



# The Trinity Times

February 2026



The newsletter of Trinity Cathedral of the Diocese of New Jersey



## From the Dean's Desk 'Recalculating'



In 2006 I was fortunate enough to receive a Lilly Foundation Sabbatical. My family and I enjoyed it immensely. We travelled and experienced so many wonderful opportunities. The theme for that Sabbatical was 'Revisit, Reflect, Renew'. I came up with this theme having been at my previous congregation for eleven years at the time. It was definitely a time to step away and visit some long forgotten spaces, reflect and hopefully return renewed and refreshed.

Interestingly, I returned only to be elected Dean of Trinity Cathedral in 2006.

God works in mysterious ways and we are blessed to be along for the journey.

I trust many of you are familiar with the term, 'recalculating'. Surely if you have used a navigation system you are very familiar. The word recalculating used to freak me out at first. Especially since if it appeared, it meant somehow I had missed my turn and was heading in the wrong direction. Eventually I made my peace with the word, realizing that yes, whilst I might have missed my turn, if I remained focused and calm I would hopefully be back on track. God willing, I would soon be once again headed in the right direction. Sometimes that wasn't always the case as soon as I hoped.

My friends, as I contemplate the days ahead 'recalculating' seems a very pertinent word. I suspect the Cathedral will also be doing some recalculating of its own. My dear wife Andrea and I thank the Cathedral community for the wonderful opportunity to journey with you these many years. Thank you for beautiful memories.

In these turbulent times we are living I suspect we will all be in a constant state of 'recalculating'.

The Rev. Cameron Trimble in a recent article wrote: "Our resistance will not look like a single dramatic uprising. It will look like a thousand small refusals to let fear decide who we are and who we might become."

I wish each and every one of you the very best, and pray that whatever comes along, God will guide us to be unafraid of 'recalculating'.

Faithfully in Christ,

The Very Reverend René R. John  
Dean

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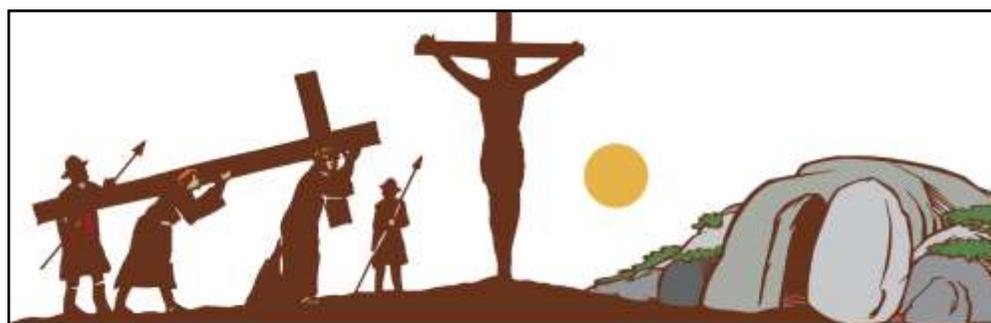


## Celebrating Dean René and Andrea John

On Saturday, February 14<sup>th</sup>, the Cathedral will host a service of Evensong and Prayers (3:00pm), followed by a reception in celebration of Dean John's ministry, sponsored by the Diocese of New Jersey and open to all members and friends of the Cathedral and the diocese.

On Sunday, February 15<sup>th</sup>, the 10:00am service will be followed by a festive coffee hour and farewell celebration for the Dean and his family. We are grateful for these opportunities to give thanks for Dean René and Andrea John, and for their faithful ministry and witness at Trinity Cathedral and in our diocese. Their last Sunday with us will be February 22<sup>nd</sup>.

**If you would like to bring food to share as we celebrate Rene & Andrea on February 15<sup>th</sup>, you are welcome to contribute!** Feel free to bring your favorite dish (some additional things we can use are iced tea, water, soda and juice, and desserts.) If you would like some help with ideas, please speak with Margaret Narthey.



## STATIONS of the CROSS

Join us on Thursday, February 26 at 5:00 pm for the

*Stations of the Cross* in All Saints' Chapel.

We have not walked the stations of the cross together, in person, since prior to the pandemic.

We would love to see you there!

*Cathedral Arts Series of Trinity Cathedral Presents*

# **WE SHALL NOT BE MOVED**

**SONGS OF THE CIVIL RIGHTS MOVEMENT**

*with soloist*



**KEITH SPENCER**

**SUNDAY FEB. 22, 2026**

**TRINITY CATHEDRAL**

**801 W. STATE STREET, TRENTON, NJ**

**STARTS AT 3:00 PM  
DOORS OPEN AT 2:30 PM**

**\$30 TICKETS FOR ADULTS  
\$10 TICKETS FOR STUDENTS**

## Welcome, New Vestry Members!



We welcome J. Gil Williams back as our Senior Warden for another two-year term. An active member at Trinity since January 2014, Gil has served as a Lector, Chalice bearer, Vestry member (formerly Junior Warden), Choir member, Hamilton Grove volunteer, Co-head of the Food Pantry, Co-head of Outreach & Jubilee Ministries, and the Chair of Stewardship (2017-25). Gil lives in Lawrenceville and has worked as a middle and high school teacher & coach in both New Jersey and Los Angeles. He's passionate about teaching and working with children, creative writing and producing, and spreading the gospel of Christ.

Sherri Anderson has been elected to her first term on the Vestry. Sherri has been active at Trinity Cathedral for ten years. She is currently a member of the Absalom Jones Inspirational Choir, the Cathedral Arts Series at Trinity and the Creation Care Ministry. She also directs the Trinity



Strings music program, which offers weekly music lessons at the Cathedral, where students learn and grow in safety with high expectations. Trinity Strings graduates have gone on to great things, and have been selected as leaders in the music programs at Spelman and Hampton! The daughter of a church Pastor, she is the Founding Director of *Stretto Youth Chamber Orchestra*, a values-driven ensemble committed to fostering equity, empathy, and excellence in music. Stretto students share their music in local concerts, nursing homes, at meals for the homeless and community spaces, and every three years, the ensemble travels internationally—ensuring that no student is excluded due to financial constraints.

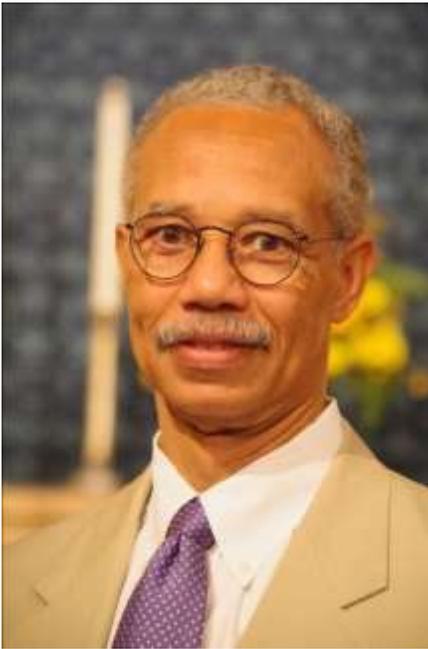
We welcome Bill Harmer back to the Cathedral Vestry, after previously having served from 2011 through 2020. Bill is the Benefits Administrator for the Cathedral's clergy and lay employees; and, since 2014, as an appointee of the bishop, he has served on the Diocesan Benefits Committee. For 16 years, Bill has volunteered for our weekly outreach program of serving meals provided by the Trenton Area Soup Kitchen (TASK) to those in need living in the Cathedral's neighboring community. For 10 years, he has been a member of the Cathedral's Golf Outing committee. A lifelong Christian, baptized as Roman Catholic, Bill has a BS in management, is a Vietnam veteran, and retired in 2009 after 41 years at the Wall Street Journal (Dow Jones & Co.).



A member of Trinity Cathedral since 1994, La'Tonya Johnson joins our Vestry once again, having last served as one of our youngest Vestry members! Shortly after joining the Cathedral, La'Tonya was elected to the Vestry in 1996 and to serve as Senior Warden in 1997, a position she held until 2002. She



also served as the Cathedral's youth minister and as a consultant with the National Church. She has remained actively engaged in the life of Trinity Cathedral by serving for the past three years as Chair of the George E. Council Golf Outing and Pickleball Challenge. Professionally, La'Tonya has devoted nearly thirty years to the Jackie Robinson Foundation, a national nonprofit organization dedicated to education and leadership development. In 2009, she was named Executive Vice President and Chief Operations Officer, overseeing the Foundation's financial, administrative, and human resources functions. La'Tonya served as project coordinator for the development of the Jackie Robinson Museum, which opened in July 2022.



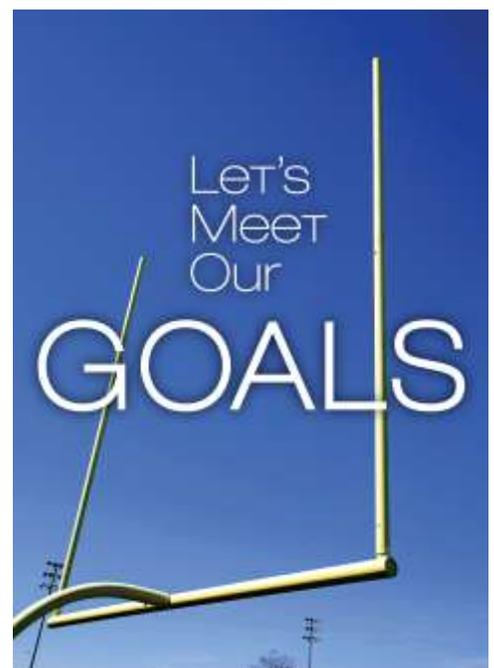
We also welcome Canon Dr. Phil Lewis back to the Cathedral Vestry. Phil is a former Senior Warden at the Cathedral, where he has taught a course on metaphysics, provided tutoring in chemistry to Street Leaders of the Urban Promise program, and aided in preparation of candidates for confirmation. Phil was co-chair of the RRR (Re-entering, Re-opening and Re-imagining) Taskforce for the Diocese of New Jersey, rendering consulting advice on navigating the SAR-CoV-2/COVID-19 pandemic. He was a member of the Episcopal Diocese of New Jersey Congregational Development Commission, and is currently a member of the Lifelong Christian Formation Commission. Phil is a principal with Carthage Investment Group, LLC (a family office), an Assistant Professor (Adjunct) at the Perelman School of Medicine, University of Pennsylvania where he teaches Environmental Medicine and Canon and head of the Evangelism Commission and Endowment Fund Board here at Trinity.

We also give thanks for the folks who stepped up to represent the Cathedral at Diocesan Convention in November of this year. The three parishioners elected to serve are Georgia Koenig, Bernard McMullan and Judith Miller (our alternates are Margarey Nartey, Ra'Shonda Washington and Dennie Higgins.) Elected to represent the Cathedral at the Trenton Convocation meetings were Howard Ebersole, John Gummere, Lourdez (Cookie) Hernandez, Nancy Hood-Boczar, Ra'shonda Washington and Brenda Whiteman.



## SOUPER BOWL SOUP & SNACKS STILL NEEDED!

**We need donations** of non-perishable snacks such as crackers, cookies, popcorn, peanut butter, jelly and dried soup mixes. Bring your items by February 15<sup>th</sup> (Yes, the Super Bowl will be over, but many of our neighbors will still need food.) Monetary donations accepted too; we'll do the shopping for you – See Lucy Adams or Lourdez Hernandez.





**The WARM-UP CLOTHING SHOP** welcomed many of our neighbors to shop for free. They were greeted by volunteers from the Cathedral & friends of our project. Guests were offered a snack and shopping assistance. The donations that were left were given to another Trenton organization. A win, win for all! Summer Closet coming soon!



**THANK YOU**  
  
**To all the wonderful volunteers and to all of you for the donations!**



*Warm-Up shopper assistants & hostess volunteers*



## **HELP WITH THE WINTER BLAHS: Peter Bridge LCSW, D.Min**

I have enjoyed a hybrid career. The privilege of serving as a priest and licensed clinician, pastoral counselor and consultant to religious organizations and non-profits. So often the simplest interventions brought the greatest results and relief to my clients.

Seasonal Affective Disorder is an actual diagnosis for a certain kind of depression that affects some people in the winter. It needs to be taken seriously and carefully assessed. A referral for medication is sometimes needed.

But whether someone has the actual diagnosis or just the “winter blahs” there are simple, practical steps that can help. Here are a few suggestions that were consistently found helpful by my clients. Maybe you will find them useful too.

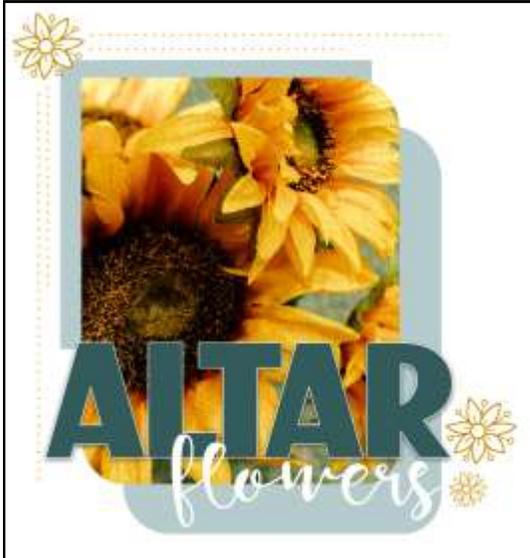
**BROTHER SUN WANTS TO VISIT:** Our homes, or the way we arrange the furniture in them, often deprive us of the soothing and healing qualities of the sun. Do a solar assessment of your home. In what rooms and at what times of the day does the sun come into your home. Is it a room you hardly ever use but probably should, so that you can take advantage of the sun’s visits in the winter? Is it a sunny space you just can’t be bothered to use because, to benefit from Brother Sun’s visit, you would have to rearrange the furniture. Well. Be bothered. Rearrange the furniture. Introduce a comfortable chair. Keep a good book there. Maybe a spiritually uplifting book. Or just a comfortable chair without any books at all. So that you can bask in the sun’s healing rays for a while. Be quietly receptive to those healing rays. Allow them to remind you of God’s care and love for you.

**SMALL LOVING ACTIONS BOUNCE PEACE AND LIGHT BACK INTO YOUR HEART:** I don’t know who first thought of that. It certainly is not original to me. But both my own and my supervisees’ clients were tremendously helped when they used this simple progression of exercises each day.

**Do something nice for yourself.** (20-minute hot-chocolate or sitting-in-the-sun pause in a busy day, a soak in the tub on a lazy day, a catnap, a meditation, a crossword. Avoid phones, screens, too much news and useless scrolling).

**Do something nice for somebody else.** (A phone call to someone who probably really needs it, a compliment to a co-worker whom you usually ignore, taking interest in a colleague’s family or their weekend plans).

**Get some exercise.** (At work a stroll at lunch hour. At home a walk around the block. Cold? Unless it’s dangerous bundle up and go anyway. When you go back inside your workplace or your home will feel less like a prison in which you are waiting for the spring, and more like a warm welcoming refuge from the elements, energizing you for winter’s next adventure).



### **Altar Flower Sponsorships**

Did you know that we rely on gifts from parishioners to provide altar flowers for our Sunday worship? Those who wish to remember the joys and sorrows of life (birthdays, anniversaries, memorials, etc.) contribute funds to create the arrangements for the Cathedral or Chapel altar. (Exceptions: Advent and Lent, when no flowers are present.) A message can be placed in the bulletin to announce who you are honoring. Please contact the office about providing altar flowers, well in advance of the date requested, or speak with Rev. Cn. Art Powell, our Flower Guild Chair.

## *Trinity Cathedral Altar Guild Shop*

**Open February 15<sup>th</sup>  
After 8:30am Service, Before & Briefly  
After 10am.**

**Clearance**  
**SALE SALE! SALE**

**New Markdowns! Children's Birthstone Jewelry on Sale! Angels ½ Off! \$5 Books & More!**

**Don't Forget to Pick-up Your Copy of "*Justice Love*" by Peter Bridge! The shop also has Lenten devotionals.**

# Creation Care Corner

## Upcoming Lenten Reflections



Starting Sunday, March 1<sup>st</sup> and continuing through Lent, the Creation Care team will write a short reflection in the Sunday bulletin on the topic of freshwater resources. Each week we plan to include

- An information piece about US or worldwide water resources and the impact of climate change.
- A specific example to illustrate the week's message.
- A spiritual connection between the topic of the week and our responsibilities as people of faith.
- A Call to Action. (Things we can do to help!)

Fresh water is a critical resource for life, both physically and spiritually. Please join us in reading our prayerful reflection each week.

## Tyree's Vegan Blog

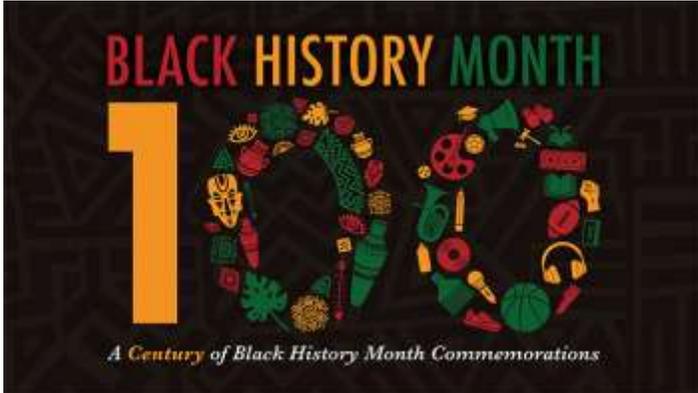
Some of you may know that our own Tyree Bodiford is a dedicated vegan, but did you know that Tyree produces YouTube videos on the topic!

The top picture opposite is from Tyree's interview with the owner of "Kaya's Kitchen", a successful vegan restaurant in Belmar Beach, and below is another talk titled "Veganism: Perspectives, Myths & Real Talk", featuring the "Veganize" restaurant in New Brunswick. Tyree probes the reasons why we are drawn to veganism, and how it affects our local communities.

Please check out more of Tyree's videos at

<https://www.youtube.com/@SOTG.Network>





Black history is more than slavery  
 Black history is more than segregation.  
 Black history is more than struggle.

Black history is innovation.  
 Black history is creativity.  
 Black history is resilience.  
 Black history is triumph.

~ We The Urban



Ash Wednesday Service Schedule  
 February 18, 2026

12:10 pm in All Saints Chapel with  
 The Right Reverend Sally French

7:30 pm in the Cathedral with  
 The Very Reverend René John



# WISH LIST

We are working on expanding the Cathedral's Baby Care Pantry Ministry. Many baby products are not covered by any assistance programs. We can help the new parents in our community with these items. Each visitor is also given a book to encourage reading along with parent/child bonding.

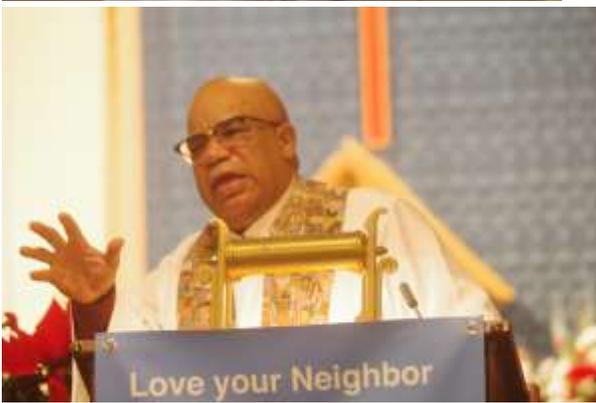
- **Diapers & Pull-ups**
- Baby Wipes
- **NEW Car Seats**
- NEW Car Booster Seats
- **Baby Clothes (Newborn to Toddler)**
- Baby Bath Wash & Shampoos
- **House Safety Items; cabinet locks, etc.**
- Crib Sheets & Blankets
- **Monetary Donations**

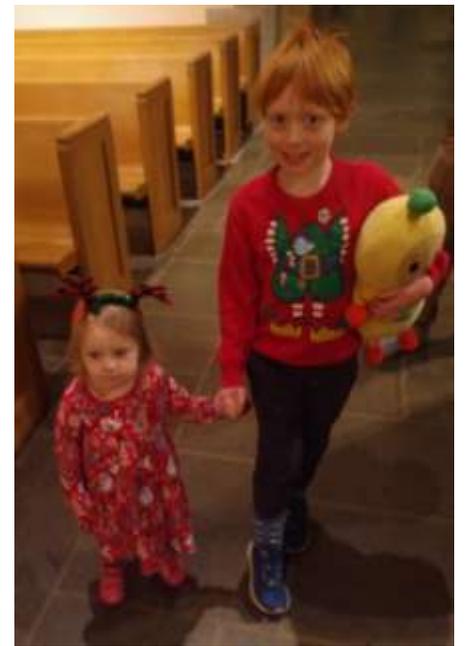


**For More Information contact Lucy Adams  
or the Cathedral Office.**

# Christmas at the Cathedral

Photos courtesy of Lee Whiteman & Lucy Adams









1	Joan Victor	Birthday
4	Timothy (TJ) Nartey	Birthday
5	Jonathan Gabbidon	Birthday
6	Beydoun Dennis	Birthday
6	William Gilbert	Birthday
6	Georgia Koenig	Birthday
7	Ngozi Ogbonna	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 Nartey	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

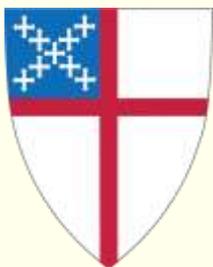


*Please join in sharing good wishes for our fellow parishioners on their special day!*

# 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](http://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**

**Please go to**  
**[www.TrinityCathedralNJ.org](http://www.TrinityCathedralNJ.org)**  
**for information on how to join us**  
**via livestream!**

## 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.

## 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