ext. 100 to leave a message.

We Believe: A Choral Evensong

Friday, November 7

7:00 PM at Trinity Cathedral

Featuring the Seminary Singers of Princeton Theological Seminary, Martin Tel and Mina Choi, conductors, and the Absalom Jones Inspirational Choir of Trinity Cathedral, Kerry Heimann, conductor

All are welcome to join in this liturgical concert of choral music celebrating 1700 years of the Council of Nicaea. The Nicene Creed, formulated in 325, will frame hymns and choral anthems, including works by Felix Mendelssohn, Samuel Wesley, Margaret Douroux, William Dawson, Keith and Kristyn Getty, Sally Morris, and Carlos Colón.

Open to all, free of charge. Come join us.



Sing psalms and
hymns and
spiritual songs ...
singing and
making melody to the
Lord in your hearts.

Sunday Coffee Hour:
*Every Sunday following the 10 AM service
in Synod Hall*

Why do we have Coffee Hour?

Each Sunday we leave the Eucharist with these words:

"Go in Peace to Love and Serve the Lord!"

A big ask!

So what does this have to do with Coffee Hour?



Along with the weekly Holy Eucharist, Coffee Hour is a place of comfort where we can take the time to increase love for each other as a church community, and find the nourishment - for body and soul - to carry that love out in to the world. It is one of the ways we refill the reservoir that often becomes depleted during the week. It is where we greet each other and build relationships, share our delights and our sadnesses and offer support, and yes, have fun! It is also where we welcome new people and get to know them beyond just a handshake.

**The Sunday Eucharist and Coffee Hour are both integral parts
of the Sunday morning experience,
one follows seamlessly after the other and complement each other.
You are invited to make coffee hour part of your Sunday refreshment!**

***If you feel able, salads, breads, fruit are always enjoyed by all.
For your convenience, a signup sheet will be on the coffee hour table each Sunday. Bring your favorite!***



Now is the time to begin bringing in donations of Thanksgiving foods – boxed, bagged and canned – for us to distribute with our Thanksgiving turkeys in November. Think stuffing, mashed potatoes, gravy, veggies, etc. Please bring your donations in to Synod Hall and leave them on the frontal case near the entrance.

Our Food Pantry Turkey Day is on Wednesday, November 19th at 11:00 am. Please bring your contributions by that day so our volunteers can pack them up to distribute on Saturday, November 22nd.

Thank you for your generosity!



The Stained Glass is Back!

We are excited to announce that the three restored stained glass panels have been re-installed in the Cathedral! At the time of this writing, the only work left to be done is to install the protective glass panels on the outside of the windows. This glass will allow the windows to be protected, but will offer a clearer view of the beautiful colors and artistry than the “plexiglass” panels of old. We are close to reaching our fundraising goal to complete the payment for this work, but the next big project has already been identified: the even-larger panels that overlook the Memorial Garden on the opposite side of the cathedral. Please consider making a gift toward this important work!

Highlights of the October 2025 Trinity Cathedral Vestry Meeting

Twelve of the fourteen members of the Trinity Cathedral Vestry along with a guest attendee, Lucy Adams, met via Zoom on Tuesday evening, October 21, at 6:30 pm. The Dean presided and called the meeting to order at 6:34 pm and offered the opening prayer. The main agenda items were as follows:

Financial Summary. Treasurer Ron Zilinski presented a financial summary of the Cathedral's operations through September. Income, at \$579k, was 69% of the budgeted amount; while expenses were \$669k, 79% of the budgeted amount, driven by higher property and maintenance expenses. To date in 2025, \$100k has been drawn down from our Cathedral investments to manage operating cashflow.

Investments. Canon Paul Cooper presented an estimated summary of the Cathedral's investments through August, which totaled \$2.74M, 7.6% more than at the end of 2024. The estimates will be updated with actual September figures from our *Diocesan Investment Trust* (DIT), *Dean Adams Trust* (DAT), Wells Fargo brokerage account, and Jane Ramsdell estate PSEG account information when available.

Property & Maintenance (P&M). Senior Warden Gil Williams, reporting for P&M Chair Mike Raab, requested and was granted Vestry approval to spend \$5k on our stained-glass window repairs. This amount will be added to the \$5k being raised for these repairs from parish donations.

Food Pantry. Lourdez Hernandez reported that *Mercer Street Friends* is reducing their allotment to the Food Pantry so we may need contributions from the Cathedral for Thanksgiving distributions.

Fund Raising. Junior Warden Margaret Nartey shared that the African Festival will take place from 7-11pm on Saturday, October 25. The Dean shared that the Community Day Golf Outing took place on Monday, October 20, and was a success after being rescheduled from October 13 due to unfavorable weather.

Dean's Report. The Dean reported that: a) he is grateful for the Celebration events that have taken place in the Cathedral this Fall in appreciation of our choir, clergy, and volunteers; b) the Diocesan Convention will take place at Christ Church, Toms River, on Saturday, November 22; and c) a Cathedral committee will be established to evaluate a potential solar project after receiving a proposal from Energyware.

Old and New Business. Ron and Gil will follow up with the Post Office to attempt to recover the money from the last outstanding stolen check in 2023. Gil is working with Lee Whiteman to investigate QR code capability for online donations during our Livestreamed services.

Next Meeting. The next meeting will be that of the Major Chapter on Tuesday, November 18, at 6:30 pm via Zoom.

Closing Prayer. Gil offered the closing prayer, and the meeting adjourned at 7:25 pm.

Respectfully submitted by Clerk Chinweze Ahaghotu. 29 October 2025.

Become a **CAST** Member!

SUBSCRIBE TODAY!

CAST 2025/26 Season	
10/5/2025	Sandrine Erdley-Sayo (piano)
11/23/2025	Salvo (guitar)
12/14/2025	<i>Stretto Youth Chamber Orchestra Holiday Concert</i>
12/21/2025	Gwen Laster & Friends Winter Solstice
2/22/2026	Keith Spencer (We Shall Not Be Moved)
3/22/2026	Minas Brazilian Jazz and Rhythms
4/18/2026	Jazz Up Saturday Redux w/ Maci Miller
5/2/2026	<i>Labyrinth Event w/ Maria LoBiondo</i>
6/7/2026	<i>Stretto Youth Chamber Orchestra Season Finale Concert</i>

NAME: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

CITY: _____ STATE: _____ ZIP: _____

① SELECT YOUR SUBSCRIPTION PACKAGE

- ☐ FULL SERIES (All Six Ticketed Performances) \$150 (save 23%)
- ☐ PICK 4 including Maci Miller Jazz Buffet \$117 (save 13%)
- ☐ PICK 4 excluding Maci Miller Jazz Buffet \$105 (save 12%)

② TOTAL YOUR ORDER

PACKAGE _____ \$ PRICE _____ x # OF SEATS _____ = \$ _____

ADD YOUR TAX DEDUCTIBLE DONATION TODAY = \$ _____

TOTAL = \$ _____

PAYMENT OPTIONS:

- ☐ BY CHECK OR MONEY ORDER PAYABLE TO CAST attached to this form:
 - DROP IT OFF AT THE CATHEDRAL'S OFFICE or
 - MAIL IT TO: CAST
Trinity Cathedral
801 West State Street
Trenton, NJ 08618
- ☐ BY CREDIT CARD using the donation page at www.TrinityCathedralNJ.org
 - Select CAST subscription and choose option

Tickets will be sent to you via email before our season opener in October and a record of your subscription will be maintained at the box office at all performances! *Tickets for individuals performances on Sale 9/1/25.*

21st Bishop George E. Councill Memorial GOLF OUTING With Pickleball Challenge

In spite of a “rain delay”, The 21st Annual Bishop George E. Councill Memorial Golf Tournament was a great deal of fun and a successful fundraiser for our Cathedral! After a windy, but dry day on the course, the team from St. Martin’s Church, Bridgewater emerged victorious, and held aloft the Bishop’s Cup! We enjoyed a delicious buffet, fun raffles and most of all, great fellowship at the reception following the outing. Many thanks to our Golf Outing Committee for their dedicated work “weathering” the rain date and to all the individuals, businesses and churches from around our Diocese who come together to make this event a success each year. We’ll announce our financial results in our next issue; in the meantime, enjoy the photos on the following pages, courtesy of Lee Whiteman.



CAST Welcomes (back) SALVO playing classical, Spanish, and World Guitar

Sunday, November 23, 2025 at 3:00PM



Salvo is a Spanish guitarist and songwriter born and raised in Brooklyn, New York. With funky Spanish rumba rhythms and Latin grooves, he plays a mix of Flamenco, Classical, Brazilian, Latin and World Fusion. He has played at many private events and festivals including events for Major League Baseball, The New York Public Library, The Winter Concert Series at Planting Fields, The Camellia Festival, FuerzaFest, Make Music New York, and Brooklyn Pride.

He released his second album entitled ‘Solo,’ - a one-man project composed, performed, recorded and mixed in quarantine. His debut album with the band ‘Salvo and Hugo’ is called ‘About Time.’

While living in Los Angeles, he performed original pieces and Flamenco music with The Vault Theater Ensemble at the Los Angeles Theater Center. He also accompanied the Duarte Dance Company and played in the band Cuñao.

Salvo is also a music teacher and a doctoral student in music education. He is happy to play as part of the CAST program at Trinity Cathedral. Find out more at: www.musicsalvo.com and on instagram: @salvo_musica

Admission: Adults: \$30 Students: \$10

There is still time to take advantage of the Pick 4 option to get reduced priced admission to all remaining CAST events during the 2025/26 season. Call 609-392-3805 ext. 100 or ask at the CAST reception desk at our next performance.





Let's Help Our Brothers & Sisters

Items Still Needed!
Bring your donations by 12/7

WARM UP!

Do you have any coats, sweaters or hoodies that are just sitting in your closet waiting to warm up someone?

We are collecting new and gently worn clean coats, sweaters and hoodies. Adult, teen and children's sizes.

New sock donations welcomed too!

For more information, call Lucy Adams (609)784-8867 or Trinity Episcopal Cathedral Office



Thank You in advance for your donation of warmth!

Distribution Day: December 13th * 10 a.m. -1 p.m.



Have a person on your holiday list who has everything?

Gift Idea: Purchase a new item or two from the list above. Donate it to us. You will receive a card to give to your person that says, "A gift of warmth has been given in your honor to those in need to the Trinity Cathedral Warm-Up Program." (Be sure to let Lucy know you'd like a card.)



On Sunday, November 30th at the 10:00AM Mass, we will celebrate the 40th Anniversary of Dean John's Ordination! Our special guest preacher will be The Rev. Canon Arlette Benoit Joseph, Executive Vice President of the Church Pension Fund. More details will be shared as we get closer to the date.



Trinity Altar Guild Shop Fall Update

-  2026 Church Calendars are in! Wall Ordo and Churchman's Calendars. Order yours today!
-  Need some peace away from the stress of the happenings in the world today? Well, you don't need Calgon to take you away. Check out our variety of inspirational devotionals, prayer books, and beautiful prayer beads.
-  New! Lavendar Jars of Bath Salts & Rice Heating Pads are made with lavender from our own Cathedral gardens. They make nice gifts!



Trinity Strings is off to a great start this fall. Our beginner class will make its debut at the Stretto Winter Concert, Sunday, December 14, at 7:00 pm at Trinity Cathedral.

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

GRIEF Support Group SATURDAY

November 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



Belinda Whiteman Honored with Silver at 46th Annual Telly Awards for David Yurman Holiday Campaign

New York, NY – [September 30, 2025] – Belinda Whiteman, a New York City-based video creative lead, senior editor, and motion designer, has been recognized with a prestigious Silver Award at the 46th Annual Telly Awards for her outstanding work on the David Yurman Holiday Social Media Campaign Series.

Belinda is the daughter of Trinity parishioners Lee and Brenda Whiteman, and spent many of her formative years here at the Cathedral along with her sister, Bethany.



The Telly Awards, which celebrate excellence in video and television across all screens, honor top-tier content creators and storytellers. This year's winners include industry powerhouses such as Pixar Animation Studios, Hearst Media, ESPN, LinkedIn, NASA, and MTV Entertainment Studios. "Our industry is experimenting with new technologies like never before, shaping truly compelling stories," says Telly Awards Managing Director Amanda Needham. "The Telly Awards is uniquely positioned to meet the industry where it's actually making work, be that on television or TikTok."

Selected from thousands of global entries, Whiteman's work on the David Yurman holiday campaign stood out for its vibrant cinematic style, sharp storytelling, and massive impact across social media platforms. Created in collaboration with director Anton Lombardi, the campaign featured an all-star cast including Academy Award nominee Sterling K. Brown, Iris Law, Hero Fiennes Tiffin, Arizona Muse, Winnie Harlow, and basketball star Kyle Kuzma.

Spanning 29 high-impact videos, the campaign blended glamorous visuals with candid interviews, playful trivia, and behind-the-scenes content. Daily celebrity drops helped sustain momentum throughout the holiday season, generating over 10 million impressions and garnering a feature in The Hollywood Reporter.

"At its core, this campaign was about more than just showcasing luxury," says Whiteman. "It was about story, identity, and the rituals that make the holidays sparkle shared laughs, personal traditions, and heartfelt moments."



With over eight years of experience in social media content creation, Whiteman brings a signature blend of visual flair, musical intuition, and cultural wit to every project. Her previous work includes campaigns for brands like MAC Cosmetics, Keys Soulcare, Marvel Entertainment, and Tory Burch.

A graduate of Parsons School of Design with a background in Design and Technology, Whiteman seamlessly fuses strategy with creativity. Drawing inspiration from MTV music videos, Spike Jonze films, and pop culture at large, she brings a distinctive, cinematic energy to her work.



The Stretto/Blue Mountain Festival/ Trinity Strings gala was a beautiful evening for all. Thank you to the entire community for all the support!



Stretto



A Special Offering for



Christmas

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

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

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

My name & phone#:

Offerings and this request form may be placed in the alms basin BY
SUNDAY, DEC. 14th or given to Patrice D'Angelo in the Cathedral office.



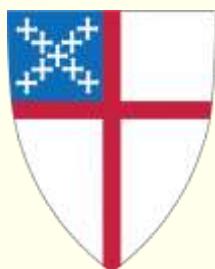
2	Adam Snow	Birthday
3	Mary Johnson	Birthday
3	Keenan Ross, Kenton Ross	Birthday
5	Gabrielle John and Gemelle John-Bedu	Birthday
5	Lori Cooper	Birthday
6	The Rev. Dr. John Luttrell	Birthday
7	Abel Bedu	Birthday
8	Jalen Ross	Birthday
9	Virginia G. Monte	Birthday
10	Karlene Blasse	Birthday
10	Kimme Carlos	Birthday
10	Stephen Slusher	Birthday
12	Janet Haring	Birthday
12	Theodore Miller	Birthday
13	Archie Ngwayah	Birthday
14	Dana Thompson	Birthday
15	Anthony Rabara	Birthday
18	Ugochinyere Opara	Birthday
18	Marjorie Jones	Birthday
18	Zoey Bertheau	Birthday
19	Theresa Dunn	Birthday
19	Clara Gregory	Birthday
19	Micah Dunn	Birthday
19	Natalya Kirmales-Prouty	Birthday
19	John & Sue Gummere	Anniversary
22	Lucia Smith	Birthday
22	Rachward Mathis	Birthday
22	Akeem John	Birthday
22	Leah Parker	Birthday
24	Tesia Miller	Birthday
24	Drs. Phil & Gail Lewis	Anniversary
25	Richard & Emily Fineburg	Anniversary
25	The Rev. Dorothy Auer	Birthday
27	The Rev. Lisa Caton	Birthday
27	Aliana Tejeda	Birthday
28	Hasaan White	Birthday
29	Courtney Walton	Birthday
29	Edna Marlene Garrison	Birthday
29	Lawrence S. Ford	Birthday
29	Manuel Elijah Quentin Tejeda	Birthday
30	The Very Rev. Rene John	Anniv. Of
30	Fatima Scipio	Birthday

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

Trinity Cathedral

Of The Diocese of New Jersey
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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

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. Christopher Cox, 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

Tossa Thorpe, Administrative Assistant