



TRINITY
EPISCOPAL
CATHEDRAL

The Commons at Trinity Cathedral

Classes

Events

Gatherings and

Volunteer

Opportunities

September 2010 – June 2011

An Open & Welcoming Congregation
www.trinity-episcopal.org

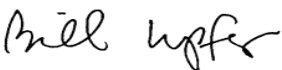
✧ A MESSAGE FROM THE DEAN

Before it came to mean “everyday and ordinary,” or even “hackneyed and second-rate,” the term “common” referred to that which united people and belonged to an entire community: what they held “in common.” The word came also to name specific places in towns and villages that were reserved for common use. In England and Wales, ancient practices reserved common land for pasture, fishing, pannage (turning pigs out for a period to eat “mast” or acorns), and estovers (the right to take sufficient wood for your house.) Echoing this practice, many towns in the United States have a Common or Village Green at their center. In Japan, satoyama exist as commonly-managed buffer zones between mountains and fields. Here in Portland, Pioneer Courthouse Square stands as a contemporary re-imagining of a civic “living room.”

Each year, we at Trinity gather in September to celebrate our common life, and Kempton Hall (Trinity’s “Living Room”?) becomes a festival of ministry opportunities. Parishioners meet and reconnect with old friends. Ministries, programs, guilds and commissions have the opportunity to celebrate their activities. There is food, because at Trinity we believe in eating well. Our space truly becomes a Commons, and our Core Values – respect, compassion, integrity, justice, inclusion and stewardship – become lived realities as we celebrate the many and varied ministries to which we are called.

This catalogue is a snapshot of what a year at Trinity Cathedral looks like – and it is full of variety and opportunity. There is a lot going on here; our life together is busy and joyful and sometimes a bit hectic. In some churches, this bustle of activity can lead to a kind of competitiveness, as if ministries and programs are competing with each other for participants. But here at Trinity, we look to ancient practices to guide our lives. We are marked and formed by our past as we explore the future to which God has called us. So the language and practice of the Commons has resurfaced, describing the reality that is already here and guiding us as we move forward together.

So welcome to the Commons at Trinity Cathedral! May we find in this time of celebration and renewal a way of naming the life we share and incarnating the values that guide us. For more than one hundred years, Trinitarians have made this place their spiritual home. It has become our Commons, the place where we come together as People of God in the City of Portland. This is your Commons, your Cathedral: the place where we all come to pasture and be fed, to fish (for people!), to gather spiritual kindling to give warmth to our homes, and maybe even to forage around for acorns and nuts, the pannage of wisdom. Let’s rediscover in this ancient practice the tools we need to be the People of God in our time. That’s work we do together, and we do it here: at the Commons.



The Very Rev. William Lupfer
Dean, Trinity Episcopal Cathedral

TABLE OF CONTENTS

Worship Services at Trinity	1
Youth & Families	
Church School: Ages 3 - Grade 5.....	4
Church School: Grade 6 - 12.....	5
Baptism.....	6
Family and Children Events.....	7
Trinity Youth.....	9
Volunteer Opportunities.....	11
Parent and Teacher Education.....	12
Adult Formation	
Sunday Forums & Classes.....	14
Mid-Week Classes.....	15
Other Offerings.....	18
Catechesis.....	18
The Center for Spiritual Development.....	19
Cathedral Arts & Music	
<i>Cathedral Arts</i>	
Art Exhibits.....	25
November Artisan Invitational Fair.....	25
Artists Among Us.....	25
Art Classes.....	26
Opportunities to Give.....	27
Opportunities to Volunteer.....	28
<i>Cathedral Music</i>	
Choirs - Children & Adult.....	29
Events & Services.....	30
Pacific Youth Choir.....	32
Outreach	
Service Opportunities.....	34
Opportunities to Give.....	37
Parish Community Life	
Newcomers.....	40
Parish Events.....	41
Parish Groups.....	42
Opportunities to Volunteer.....	43
Elderwise.....	44
The Women's Dream Quest.....	45
Labyrinth Events.....	46
Trinity Iconography Institute.....	47
Pastoral Care	
Overview.....	49
Classes & Groups.....	50
Opportunities to Volunteer.....	51

WORSHIP SERVICES AT TRINITY

Sunday Worship

✧ Rite I Eucharist

8:00am

Trinity Chapel

This service is without choir.

✧ Rite II Eucharist

10:00am

The Cathedral

Full choir, September through June.

Sunday Childcare

✧ Infants – Age 5

Sunday mornings

8:45 – 11:30am

Nursery in the basement

Childcare workers care for our youngest members every Sunday during the 9:00 education hour and the 10:00 service. Parents are given vibrating pagers just in case they are needed in the nursery.

**Contact: Charissa Simmons,
503-478-1220, charissas@
trinity-episcopal.org**

✧ Kaleidoscope

Children in grades 1 - 12

*Sunday mornings, September - May
9:00 – 10:00 am*

Studio C in the basement

A studio arts class that explores all kinds of media while we look as through a kaleidoscope at the many designs of God's handiwork.

**Contact: Charissa Simmons,
503-478-1220, charissas@
trinity-episcopal.org**

Coffee Hour

Dates: Every Sunday

After 10:00am service

Coffee, tea, lemonade and cookies provided. Free

Alternative Liturgies

2nd Saturdays at 6:00pm

Trinity Cathedral

New and different ways to worship God in community.

✧ **October 9, 2010**

✧ **November 13, 2010**

✧ **December 11, 2010**

✧ **January 8, 2011**

✧ **February 12, 2011**

✧ **March 12, 2011**

✧ **April 9, 2011**

✧ **May 14, 2011**

✧ **June 11, 2011**

**Contact: Nathan LeRud, na-
thanl@trinity-episcopal.org**

A Neil Young Eucharist

6:00pm

Trinity Cathedral

✧ **September 18, 2010**

Kick off this year's Alternative Liturgy series with a traditional Eucharist set to the music of Canadian songwriter and seeker Neil Young. Trinity's rock band will lead us in worship.

WORSHIP SERVICES AT TRINITY

**Contact: Nathan LeRud,
nathanl@trinity-episcopal.org**

Cathedral Vespers

*1st Sundays at 5:00pm
Trinity Cathedral*

✧ **October 3, 2010 Vespers**

Cathedral Chamber Singers
Organ Recital: Tamara Still

*Music Associate, Trinity Episcopal
Cathedral, Portland, Oregon*

✧ **November 7, 2010 Vespers**

Trinity Choir

Cathedral Chamber Singers

Music for the Feasts of All Saints
and All Souls

Requiem by Maurice Duruflé

✧ **February 6, 2011 Vespers**

Cathedral Chamber Singers

Organ Recital: Angela Craft Cross

*Organist, Congregational Church of
San Mateo*

✧ **March 6, 2011 Vespers**

Cathedral Chamber Singers

Organ Recital: Ross Wood

*Associate Organist and Choirmaster,
Church of the Advent, Boston*

✧ **April 3, 2011 Vespers**

Cathedral Chamber Singers

Organ Recital: Jason Roberts

*Organist and Choirmaster, St. James
Episcopal Church, West Hartford,
Connecticut*

Taize Services for Healing & Wholeness

*2nd Sundays at 7:00pm
Trinity Cathedral*

The Taize service incorporates ancient Christian traditions of prayer and healing with simple chant and prayers. It is a candle-lit ecumenical worship service led by Trinity's Caritas Community at Trinity Cathedral and singer and composer Barbara Bridge.

Sunday Contemplative Practice Group

✧ **Sitting with God Contemplative Prayer**

Sunday, 9:00am in the Chapel

A meditative reading is offered, followed by a 20-minute contemplative prayer sitting, and a period of reflection.

**Contact: David Mitchell, (360)
834-5815, mitchel73333@
comcast.net**

Youth & Families

CHURCH SCHOOL: AGES 3 – GRADE 5

Trinity Cathedral Church School

For questions about Church School, contact: Charissa Simmons, Family Ministry Coordinator, 503-478-1220, charissas@trinity-episcopal.org.

Church School: Ages 3 – Grade 5

*Every Sunday, September – May
(except Family Worship Sundays)
10:00am*

Using a combination of Seasons of the Spirit, Godly Play, and the Patchwork Curriculum designed by Canon Educator Mary Sicilia, Trinity offers age-appropriate Sunday morning classes for children during the Service of the Word. Children in grades K– 5 join their parents in the Cathedral at the Offering to participate in the Eucharist.

✧ **Three Year Olds – 1st Grade**

3-6 year old students participate in Godly Play, a Montessori-based Christian education method. Class time includes story telling, creative response time, and a feast. Separate classrooms for 3-4 year olds and 5-6 year olds.

✧ **Second and Third Grade**

Using Seasons of the Spirit, a lectionary-based curriculum, second and third graders, in separate classes, focus on one of the Bible lessons each week using story telling, activities, music, and more. Each class session also includes a short worship time.

✧ **Fourth Grade**

In “Book of Books”, our fourth graders learn how we got the Bible and study the various kinds of writing we find in it. This curriculum includes the always popular archeological dig. During Advent and Lent, fourth graders use Seasons of the Spirit, a lectionary-based curriculum.

✧ **Fifth Grade**

In “Poems, Prayers, and Promises”, fifth graders examine our liturgical life by exploring the Jewish roots of Christian worship, as well as its roots in the experience of the earliest church. The year includes participation in a Seder Meal, a First Century toga party and love feast, and designing an instructed Eucharist for families. During Advent and Lent, they use Seasons of the Spirit, a lectionary-based curriculum.

The Commons at Trinity Cathedral – September 2010

CHURCH SCHOOL: GRADE 6 – 12

Youth Affirmation (YA)

Sixth Grade

*Sunday mornings: September - May
10:00am, except First Sundays*

Other times, as program requires

YA'ers learn about the Church through creating their own church using the interactive StoryLine method, as well as thorough participation in three overnights and a series of social service projects with their adult mentors. At the end of the year, the Trinity community marks their passage from childhood to young adulthood in a public Service of Affirmation.

Middle School

Grades 7 – 8

Sunday except first Sundays

10 – 10:45am

Youth Loft

Middle School 7th and 8th graders gather on Sundays to discuss and explore their faith and how they live and express that faith. A variety of hands-on experiences and projects help bring these sometimes abstract concepts into focus. The middle school also heads up a fundraiser for Heifer International each fall.

High School

Grades 9 – 12

Sunday except first Sundays

10 – 10:45am

Youth Loft

High School 9th – 12th graders meet in the Youth Loft. Discussions and projects center on Christian spiritual practices, and the ways we incorporate those into our daily lives.

BAPTISM

✧ **Pre-Baptismal Preparation Classes**

A two-week class for parents and godparents offered three times a year, which explores the history, symbols, and meaning of baptism and how families can live into the baptismal promises they make for their children. The class may be taken at any time prior to the scheduled baptism of your child.

Class Dates:

October 24 & 31, 2010

February 20 & 27, 2011

May 29 and June 5, 2011

Baptismal Dates for Children:

Feast of All Saints:

November 7, 2010

Baptism of Our Lord:

January 9, 2011

Last Sunday in Epiphany:

March 6, 2011

Feast of Pentecost:

June 12, 2011

Feast of the Transfiguration:

August 7, 2011

Trinity also offers baptismal preparation for adults who desire to be baptized. Please see the section on Catechesis, which is on page 17 of this Catalog.

For information about baptismal preparation, contact: Shannon Tilton, (503) 478-1223, shannont@trinity-episcopal.org.

For information about Pre-Baptismal Preparation Classes, contact: Charissa Simmons, (503) 478-1220, charissas@trinity-episcopal.org

FAMILY & CHILDREN EVENTS

Trinity Cathedral Family Ministries

Family Ministries serves the families of Trinity with a variety of activities including Sunday church school for ages 3 through grade five, middle school and high school programs, and family activities throughout the year. For questions about Family Ministries contact: Charissa Simmons, 503-478-1220, charissas@trinity-episcopal.org.

Special Events for Families & Children

✧ **First Sunday Family Services**

*Most First Sundays of the month-
October - May: October 3, November 7, December 5, January 2, February 6, March 6, May 22*

10:00am

Kempton Hall

A hands-on, child-friendly Eucharist designed to help children join more completely in the Eucharistic service.

✧ **All Saints Pumpkin Festival**

Saturday, October 30, 2010

6:00 – 8:00pm

Kempton Hall

Enjoy an all-Pumpkin meal, carve an All Saints Pumpkin lantern, and join an All Saints Candlelight Procession into the Cathedral.

Cost: \$7.50 per person/ \$21 per household, includes supper and pumpkin lantern

✧ **Advent Fair**

Sunday, November 28, 2010

After the 10:00am service

Kempton Hall

Delicious food, Advent resources to take home, Advent wreath-making, crafts, and much, much more. The Advent Fair is for people of all ages, families, individuals, and visitors.

Cost: \$7.50 per person/ \$21 per household includes brunch and basic supplies. Wreath form and candles extra.

✧ **First Grade Special Communion**

Children in first grade and their parents attend classes January and February in preparation for their Special Communion. While many of these children are already receiving communion, this is their first formal education around this sacrament. Classes are mandatory for participation in the Sunday morning recognition.

FAMILY & CHILDREN EVENTS

✧ Children's Day at the Cathedral

Saturday, February 26, 2011

9:00am – 3:00pm

Gather with children in grades 1 – 5 from all over the Diocese of Oregon as Trinity hosts a fun day of singing, activities, games, food, and worship. Lots to do, lots to see, plenty of kids to meet from everywhere. Cost: tba

✧ Shrove Tuesday Pancake Supper

Tuesday, March 8, 2011

5:30 – 7:30pm

Kempton Hall

In the long tradition of Shrove Tuesday, eat a pancake supper with all the trimmings and join us for a Mardis Gras Procession into Lent as we put away the Alleluia and start our Lenten journey.

Cost: \$7.50 per person/ \$21 per household

✧ Stations of Holy Week

Children, ages 4 – grade 5 and their parents

Palm Sunday, April 17, 2011

10:00am

Parents and children together participate in a hands-on Stations program designed to help our children understand the events of Holy Week.

✧ Sauce Off

Saturday, March 5, 2011

6:00pm

Kempton Hall

You will not want to miss this year's Battle of the Spoon! Chefs will be lining up their secret ingredients for Trinity's Annual Italian Sauce-Off competition and dinner. Raffle tickets for wondrous prizes will be available for purchase. All proceeds benefit Middle and High School trips, missions, and programs.

TRINITY YOUTH

Bible Art

6th-12th graders

Sundays, 9:00-9:50am

Studio C

Explore different kinds of Biblical art and illumination, historical and modern. This class will also create their own Biblical art.

Youth Events

6th-12th graders

(WEY refers to Westside Episcopal Youth, a group of Episcopal churches that hold joint youth events)

Saturday, September 18, 2010: WEY potluck after the Neil Young Eucharist at 6:00

Saturday, October 30, 2010: All Saints Pumpkin Festival, 6:00-8:00 pm, Kempton Hall.

Sundays, November 7, 14, 21, 2010: Christmas Wreath Sales-help raise funds for youth activities.

Saturday, November 20, 2010: WEY food bank project at Christ Church, Lake Oswego. Followed by a dance at Trinity in Kempton Hall.

Sunday, November 28, 2010: Advent Fair, after the 10 am service, Kempton Hall.

Sunday, December 12, 2010: Christmas Party

Friday-Saturday, January 14-15, 2011: Overnight at Trinity

Sundays, February 6 & 13, 2011: Make Valentine cards and sell them at coffee hour on the 13th to raise money for outreach.

February 18-20, 2011: Teens Encounter Christ. Join other WEY youth for a retreat weekend.

Saturday, March 5, 2011: Come prepared to work at the annual Sauce Off at 6 pm. This is the main fundraising event of the year for Trinity youth. It's also a lot of fun!

Saturday, March 12, 2011: WEY at William Temple House.

April 8-10, 2011: Bishop's Ball at Trinity. An urban plunge weekend with youth from all around the Diocese. Participants will be housed at Trinity at night and work at various spots in Portland during the day. Dance on Saturday evening.

Friday, May 6, 2011: Artists Among Us Gala. Submit your original artwork to Trinity's biggest show of the year. Or volunteer to help with the gala opening on Friday evening. **Contact Barbara Darling Bracken, arts@trinity-episcopal.org for details.**

Saturday, May 14, 2011: WEY at Outside In.

Sunday, May 15, 2011: Senior recognition at the 10:00 service.

TRINITY YOUTH

Acolyte Ministry

✧ **Acolyte Ministry**

Grades 7 - 12

Acolytes serve about once a month

9:40 – 11:30am

Middle and high school youth serve during the 10:00am Eucharistic service and other times as needed. Training occurs throughout the year, and experienced acolytes take on additional responsibilities.

**Coordinator: Helen Sudbury,
helensudbury@comcast.net**

Youth Choirs

✧ **Choristers**

Grades 1 – 5

Sunday mornings, September - May,

9:00 – 9:50am

The Children's Chapel

Choristers is our beginning choir for grade school aged children. The Choristers receive an introduction to choral singing and many opportunities to sing at First Sunday services, Cathedral services, and special events throughout the year.

**Contact: Amy Polo, Director
(503) 771-9871, amy.polo@comcast.net**

✧ **Coventry Singers**

Grades 6 – 12

Wednesdays, September – May

5:30 – 6:30pm

Choir Room

The Coventry Singers sing in the Cathedral at 10:00 several Sundays each year. This choir is open to youth from 6th grade to seniors in high school. Mia Hall Savage, the founder of Pacific Youth Choir, directs Trinity's Coventry Singers. You do not need to be a musician to be trained as an outstanding singer and join this energetic choir. All are welcome.

**Contact: Mia Hall Savage,
miahallsavage@aol.com**

YOUTH & FAMILY - VOLUNTEERING

Volunteer Opportunities

Except where noted, contact: Charissa Simmons, (503) 478-1220, charissas@trinity-episcopal.org to volunteer.

✧ **Church School Teaching**

Preschool-High School

Teach about once a month on Sundays at 10:00 throughout the school year. Curriculum and training provided. A criminal background check and participation in a half-day child safety workshop are required.

✧ **Special Event Task Force**

Help plan, organize, and execute special events for children and families such as family worship, fundraisers, etc.

✧ **Support Services**

Help to keep our ministry program running smoothly – manage and purchase supplies, prepare communications, xerox, work the information table, keep track of attendance, and other tasks as they arise. Time commitment: 2-4 hours on a fairly regular basis.

✧ **Barclay's Library Technical Crew**

Help process children's books a few times a year for a few hours with a congenial group of folks.

Contact: Martha Denison, (503) 227-4449, marthadenison@comcast.net

✧ **Chaperones**

Chaperone youth and children's social events, service projects, or overnights.

✧ **Safety & Hospitality**

Sundays, 9:45 – 11:30am

Welcome children and families to church school and monitor children and youth areas for safety.

PARENT & TEACHER EDUCATION

✧ **Christian Education for Parents**

Sunday mornings at 9:00

Presentations and discussions on topics of interest to parents. A variety of classes will be offered throughout the year. Watch the Sunday leaflet announcements, weekly e-mail update and Trinity's website for details.

✧ **Godly Play Training**

The Godly Play Foundation offers a range of training opportunities at Trinity. See the Foundation website at: www.godlyplayfoundation.org for full details.

Training Dates:

*Saturday, October 2, 2010;
9:00am-4:00pm*

Storytelling day, Morning-full
Godly Play session, Afternoon-fall
lessons (Sacred Story emphasis)

\$25 per session or \$40 for both

*Saturday, December 4, 2010;
9:00am-4:00pm*

Advent reflection-personal
retreat day using the Advent
presentations

Adult Formation

ADULT FORMATION: SUNDAYS

Sunday Adult Formation Hour

A variety of classes in different formats are offered Sundays, 9:00 – 9:45am during the academic year. Generally two or three classes meet during the 9:00 hour each week. For specific questions about Adult Formation offerings contact the Rev. Canon Marianne Wells Borg, (503) 478-1202, marianneb@trinity-episcopal.org.

Sunday Forums

Every Sunday, 9:00am

Offered in a lecture/discussion format, Forums run the gamut of topics from things Biblical, liturgical, historical, spiritual or focused on the broader cultural milieu parish-wide, local, regional, national and global. Taught by a wide variety presenters, each session can “stand alone” even when it is part of a longer series – but you’ll want to join the fun as often as you can. *Visit the Trinity website, weekly e-mail update, Sunday leaflets and the information center outside of Kempton Hall for more Sunday Forum offerings.*

✧ **Welcome to the Commons**

September 12, 2010

*9:00am Education Hour and after the 10:00am Service
Kempton Hall*

Welcome to the Commons gives us a chance to see ALL of Trinity together. Trinity is growing and we have an exciting year planned

with classes, events, music, arts and many ways to worship and serve. Visit the various ministry tables to learn more about their offering; sign up for a class, and experience the variety and abundance of opportunities to learn, live, practice and grow available at our parish.

✧ **Preview of Wednesdays at the Commons**

September 19, 2010

9:00 – 9:45am

Kempton Hall

Curious about your Wednesday evening possibilities? We have a wide variety of formative experiences in store for you. Hear from the facilitators of this Fall’s classes and discussions.

Sunday Classes

Check the Sunday leaflets, e-mail update, information center outside Kempton Hall or visit Trinity’s website (www.trinity-episcopal.org) for information on Sunday Classes.

ADULT FORMATION – MID-WEEK CLASSES

Wednesday at the Commons

Put a little soul refreshment in the middle of your week!

Wednesday Evenings, September through June

- 5:30pm, *Service of Holy Eucharist in the Chapel*
- 6:00pm, *Share in a Common Meal and table fellowship (suggested donation for the meal).*
- 7:00–8:30pm, *Classes*

We welcome you for all or part of the evening.

Every term on Wednesday evenings we offer a variety of formats in classes on a world of topics for those interested in exploring the faith, deepening their spiritual foundation, and building community with each other. With few exceptions, there is no charge for Wednesday classes. Sign-up sheets for classes may be found at Trinity's Information Center. Further information and detailed descriptions of the classes are available in the upcoming Adult Formation Catalog, in the weekly Sunday leaflet, e-mail update and on Trinity's website.

Additional classes will be added during the year.

Fall 2010 Classes

September 2010

✧ **Powerful Tools for Caregivers**

September 22-October 27, 2010
Offered by Legacy Caregiver Services in partnership with Trinity's Outreach Commission.

✧ **Buddhism and Christianity: Integrating Traditions**

September 22 & 29, 2010
Donna Acord and Karen Carlton (this follow-up on the Beckwith-Thurman dialog "Transforming Awareness" at Trinity on September 10, 2010).

✧ **Talking with the Bible**

September 29-October 20, 2010 (except October 6, 2010)
Donn Morgan (Professor Morgan is Dean Emeritus and Professor of Old Testament at Church Divinity School of the Pacific, The Episcopal Seminary of the West).

✧ **Doing Liturgy**

September 29-November 3, 2010
Dean Bill Lupfer, Canon Michael Kleinschmidt, and Rev. Nathan LeRud.

ADULT FORMATION – MID-WEEK CLASSES

October 2010 Classes

✧ Introduction to Centering Prayer

October 6-November 17, 2010

Tom Kinzie/Oregon Contemplative Outreach.

✧ Continuing the Conversation on David Abram

October 6-November 3, 2010

Canon Marianne Borg (follow-up on David Abram's visit to Trinity the first weekend in October.

✧ Introduction to Benedictine Practice

October 6-November 17, 2010

Elaine Stewart Harris and the Cornerstone Community.

Contact: Elaine Stewart Harris, Abbot (503)236-7789, elainestewart@comcast.net

✧ Proverbs: A Book of Wisdom

October 27-November 3, 2010

Led by Susie Carpenter.

November 2010 Classes

✧ Exploring Intentional Community

November 10 & 17, 2010

Led by Kevin Day and Donna Acord.

✧ Getting Ready to Enter the Mystery of Christmas

November 10-December 15, 2010

Led by Charissa Simmons.

✧ A Thorough Introduction to the Bible

November 10-December 15, 2010

Led by Dr. Marcus Borg.

December 2010 Classes

✧ Icons in Spiritual Practice

December 1-15, 2010

Jonathan Tamez

✧ Musings on Advent

December 1-15, 2010

Canon Marianne Borg

Upcoming Classes for Winter/Spring 2011

✧ Ethics in the Bible

January, 2011

Richard Rohrbaugh

✧ Exploring Spiritual Practices

January & February, 2011

✧ Bible Study

Using *Living the Questions* as a tool.

ADULT FORMATION – MID-WEEK CLASSES

✧ **Star Wars and Video Games: How the Media Become Parents**

January, 2011
George Drinka

✧ **Catechesis, Exploring the Faith: For the Curious, the Returning, and the Not-So-Sure**

February-June, 2011

✧ **Political Religion, Spirituality, and the American Revolution: Then and Now**

February, 2011
Elliott Trommald

✧ **Fingerprints of God**

February, 2011
Book discussion on *Fingerprints of God* by Barbara Bradley Hagerty in preparation for her visit to Trinity on March 18, 2011.

✧ **Theological Worldviews**

March & April, 2011
Dean Bill Lupfer

✧ **Sketching the Spirit**

March, 2011
Susan Long, St. Michael and All Angels

✧ **Gifts Assessment**

March & April, 2011
Karen Beal

✧ **The Second Half of Life: Opening the Eight Gates of Wisdom**

April-June, 2011
Book discussion on *The Second Half of Life: Opening the Eight Gates of Wisdom* by Angeles Arrien. Facilitated by Linda Fealy.

✧ **The Gnostic Gospels**

April-June, 2011
Karen Carlton

✧ **Spiritual Autobiography**

May, 2011
Lyn Jenks

ADULT FORMATION – OTHER OFFERINGS

Other Offerings

✧ Parallels

Tuesday Mornings

10am – Noon

Stearns Library

The term “parallels” refers to our parallel lives and how we grow in spiritual knowledge and realization. We read, listen, discuss and question material drawn from a variety of authors, both traditional and non-traditional, with warmth, friendship and humor. While the class has been going on for over a decade, participants come and go. We welcome new members any time! Sally Newlands guides the discussions.

**Contact: Sally Newlands,
(503) 227-2305, sallynewlands@gmail.com**

✧ Trinity’s ministry for Healing and Wholeness: Come and See

With Canon Marianne Borg

Healing was intrinsic to Jesus’ ministry and foundational for the life of the church. All of us seek a deeper understanding of life and death and all that comes along the way. We try to make sense of it, and we cannot always. You are invited to come and see for yourself; come and see, explore,

reflect upon that which we all seek: healing and wholeness.

Canon Marianne Borg will offer a three part program for those wanting to learn more about the ministry of healing and wholeness. We will also reflect upon Trinity’s Taizé Service for Healing and Wholeness which is held in the Cathedral the second Sunday of every month. This introduction to healing ministry will include conversation for those who might become part of the Taizé ministry prayer team.

The first session will be held Saturday, October 9, 1:00-3:00 pm, followed by attendance at the Taize Service Sunday, October 10 (7pm), and then a second session Saturday, November 6. In addition, there will be an offsite retreat December 3-5 for those who have taken the class and for all currently involved in the Taize ministry.

Catechesis

For those interested in exploring the Christian faith from an Anglican perspective, this class covers Anglican history, theology, liturgics, and spirituality.

Contact: Canon Marianne Wells Borg, (503) 478-1202, marianneb@trinity-episcopal.org

CENTER FOR SPIRITUAL DEVELOPMENT

Trinity's Center for Spiritual Development

The mission of Trinity's Center is to offer ways to deepen relationships with God, to explore issues of faith and practice rooted in the Christian tradition and in the world's great faith traditions, to encourage journeys of transformation that increase compassionate commitment to others, and to open and inform our daily lives through the workings of the Spirit.

Lecture Series

*Tickets can be purchased online:
www.center-for-spiritual-
development.org or call:
(503) 478-1218.*

✧ **Earth and the Ecology of Wonder with David Abram October 1 & 2, 2010**

Lecture: October 1, 2010

*7:30 – 9:00pm, reception to follow
Trinity Episcopal Cathedral
\$15 general, \$10 Trinity members,
\$5 Students*

Workshop: October 2, 2010

*9:00am – 3:00pm
Kempton Hall
\$50 General, \$35 Trinity members,
\$20 Students (includes lunch)*

A new sense of the sacred is striving to be born within our species. For too long we humans have withheld our allegiance from the sustaining earth, reserving our faith only for a mystery assumed to reside entirely beyond the sensuous. Today, we are called to return to our senses--to remember our body's implicit faith in the solid ground underfoot and the renewal of light every dawn, its

faith in mountains and rivers and the cyclical return of the salmon, in the silent germination of seeds and the unseen, imperturbable wind. It is this animal fidelity to the breathing earth, so easily overlooked or forgotten, that unites us with countless other species and that remains the ground of every lasting ethic between persons, and between peoples. Come explore some of the contours of a new, deeply ecological encounter with the wondrous.

David Abram, PhD, is an ecologist, anthropologist, and philosopher who lectures and teaches widely around the world. He is author of *Becoming Animal: An Earthly Cosmology* (Pantheon, 2010), and *The Spell of the Sensuous: Perception and Language in a More-than-Human World* (Vintage, 1997), for which he received the Lannan Literary Award for Nonfiction. His essays on the cultural causes and consequences of environmental disarray have appeared in numerous magazines and journals, as well as in many anthologies in a host of disciplines. His work engages the ecological depths of the imagination, exploring

CENTER FOR SPIRITUAL DEVELOPMENT

the ways in which sensory perception, poetics, and wonder inform our relation with the animate earth. He lives in northern New Mexico.

✧ **Fingerprints of God: The Search for the Science of Spirituality with Barbara Bradley Hagerty**

March 18 & 19, 2011

Lecture: March 18, 2011

7:30 – 9:00pm, reception to follow

Trinity Episcopal Cathedral

Ticket prices to be determined

Workshop: March 19, 2011

9:00am – 3:00pm

Kempton Hall

Ticket prices to be determined

From the award-winning NPR religion correspondent comes a fascinating investigation of how science is seeking to answer the question that has puzzled humanity for generations: Can science explain God?

Is spiritual experience real or a delusion? Are there realities that we can experience but not easily measure? Does your consciousness depend entirely on your brain, or does it extend beyond? In *Fingerprints of God*, award-winning journalist Barbara Bradley Hagerty delves into the discoveries science is making about how faith and spirituality affect us physically and emotionally as it attempts to

understand whether the ineffable place beyond this world can be rationally—even scientifically—explained.

Paralleling the discoveries of science is Hagerty's own account of her spiritual evolution. Raised a Christian Scientist, she was a scrupulous adherent until a small moment as an adult triggered a reevaluation of her beliefs, which in turn led her to a new way of thinking about God and faith.

Barbara Bradley Hagerty is the award-winning religion correspondent for National Public Radio. She is the recipient of the Templeton-Cambridge Journalism Fellowship in Science and Religion, and a Knight Fellowship at Yale Law School. Before joining NPR, she was a reporter at The Christian Science Monitor for eleven years.

Classes

Register for classes online: [www.](http://www.center-for-spiritual-development.org)

center-for-spiritual-development.org

or call: (503) 478-1218.

CENTER FOR SPIRITUAL DEVELOPMENT

Sacred Dance

with Jane Rickenbaugh, Suzanne Cerddeu & Susanna Lundgren

Please see www.center-for-spiritual-development.org for more information or call: (503) 478-1218.

✧ Fall: Paths of Wisdom

October 5 – December 7, 2010
(No class November 23, 2010)

7:00 – 9:00pm, Kempton Hall
\$60 General, \$54 Trinity Members

This class will honor traditions, and celebrate the seasons of Advent and Christmas.

✧ Winter: Paths of Pilgrimage

January 25 – March 1, 2011

7:00 – 9:00pm, Kempton Hall
\$45 General, \$40 Trinity Members

Through sacred movement we will welcome winter's inner journey.

✧ Spring: Paths of Promise

March 29 – April 26, 2011

7:00 – 9:00pm, Kempton Hall
\$38 General, \$30 Trinity Members

Through sacred movement we will dance our stories.

✧ Seeking God in the 21st Century-Year One

One Saturday a month

Dates: October 16, November 13, and December 11, 2010; No Class in January; February 12, March 5, April

9, May 14, and June 4, 2011.

Cost: \$400/\$50 per class--books not included. 10% discount at the Trinity Bookstore, 10% discount to public events. Limited scholarships available.

9:00am – 3:00pm, lunch included
The Morrison Room, Trinity Episcopal Cathedral

A new class for *Seeking God in the 21st Century: Shaking the Foundations-The Emergence of a New Christian Paradigm* begins October 16, 2010.

Seeking God in the 21st Century (SG21), is a three-year program designed to support seekers in their exploration of Christian meaning and practice, traditions and Christianity's contribution to the life of the world today.

Year One is the foundation course of SG21 providing in-depth re-education about what is at the heart of the Christian tradition. We will explore the historical setting of Jesus, the nature and study of the Bible, how concepts of God and Jesus shape our worldview and our understanding of discipleship. An introduction to spiritual practice is part of Year One. The class is taught by The Rev. Canon Marianne Wells Borg with select sessions by Dr. Marcus Borg.

Contact: The Center, (503) 478-1218 to register or for more information.

CENTER FOR SPIRITUAL DEVELOPMENT

✦ Seeking God in the 21st Century-Year Two

Pre-requisite: Seeking God in the 21st Century-Year One.

One Saturday a month

Dates: October 23, November 20, and December 18, 2010; No Class in January; February 19, March 12, April 16, May 21, and June 11, 2011.

Cost: \$300, includes 10% discount at the Trinity Bookstore and 10% discount to public Center events.

9:00am – 3:00pm, lunch included

The Morrison Room, Trinity

Episcopal Cathedral

Seeking God in the 21st Century-

Year Two-Dangerous Beauty:

Transformation for Life begins

October 23, 2010.

This class we will explore mystical dimensions of the Christian tradition through the experiences of John of the Cross, Teresa of Avila, Francis of Assisi, and other figures of the Christian tradition. We will continue to develop our practice of paying attention, being in gratitude, cultivating interior silence....all because there is much to see, hear, and give thanks for. This class is for those who have completed the foundational SG21 Year One class, Shaking the Foundations: The Emergence of a New Christian Paradigm. Registration is required.

Contact: The Center, (503) 478-1218 to register or for more information.

Retreats

Register online: www.center-for-spiritual-development.org or call: (503) 478-1218.

Summer Seminars

✦ Summer Seminar 2011 with Marcus Borg & John Dominic Crossan

June 2011, exact dates to be determined

Kempton Hall

The Center's Summer Seminars are a popular offering in our program year, drawing a national audience to Portland for all over the country. An exploration of some of the most pressing questions and issues in Christianity today, Summer Seminar speakers have included Marcus Borg, John Dominic Crossan, Sr. Joan Chittister, Diana Butler Bass, Brian McLaren, Barbara Rossing and Jim Wallis.

For more information, go to www.center-for-spiritual-development.com or call (503) 478-1218.

Pilgrimage

✧ **Center Pilgrimage Led
by: Marcus Borg, John Dominic
Crossan & The Rev. Canon
Marianne Wells Borg**

May 2011

*Exact dates, destination and pricing
to be determined.*

**Contact: The Center at (503)
478-1218 to receive itinerary,
registration forms and
additional information.**

Cathedral
Arts &
Music

CATHEDRAL ARTS PROGRAM

The Cathedral Arts Program

The Cathedral Arts Program strives to offer yet another path of worship by exploring different Creative opportunities to connect with the Trinity community. Please feel welcome to join our program as we further develop future plans for exhibits, building community connections, workshops and Literary Roundtables, and special events. Practice together by developing new capacities, thoughts and interests. Learn through observation, experimentation and PLAY. Live your new enriched life by nurturing your creative spirit. We invite you to celebrate with us! Contact: arts@trinity-episcopal.org and/or Barbara Darling Bracken, Dan Bronson, Bill Allshouse, Susan Clardy, Gerrie Congdon, Daneal Richards, Diane Pinney, and Sharon Whitney. Volunteers are greatly appreciated as instructors, exhibitors, PR assistance, special events, planning and your creative input!

Contact: arts@trinity-episcopal.org or call (503) 478-1219 with a message.

Art Exhibits

Our exhibits feature a variety of art styles and media from selected artists or small group of artists. These exhibits reflect the in-depth studies and enhance the Cathedral's Arts experience. We invite you to enjoy our bi-monthly exhibits hosted in Kempton Hall and encourage you to support our artists and outreach offerings.

September-October 2010:
"Balancing Act" Serena Barton

November-December 2010:
"Zimbabwe Arts Project"

January-February 2011: "Mirror, Mirror" Self Portrait Invitational

March-April 2011: "Birds Eye View" High Fiber Diet of Columbia Arts Guild

Contact: arts@trinity-episcopal.org

November Artisan Invitational Fair

Nov 13, 2010, 10:00am – 4:00pm

Nov 14, 2010, 9:00am – 2:00pm

Entry fee: \$2 or 2 canned food items

The Fair features 25 local, professional artisan crafters sharing their original works in fine jewelry, knitted & fabric wearables & accessories, fused glass, quilts, toys, décor and much more.

Contact: Barbara Darling Bracken, arts@trinity-episcopal.org

Artists Among Us Fine Arts Exhibit & Sale

May 6-8, 2011

Trinity Cathedral Arts is showcasing the talent of 85 professional, amateur and aspiring artists from the greater community.

CATHEDRAL ARTS PROGRAM

The exhibit features oils, watercolors, drawing, pastels, printmaking calligraphy, photography, wood, ceramics, glass & wood sculptures, textile & fiber art, and unique jewelry.

Contact: Barbara Darling Bracken,
arts@trinity-episcopal.org.

Quarterly Literary Roundtable

An ongoing Quarterly Gathering. Sign-up outside Kempton Hall or email: arts@trinity-episcopal.org No fee

This quarterly offering focuses on spiritual content in classic and contemporary literature. Class mentor is Sharon Whitney.

Art Classes & Workshops

The Cathedral Arts Program invites adults and children to get in touch with their inner artist and open another avenue to the Sacred. Exploring our God-given creative gifts is a rich part of the spiritual journey. Creating art is also an opportunity to expand and deepen friendships and community life. Join the inspiring Trinity artists who teach our classes and relax... this is a time for creative play! Look for more information about our upcoming and current offerings outside Kempton Hall or on the Arts bulletin board in the hallway.

✧ Monthly Art Group for Mutual Encouragement with Ames Dee

Proposed meeting time: TBD

First Meeting: Wednesday, October 13, 3:00pm

Do you make visual art? Drawing, painting, sculpture, photography, fabric, film...

NO criticism, NO techniques, NO credentials, just a chance to share what you've made and talk about your process. The only requirement for attendance is you must be making art. Artists Way grads welcome!

Contact: Ames Dee, amesdpx@gmail.com

✧ Shibori Silk Scarf Class with Gerrie Congdon

November 6, 2010

*Pre-payment fee to be announced
Class limit 8, Studio C*

Fiber Artist Gerrie Congdon will teach Shibori, the Ancient Japanese method of dyeing silk. Create your ready to wear silk scarf by wrapping and dyeing with provided silk dyes.

CATHEDRAL ARTS PROGRAM

✦ Felted Scarves with Liz Lambert

November 13, 2010, 9:00-11:00am

\$20 Pre-payment fee includes supplies; Class limit 8, Studio C.

Join us to make a one-of-a-kind felted silk scarf, no experience needed. Using a strip of silk Chiffon and raw wool we will indulge our inner creativity, love of color, texture and design, in a very hands-on experience as we meld the two together, with surprising results. Go home with a new fashion statement to give or keep for your fall wardrobe.

✦ Redo Your Threads with Judee Moonbeam

January 2011

A fun workshop class at Judee's Portland studio creating new, exciting wardrobe pieces using your closet "has-beens".

✦ Trinity's Stained Glass Windows Fred Jeibmann

Date TBA

No fee

You see them each Sunday but what do you really know about them? What is their history and what do they portray? All of the Stained Glass windows at Trinity will be shown in an up-close slide presentation including their known history.

On-Going Ministries

✦ Sunday Arts Table

Special offerings: "Life is Short" and "Guide us Waking, O' Lord." Calligraphy by Inga Dubai, Cathedral Arts joyfully offers holiday greeting cards of original artwork generously created by Trinity fine artists. Adults and children have contributed to this unique offering. We will have cards available to purchase mid October through early December. Packages of six for \$10

**Contact: (503) 478-1219 or
arts@trinity-episcopal.org**

✦ "Bring Art from the Dark" Lighting Campaign

Buy a Light Fixture \$75 contribution

Buy a Bulb \$30 contribution

Cathedral Arts Program, a self-sustaining ministry, continues to invest in lighting improvements to the Kempton Hall Gallery-to be a shining beam on spirituality through the visual arts.

To show our sincere gratitude for your contribution, The Cathedral Arts Program is proud to offer you a Giclee print from an original Daneal Richards watercolor painting for a \$75 contribution or an Inga Dubai calligraphy for a \$30 contribution.

CATHEDRAL ARTS – VOLUNTEERS

Volunteer Opportunities

✧ **Instructor: Visual & Literary Art Offerings**

Offer instruction for adult classes, workshops, field trips, etc.

✧ **Exhibits & Monthly Offerings Assistance**

Organizing potential artists and events. Artwork to be shared and enjoyed with parishioners.

✧ **Publicity**

Help get the word out about Cathedral Arts events, exhibits and classes.

If you have questions about any of these volunteer opportunities, contact: (503) 478-1219 or arts@trinity-episcopal.org

MUSIC PROGRAM – CHOIRS

Music Ministry at Trinity

The Music Ministry at Trinity Cathedral seeks to glorify God through music and worship, ministering to the Cathedral community and the greater Portland metropolitan area by upholding and presenting the highest quality of sacred choral and instrumental music befitting our Anglican heritage, empowering all people to experience the transcendence of the living God.

Cathedral Choirs

✦ **Choristers**

Grades 1 – 5

*Sunday mornings, September - May,
9:00 – 9:50am, The Children's Chapel*

Choristers is our beginning choir for grade school aged children. The Choristers receive an introduction to choral singing and many opportunities to sing at First Sunday services, Cathedral services, and special events throughout the year.

**Contact: Amy Polo, Director
(503) 771-9871, amy.polo@comcast.net**

✦ **Coventry Singers**

Grades 6 – 12

*Wednesdays, September – May
5:30 – 6:30pm, Choir Room*

The Coventry Singers sing in the Cathedral at 10:00 several Sundays each year. This choir is open to all musicians from 6th grade to seniors in high school. Mia Hall Savage, the founder of Pacific Youth Choir, directs Trinity's Coventry Singers. You do not need to be a musician to be trained as an outstanding singer and join this energetic choir.

All are welcome.

**Contact: Mia Hall Savage,
miahallsavage@aol.com**

✦ **The Trinity Choir**

*Thursdays, 7:00 – 9:45pm
Choir Room*

The 55-voice Trinity Choir is the resident vocal ensemble at the Cathedral consisting of professional volunteer and auditioned singers, this choir performs a variety of sacred choral music throughout the year, in both liturgical and concert settings. Their primary mission is to lead the singing in the 10am Eucharist on Sundays.

**Contact: Canon Michael
Kleinschmidt, (503) 478-1216,
michaelk@trinity-episcopal.org**

✦ **Cathedral Chamber Singers**

An auditioned professional ensemble of vocalists, The Chamber Singers are heard frequently during the liturgical year at Trinity Cathedral singing monthly Vespers and special services. The members, among the finest singers in the Portland area, are drawn from various college, university and church choirs.

The Commons at Trinity Cathedral – September 2010

MUSIC PROGRAM – EVENTS & SERVICES

Contact: Canon Michael Kleinschmidt, (503) 478-1216, michaelk@trinity-episcopal.org

Cathedral Vespers

*1st Sundays at 5:00pm
Trinity Cathedral*

✧ **October 3, 2010 Vespers**

Cathedral Chamber Singers
Organ Recital: Tamara Still

Music Associate, Trinity Episcopal Cathedral, Portland, Oregon

✧ **November 7, 2010 Vespers**

Trinity Choir

Cathedral Chamber Singers

Music for the Feasts of All Saints and All Souls

Requiem by Maurice Duruflé

✧ **February 6, 2011 Vespers**

Cathedral Chamber Singers

Organ Recital: Angela Kraft Cross

Organist, Congregational Church of San Mateo, California

✧ **March 6, 2011 Vespers**

Cathedral Chamber Singers

Organ Recital: Ross Wood

Associate Organist and Choirmaster, Church of the Advent, Boston

✧ **April 3, 2011 Vespers**

Cathedral Chamber Singers

Organ Recital: Jason Roberts

Organist and Choirmaster, St. James Episcopal Church, West Hartford, Connecticut

Music for Advent & Christmas

✧ **Advent Procession of Lessons And Carols**

December 4, 2010, 7:00pm

December 5, 2010, 5:00pm

Trinity Choir

MUSIC PROGRAM – CONCERTS

✧ Christmas at The Cathedral

December 18, 2010, 5:00pm

December 19, 2010, 7:30pm

Choral music sung by the Trinity Choir and the Cathedral Chamber Singers with members of the Pacific Youth Choir and the Oregon Symphony followed with a Wassail Party in Kempton Hall

Canon Michael Kleinschmidt,
Conductor

Music for the season including:

“St. Nicholas” by Benjamin Britten

And festive carols for choirs and congregation

Patron Tickets: \$45.00 – reserved front section call: (503) 478-1230

General Admission Tickets: \$15.00, at the door.

✧ Carols Before The Midnight Eucharist

December 24, 2010, 10:30pm

Trinity Choir

✧ New Year’s Eve Festive Concert

December 31, 2010

7:30pm – 9:15pm

Celebrate the passing of the Old Year and the arrival of the New Year with Trinity friends.

Michael Kleinschmidt, Host

Scheduled Performers

Tamara Still, Organ; Kevin Walsh, Baritone; Philip and Gayle Neuman; Oregon Renaissance Band

Other performers: TBA

Suggested donation \$10.00

(Benefit: Sisters of the Road Café and Our House)

Lenten Music

✧ Ash Wednesday Eucharist

March 9, 2011, 7:00pm

Trinity Choir

Special Choral Music for the Lenten Season

Special Events

✧ A Halloween Weekend Organ Recital

Friday, October 29, 2010, 7:30pm

Canon Michael Kleinschmidt,
Organist

✧ Annual Catharine Crozier Memorial Organ Recital

Friday, January 7, 2011 7:30pm

Paul Jacobs, Organist

The Julliard School of Music, Organ Department Chair

“One of the most supremely gifted young organists of his generation.”
The Chicago Tribune

MUSIC PROGRAM – PACIFIC YOUTH CHOIR

✧ **Valentine's Party**

Saturday, February 12, 2011

7:00pm

The Trinity Music Commission with members of the Trinity Choir and Pacific Youth Choir host a cabaret evening of wine, chocolate, and love songs for Valentine's Day. Benefit: Trinity Cathedral Music Program

Tickets: (Patron:\$45.00, General: \$15.00) at the door or call (503) 478-1230.

Pacific Youth Choir

Directed by Mia Hall Savage

"In Residence" at Trinity Episcopal Cathedral in Portland, Oregon, Pacific Youth Choir is comprised of eight choirs, with singers ranging in age from 6 – 19.

Wrapping up its seventh season, the Pacific Youth Choir, brings together singers from 19 different cities including: Newberg, Banks, Ridgefield WA, Gresham, West Linn, Canby, and all points between.

The mission of the Pacific Youth Choir is to instill a lifelong love of music in each student. Through practice, performance and education they will build their skills and emerge as confident young adults. Their choral artistry will inspire audiences as they work together to create musical excellence.

2010 – 11 Performances

✧ **Christmas with The Pacific Youth Choir**

December 12, 2010

1:30pm and 4:00pm

Mia Hall Savage, Director

Tickets (\$10, \$15, \$25) may be purchased at the door, at Trinity during PYC Sunday afternoon rehearsals starting the first week of November or by calling PYC at (503) 780-1675.

✧ **The Pacific Youth Choir Spring Concerts**

Elementary and Middle School Choirs (Music Makers, Nova and Cascadia)

May 21, 2011

5:00pm

High School Choirs (Coro Pacifica, Tsunami, Pacific and Chamber)

May 22, 2011

5:00pm

Mia Hall Savage, Director

Tickets (\$10, \$15, \$25) may be purchased at the door or by calling PYC at (503) 780-1675.

Outreach

OUTREACH MINISTRIES – SERVICE

Outreach Ministries: A Jubilee Ministry Center of the Episcopal Church

Purpose: Trinity's Outreach Ministries are pathways for parishioners to translate hearts of worship into hands of service by building relationships with our neighbors in need and by partnering with them to create a healthy, just, peaceful, and sustainable neighborhood and world.

Priorities: Our current mission priorities are food security, housing, and neighborhood companionship in Northwest Portland and community development in Honduras.

Contact Outreach Ministries Commission Co-chairs: Charyl Cathey, (503) 478-1210, outreach@trinity-episcopal.org or Priscilla Cowell, (503) 478-1210, outreach@trinity-episcopal.org

Pathways to Service

✧ **Outreach Ministries Fair**

Sunday, March 6, 2011

9:00am – 12:30pm

Kempton Hall

Visit the display tables, explore Trinity's outreach ministries, and see how you can participate.

✧ **Adopt a High-Rise**

St. Patrick's Day, Memorial Day, Fourth of July, Halloween, and Christmas

Williams Plaza, 2041 NW Everett Street, Portland

Host social events for multi-handicapped and elderly residents at Williams Plaza, a Housing Authority of Portland high-rise near Trinity, and help overcome isolation through companionship and community.

Contact: Preston Holt, (503) 350-0504, preston@nwpm.org

✧ **Advocacy**

Use your voice as a citizen and person of faith to advocate for public policies that reduce hunger and poverty. Join the Episcopal Public Policy Network online at episcopalchurch.org/eppn. Also, visit bread.org or oregonfoodbank.org and click on "Advocate" to learn how you can take action to eliminate hunger and its root causes.

✧ **Easter Community Dinner**

Sunday, April 24, 2011

*Meal starts at noon, shifts vary
Kempton Hall*

Prepare and serve Easter dinner for our neighbors who might otherwise eat alone or go without.

Contact: Trinity Outreach Office, (503) 478-1210

OUTREACH MINISTRIES – VOLUNTEER

✧ Food Pantry

Monday through Friday

11:00am – 1:00pm

Saturday, 10:00am – noon and at other times for specific tasks

Offer hospitality and emergency food to guests seeking assistance. On Wednesdays, prepare and serve hot lunch to our guests.

Contact: Fred Jeibmann, (503) 653-7907, frjeibmann@comcast.net or Lydia Hoover, 503-752-2367, lydiajanehoover@yahoo.com

Heidi Rose for Wednesday lunches, (503) 281-7599, rosefamily@gmail.com

✧ Northwest Portland Ministries

Various times available

Volunteer with this interfaith association of churches and synagogues in Northwest Portland to provide transportation for seniors and people with disabilities, friendly visits with low-income neighbors, and other important services, such as the emergency food program, the Food for Kids backpack program, and the Loaves & Fishes meal site in NW Portland.

Contact: Kelly Caldwell, NWPM Volunteer Manager, (503) 221-1224, kelly@nwpm.org

✧ Oregon Faith Roundtable against Hunger (OFRAH)

Second Wednesdays

9:30 – 11:30am

Locations announced by email. Gather with parishioners and leaders from Portland-area congregations and community organizations and work together to eliminate hunger and its root causes and to create community food security for all. For more information, visit ofrah.org.

Contact: Charyl Cathey, (503) 478-1210, outreach@trinity-episcopal.org

✧ Outreach Ministries Commission

Second Tuesdays

6:30 – 8:30pm

Representatives from each Trinity outreach ministry gather for theological reflection, ministry coordination, planning, and support.

Contact: Priscilla Cowell, (503) 478-1210, outreach@trinity-episcopal.org or

Charyl Cathey, (503) 478-1210, outreach@trinity-episcopal.org

OUTREACH MINISTRIES – VOLUNTEER

✦ Project Global Village, Honduras

Support Trinity's partnership with Project Global Village (paghonduras.org) by sponsoring a scholarship for a high school student in Honduras or by participating in a summer work team in a rural Honduran village.

Contact: Marilynn Gordon for scholarships, (360) 576-9190, marilynngordon@comcast.net

Chris Hardman for mission trips, (503) 348-0614, crhardman@crhardman.com

✦ SeniorConnect

Help connect seniors age 55 and above to community and resources. Deliver food boxes to clients' apartments last Sundays each month at noon. Help administer housing, emergency assistance and free eyeglasses vouchers on Wednesdays, 11am to 1pm, Kempton Hall.

Contact: Mark Reber, (503) 284-2916, mark@rebers.com

✦ Sisters of the Road Meal Coupon Sales

2nd and 4th Sundays

Chapel Narthex after the 8 o'clock Eucharist

Kempton Hall after the 10 o'clock Eucharist

Help sell Sisters of the Road Café meal vouchers for the Trinity Food Pantry or for parishioners to give

directly to people in need.

Contact: Bill Rector, (503) 246-3944, bill.a.rector@gmail.com

✦ Thanksgiving Community Dinner

Thursday, November 25, 2010

*Meal at noon, volunteer shifts vary
Kempton Hall*

Prepare and serve Thanksgiving dinner for our neighbors who might otherwise eat alone or go without.

Contact: Chris Hardman, (503) 348-0614, crhardman@crhardman.com or Chris Maloney, (503) 713-8798, maloneycm@gmail.com

✦ Transition Projects Dinners

First Mondays and Fourth

Thursdays, 5:00 – 7:00pm, meet in the Trinity Kitchen

Prepare dinner at Trinity and deliver it to people transitioning from homelessness to housing at the Transition Projects Glisan Street Shelter in Old Town and at Jean's Place.

Contact: Buzz Braley for fourth Thursdays, (503) 223-1435, buzzbraley@aol.com or Ginny Utti for first Mondays, (503) 844-4121, ginnyutti@comcast.net

OUTREACH MINISTRIES – GIVING

✦ Trinity Place Adult Day Care

Wednesdays and Fridays

12:30 – 4:30pm

The Morrison Room

Provide a caring social environment, activities, and lunch for adults with memory loss or confusion due to dementia and Alzheimer's disease—as well as a much needed respite for their caregivers—in this cooperative program of Legacy Caregiver Services and Trinity.

Contact: Carol Carter, (503) 413-7653, ccarter@lhs.org or Dottie Thompson, (360) 993-4942, dthom1224@comcast.net

Pathways to Generosity

✦ Easter Community Dinner

In advance of Easter

Make a donation to support Trinity's annual Easter dinner for our neighbors who might otherwise eat alone or go without. The supplies cost about \$2,000.

✦ Food Pantry

Every fourth Sunday

Make a donation to support Trinity's Food Pantry, which serves an average of 50-60 people a day, six days a week, year-round and Community Lunches, which serve a hot meal to up to 200 people each Wednesday. One food bag costs \$2.50–\$3.00.

✦ Outreach Ministries

Every March and year-round

Outreach ministries are supported largely by donations. Make a donation to support Trinity's outreach ministries where needed most. A letter and envelope will arrive to your home at the beginning of March.

✦ Honduras Community Development Projects

Support rural community development projects through Trinity, in partnership with Project Global Village. With the help of a matching grant from the Trinity Inspirational Endowment, Trinity hopes to raise \$12,000 a year for projects in Nueva San Jose.

Contact: Chris Hardman, (503) 348-0614, crhardman@crhardman.com

✦ Honduras Scholarships

Support scholarships for low income high school students through the Flor del Campo Pastoral Program in Tegucigalpa. Scholarships are \$400 each. Donations of any size are welcome. With the help of a matching grant from the Trinity Inspirational Endowment, Trinity hopes to raise \$12,000 in order to sponsor 30 scholarships.

Contact: Marilynn Gordon, (360) 576-9190, marilynnngordon@comcast.net

OUTREACH MINISTRIES – GIVING

✦ **Sisters of the Road Meal Coupon Sales**

*2nd and 4th Sundays after the 8 and
10 o'clock Eucharist*

Buy Sisters of the Road Café meal vouchers for the Trinity Food Pantry or to give directly to people in need.

✦ **Thanksgiving Community Dinner**

In advance of Thanksgiving

Make a donation to support Trinity's annual Thanksgiving dinner for our neighbors who might otherwise eat alone or go without. The supplies cost about \$2,000.

✦ **SeniorConnect**

Year-round

Help support SeniorConnect with funds for food boxes, housing and emergency assistance, and free eye exam and eyeglasses for our low-income neighbors age 55 and above.

✦ **Trinity Inspirational Endowment**

Year-round

Make a gift to the Trinity Inspirational Endowment. An annual draw, administered by the Outreach Ministries Commission, supports initiatives that empower people to overcome the challenges they face and that inspire action from Trinity volunteers. Contact the Director for more information.

Special Collections

✦ **Neil Young Harvest Eucharist**

Saturday, September 18, 2010

All offerings support the Food Pantry.

✦ **Thanksgiving Offering**

Thanksgiving Eve Eucharist

Wednesday, November 24, 2010

Give thanks by making a special gift to the Poor and Homeless Fund of the Diocese of Oregon.

✦ **Good Friday Offering**

Friday, April 22, 2011

Mark Good Friday by making a special gift to assist the mission and ministry of the Episcopal Diocese of Jerusalem.

✦ **Pentecost Offering**

Sunday, June 12, 2011

Celebrate the Spirit-empowered mission of the church by making a special gift to support outreach ministries in the Diocese of Oregon.

✦ **Disaster Relief**

As needed, generally in partnership with Episcopal Relief & Development.

Parish
Community
Life

PARISH COMMUNITY LIFE – NEWCOMERS

✧ Parish Community Life – Trinity Neighbors: A Ministry of Christian Friendship

Get to know other members of Trinity who live in your neighborhood by welcoming new members, responding to those who are suffering from illness or death, celebrate when a new baby is born, etc.

Contact: Darlene Dunham, (503) 291-1716, darleneldunham@yahoo.com

For Newcomers

✧ Meet and Greet

2010: *September 26, October 31, November 28, 2010*

2011: *January 30, February 27, March 27, April 24, May 29, June 26, July 31, August 28, September 25, October 30, November 27, 2011*

*After the 10:00am service
The Morrison Room*

An informal reception for everyone new the cathedral. Get to know staff, Vestry and commissions, Newcomer Committee members and learn a bit about life at Trinity.

Contacts: Rich Bracken, richbrac@comcast.net or Kay Bennett, (503) 638-8950, frankiekatharine@comcast.net.

✧ Making Inquiries

Dates: Saturday, TBA

9:30am – Noon

A quick introduction to Trinity and the Episcopal Church including an orientation tour of the building and a chance to get to know others. Childcare provided.

Contact: Canon Nichols, (503) 478-1208, catherinen@trinity-episcopal.org

Parish Community Life Events

✧ Welcome to the Commons

Date: Sunday, September 12, 2010

After 8:00am and 10:00am services

Everyone is invited to sample your way around the hall in our annual BIG ministry fair – see ALL that Trinity has to offer in one place – programming and volunteer opportunities galore. It's a good time to see one another and get caught up, too.

PARISH COMMUNITY LIFE – EVENTS

✧ **The Dean's Cup**

Friday, September 17, 2010

Sign-up and registration is located at the Information Center outside Kempton Hall. Limited to the first 32 players. All skill levels are welcome.

Further information: www.trinity-episcopal.org

✧ **Blessing of the Animals**

Everyone and their pets (favorite stuffed animals, too)

Sunday, October 3, 2010

During the 10:00am Family Service in Kempton Hall

In honor of St. Francis, join the grand procession animals with their people through the Cathedral, the blessing of the animals, and an animal cracker, kibbles and bits reception afterwards on the lawn, weather permitting. Free

✧ **95th Annual Browser's Library Book Sale**

Sunday, March 13, 2011

At 9:00am & after 10:00am service

Kempton Hall will be filled with our annual book sale for your perusal at both 9:00 and after the 10:00 service. (P.S. You may drop off books the day before, Saturday March 12 from 9:00am – 3:30pm and then come and replace them on Sunday!)

✧ **Maundy Thursday Agape Meal**

Thursday, April 21, 2011

5:30 – 7:00pm

Join us for a meditative meal in the style of the First Century church – shared food, fellowship, and meditations, followed by the Maundy Thursday service in the Cathedral. Free

✧ **Trinity Sunday**

Sunday, June 19, 2011

After 10:00am Service

Our name day – a pull out the stops party – honoring members of this year's Catechesis class, welcoming the Bishop in his annual visitation, and just generally living it up! Music, food, and lots of fun. Free.

See Family Ministry pages for events just for the family.

PARISH COMMUNITY LIFE – PARISH GROUPS

Parish Groups

✦ Cornerstone

Weekly small groups meet to study the Rule of St. Benedict and support each other in their spiritual practice. Those interested should first attend the Wednesday Commons “Introduction to Benedictine Practice” offered in October and meet with Abbot Elaine Stewart Harris.

Weekly group meetings, monthly community meal, times vary.

See Wednesday Commons information.

Contact: Elaine Stewart Harris, (503) 236-7789, elainestewart@comcast.net

✦ Sojourners

Small groups of 8–10 people who meet throughout the year (at times that work for them) for the sheer joy of a shared meal and good conversation. Some groups meet in homes for dinner, some meet in parks and restaurants, others gather with children but the point is always the same – an opportunity to get to know one another better!

Contact: Canon Nichols, catherinen@trinity-episcopal.org

✦ AFFIRM

The AFFIRM Committee is an ongoing ministry dedicated

to dialogue, advocacy and education with persons in our congregation about the diversity of sexual orientation within Trinity Cathedral and our community. The committee hosts events through the year, such as *Friday Night at the Movies*, the *Pride Parade Marchers*, special speakers and study programs. We sponsor the sale of Trinity logo apparel from time to time. The committee meets as needed and meetings are always open to all interested persons. We invite new members.

Contacts: Allan Oliver, (360) 737-2676 or Kay Bennett, (503) 638-8950

✦ 20/30's Group

Trinity has lots of younger adults, some single, some married. We gather regularly and occasionally embark on a weekend adventure.

Contacts: Marc & Celeste Rizzo, trinity20and30@gmail.com

✦ Eco Pals

A new ministry at Trinity, Eco Pals consists of parishioners who are activity interested to mildly curious about environmental sustainability. It is open to all members of Trinity, and we invite friends, colleagues, and family members to join us for discussions and projects.

Contact: Kimberly Sherwood, kimberlys@trinity-episcopal.org

PARISH COMMUNITY LIFE – VOLUNTEERS

Parish Life Volunteers

✦ Trinity Parish Party

Animals

Help plan, publicize and revel in all-parish events and parties. Requirement: enjoy a good time! Time commitment: 18–20 hours total for all that fun!

Contact: Canon Nichols, (503) 478-1208, catherinen@trinity-episcopal.org

✦ Coffee Hour Snacks

Sign up at the Info Center to enhance our fellowship on Sunday mornings at the coffee hour with tasty treats! Provide four dozen cookies, home-baked or home-like, to the kitchen before the 10:00am service.

✦ Welcome Committee

Meet, greet, and be a friendly face in the crowd and a companion on the way by in extending a welcome to those who are new to Trinity and helping them find their niches. Time commitment: 2–3 hours per month.

Contacts: Rich Bracken, richbrac@comcast.net or Kay Bennett, (503) 638-8950

Intergenerational Opportunities

✦ Games Hosts

First Sunday after 10:00am service for approximately one hour
Game Hosts teach or play games with children.

Contact: Dagne Trommald, (503) 227-1688

✦ Barclay's Readers

Sundays 10:00–10:45am
Barclay's Readers read to preschool and kindergarten children in Barclay's Library.

Contact: Charissa Simmons, (503) 478-1220

✦ Family Connections

Date and Times variable
Bring families and others together occasionally on an early evening to become involved in an Outreach activity such as baking cookies for the homeless in our neighborhood.

Contact: Charissa Simmons, (503) 478-1220

✦ Pew Parents

During 10:00am service
Sit with children whose parents sing in the choir or have other Cathedral commitments during the 10:00am service.

Contact: Charissa Simmons, (503) 478-1220

PARISH COMMUNITY LIFE – ELDERWISE

Elderwise

The Elderwise mission is to develop a sense of community and to provide programs that strengthen inner richness and spiritual growth for those in the second half of life, as well as to use the varied talents and wisdom of elders in the life of the cathedral.

✦ **Elderwise Steering Committee**

Date and Times variable

The Elderwise Steering committee plans informative events to learn and share more about the aging process; works to integrate the generations within parish life; offers book discussions to enrich our spiritual life and workshops to deal with end of life planning; and provides opportunities for those in the second half of life to come together and enjoy one another's company.

Contact: Canon Nichols, (503) 478-1208, catherinen@trinity-episcopal.org

Elderwise Classes

✦ **Practical Christianity: Are You Ready?**

To be offered fall, 2010

In this five-part series of professional presentations we will explore the ethics and importance of facing and planning for the end of life as we know it. As members of the Trinity community we consider these topics an essential part of living well and dying well. We consider this series to be part

of mindfulness in practicing our faith. The classes are open to all adults. We're never too young or too old to begin this process.

The five topics are:

- "Ethical Issues at the End of Life"
- "Advance Directives"
- "Estate Planning"
- "Downsizing Your Living Space"
- "Funeral Planning"

Contact: Canon Nichols, (503) 478-1208, catherinen@trinity-episcopal.org

THE WOMEN'S DREAM QUEST

The Women's Dream Quest, created by the Rev. Dr. Lauren Artress and Judith Tripp, offers women the opportunity to gather, walk the labyrinth, sing, sleep and dream through the night in the sacred space of Trinity Cathedral.

✦ **The Women's Dream Quest 2011: Dreaming the Ancestors** **Led by Judith Tripp**

*Friday, Jan. 14, 2011, 6:30pm –
Saturday, Jan. 15, 2011, Noon
Cost: \$90, includes Saturday
breakfast*

*Bring a sleeping bag and air
mattress or pad.*

The Women's Dream Quest offers women the opportunity to gather, walk the labyrinth, sing, sleep and dream through the night in the sacred space of Trinity Cathedral.

The format of the Dream Quest includes large and small group gatherings, as well as ample individual time for walking the Labyrinth, meditating, praying, journaling, singing, creating art, and even going to sleep. We encourage the women to feel free to follow their hearts and form an experience that is uniquely their own.

*Judith Tripp, MA, MFT, is a
Transpersonal Psychotherapist,
workshop leader, musician and
Labyrinth facilitator with Veriditas.
She founded Women's Mountain
Pilgrimages in 1986. She has led
the Women's Dream Quest at*

*Grace Cathedral in San Francisco and
other locations for 16 years and offers
Pilgrimage to Avalon, a yearly trip to
England.*

**For more information and
registration, please contact
Pam Maben, (503) 641-5611,
pammaben@gmail.com**

“Another world is not
only possible, she is on
her way! On a quiet
day if you listen care-
fully, you can hear her
breathing.”

~Arundhati Roy

TRINITY'S LABYRINTH

Walking the labyrinth can be a way for the psyche to connect with the soul, a way of seeking God. It may be a symbolic pilgrimage or a means of seeking clarity, vision, focus, healing, discernment, peace, or spiritual insight. The labyrinth is a spiritual tool. There is no right or wrong way to walk the labyrinth! Visit Trinity's *Committees, Ministries & Guilds* booklet for information on how to become involved with this guild. **Contact: Pam Maben (503) 641-5611, pammaben@gmail.com**

Labyrinth Walks

*Presented by The Trinity
Labyrinth Guild*

✦ Crossing the Threshold

*Third Monday Labyrinth Walks
3rd Mondays (except 4th
Monday in January)
4:00 – 9:00pm
Kempton Hall*

Trinity's Labyrinth Guild provides members of the Cathedral and the greater community opportunities to strengthen and deepen their spiritual connection by walking the labyrinth. It is a wonderful symbolic ritual of meditation, clarification, and listening to God.

Special Labyrinth Events

✦ Opening to the Mysteries of Advent: Labyrinth Walk in the Presence of Icons

*Monday, December 6, 2010
5:00pm – 9:00pm
Kempton Hall*

Trinity Iconographers join with the Labyrinth Guild to offer this time of contemplative walking in the presence of sacred music surrounded by beautiful icons.

✦ Crossing the Threshold to the New Year: New Year's Eve Labyrinth Walk

*December 31, 2010
9:00pm – 11:00pm
Kempton Hall*

Following Trinity's New Year's Eve Concert we continue the tradition of walking the labyrinth as a symbolic way to journey from the year that has been to the year that is about to become.

✦ Good Friday Labyrinth Walk

*April 22, 2011
1:00pm – 5:30pm
Kempton Hall*

An opportunity for silent reflection of the Holy Week Journey on the labyrinth between Trinity's Good Friday services.

Additional events will be announced in Trinity's Sunday leaflets, weekly e-mail update, and on the website.

TRINITY ICONOGRAPHY INSTITUTE

Trinity Iconography Institute

Ministry and Mission

To spread the knowledge, veneration and use of icons to the world.

Iconography is considered a spiritual practice and journey, carrying with it all the benefits of prayer that any form of prayer offers. Trinity Iconography Institute exists to teach the ancient and historically correct methods of writing an icon and has undertaken to stay within the traditions and rubrics of the Eastern or Orthodox Church, the guardian of icons and iconography for the past 1000 years.

Students are welcome from any Christian tradition and are expected to undertake their studies in a prayerful, meditative and authentic way. The additional benefit is the completed icon that a student takes from the class.

Classes

Sherry Lynch, Master Iconographer and Instructor at the Institute will teach all classes. Class sizes will be limited to a maximum of 10 students. Classes are conducted in relative silence, as a spiritual journey and always start with group prayer. Classes are open to all Christians of any tradition, over the age of 18. From

time to time, former students may join in as 'paint-in' companions; they are not considered "faculty". These iconographers will each be working on their own icons and will be offering their prayerful support to the students.

✧ **Fall 2010 Class**

Begins on September 13, 2010

6:30 – 9:00pm

Register by August 30, 2010

✧ **Spring 2011 Class**

Begins February 21, 2011

6:30 – 9:00pm

Register by February 7, 2011

✧ **Summer 2011 Class**

August 8 – 12, 2011 (daily class)

8:30am – 4:00 pm

Register by July 25, 2011

✧ **Fall 2011 Class**

Begins September 26, 2011

6:30 – 9:00pm

Register by September 12, 2011

Classes are held in The Bishop Scott Room

Fees per class: \$200 tuition plus \$20 administrative fee.

**Contact: Institute Director,
Christopher Armstrong-
Stevenson, (503) 366-0829,
trinityiconographers@hotmail.com**

PASTORAL
CARE

Pastoral Care

✧ Overview

Sometimes life becomes difficult. We all experience times of sorrow, grief, great successes and turnarounds, confusion, transition or illness. During these challenging times members of the Cathedral community can be supportive by holding one another in caring companionship and prayer. A significant element of Pastoral Care at Trinity is the informal way in which clergy and parishioners care for one another offering listening ears, loving hearts and the willingness simply to be present to one another at times of joy and sorrow.

Educational and support group opportunities are offered around various issues of Pastoral Care. Watch for these in our newsletter, "Cathedral Conversations" and in the Sunday morning Bulletin. We offer Pastoral Care more formally in several ways.

✧ Clergy

Cathedral and affiliate clergy are available to listen, to pray and to be with you in difficult times. Please let the office or Canon Pastor Nichols know when a loved one is in the hospital, is grieving or needs someone with whom to discuss particular issues. Clergy may offer a referral to other support networks. Of course,

the clergy provide guidance in planning funerals and memorial services, as well as the joyous occasions of weddings.

Contact: Cathedral Office, (503) 222-9811 or Canon Nichols, (503) 478-1208

✧ Pastoral Care Committee

The nine Commission members meet 10 times a year

*2nd Tuesday of each month
6:30 – 8:30pm*

This Commission supports pastoral care at Trinity Cathedral and explores new and unique ways to provide broad pastoral care to the Trinity community. It consists of representatives from each pastoral care team. Appointments are for three-year terms, and are made by the Dean and Canon Pastor.

We would like to hear from Trinity members who seek ways to offer their time and abilities through one of the following ministries, or who need pastoral care, or who would like to share an idea for improving or expanding the pastoral care of Trinity Cathedral

Contact: Chair: Patty Smith, (503) 804-5424, pattyws@gmail.com or Canon Nichols, (503) 478-1208

PASTORAL CARE – CLASSES & GROUPS

Pastoral Care Ministries, Programs and Courses

✧ **Discernment Committee**

*The 3rd Thursday of some months
(except summer) 6:30 – 8:30pm*

Plans and orchestrates
Discernment Days and
Discernment Groups.

**Contact: Bob Macer, (503) 234–
1201**

✧ **Discernment Day**

A day to explore a decision you've
been wrestling with: changing
jobs, leaving a marriage, getting
married, moving? Sponsored by
the Clearness Committee

*Saturday, November 13, 2010
9:00am – 3:00pm
Morrison Room*

**Contacts: Bob Macer, (503) 234–
1201 or Canon Nichols, (503)
478–1208**

✧ **Discernment Groups**

After attending a Discernment
Day Trinity members who wish
to continue exploring issues
around a change they might make
(profession, calling, etc.) may work
with the Clearness Committee to
form a Discernment Group, a small
group of people who meet with
the discerner once, or monthly
for up to a year, to help make the
journey toward discerning God's
will. Strict confidentiality required.

Facilitators are members of the
Discernment Committee.

*Dates determined by members of
each committee.*

**Contacts: Bob Macer, (503) 234–
1201 or Canon Nichols, (503)
478–1208**

✧ **Grief Support Group**

*Just Let Me Get My Breath: A
Bereavement Group*

*Fall and Spring, to be announced
Free*

Six weeks of group meetings
discussing elements of grieving
and healing during the difficult
period after the death of a loved
one.

**Contacts: Joan Buell, (503) 292–
3420 or Canon Nichols, (503)
478–1208**

✧ **Lay Members**

The Pastoral Care team consists
of trained parishioners who
participate in various kinds of
pastoral ministry. Members
commit to assist other
parishioners in several ways from
visiting to cooking meals, prayer
and listening.

PASTORAL CARE VOLUNTEERS

Volunteer Opportunities

✦ Pastoral Care Visitors

Pastoral Care Visitors regularly visit Trinity members recovering from an illness, suffering from a chronic illness, or homebound. The Holy Eucharist is taken by those trained to do so. One day training and full-day Safe Church training are required. A way to connect Trinity and the outside world to those whose lives are constricted by illness or fragility.

Approximately two visits a month plus monthly Sunday Noon Pastoral Care Team meeting. Visit times are at the mutual convenience of the visitor and visited.

Contact: Canon Nichols, (503) 478-1208

✦ Telephoners

Meetings with Pastoral Care
People in the parish directory are prayed for daily at Morning and Evening Prayer and at the Thursday morning Eucharist. The Telephoners call those on the list being prayed for that week, and if they make connection there is an opportunity for a chat. Often pastoral issues are shared which are passed on to the Canon Pastor.

If the person is not at home a message is left on the answering machine. Training with current Telephoners.

Contact: Linda Fealy, (503) 638-8035

✦ Letter Writers

At your convenience

The letter writers send monthly notes to those who are home bound, in hospital, or are recently bereaved, as well as to the Bishop and the parish he will visit in the coming week. Members also write to newcomers offering a word of welcome.

An hour or so monthly, plus at noon on an occasional Sunday Pastoral Care Team meeting.

Contact: Rhoda Harwood, (503) 225-0070, brightbrit1@yahoo.com

✦ Funeral Hosts

During funerals and memorial services

Offer hospitality to members of the bereaved family who gather in the Stearns Library before the funeral service. Help to gently familiarize those with church facilities and supply Kleenex, coffee, tea and water.

Contact: Canon Nichols, (503) 478-1208

PASTORAL CARE VOLUNTEERS

✧ Drivers to Trinity

At mutual convenience to arrive at the scheduled service.

Persons drive those unable to drive themselves to Trinity for services.

Contact: Canon Nichols, (503) 478-1208

✧ Shawl-Knitters

Monthly (except in the summer) after the 10:00am service.

Shawl-Knitters knit prayer shawls which wrap people who are in the hospital or recovering from illness or in crisis in the prayers and love of their Trinity friends. Knitting done at home and at the meeting.

Contact: Mary Alice Helikson, (503) 203-2567, mahelikson@comcast.net

✧ Trinity Neighbors Group

Get to know other members of Trinity who live in your neighborhood by welcoming new members, responding to those who are suffering from illness or death, celebrate when a new baby is born, etc.

Contact: Darlene Dunham, (503) 291-1716, darleneldunham@yahoo.com

✧ Flower Ministry

Flower Ministry is the recycling of our glorious altar flowers following each Sunday. On Tuesdays, altar flowers are re-arranged into small bouquets and placed in vases on Trinity window sills and in offices. *Any parishioner may take a bouquet, place the bouquet in wet paper and take to a person who might enjoy the bouquet.*

Flowers are generally available for distribution around noon on Tuesdays.

Contact: Dan McCormick, (360) 735-5924

✧ TRINITY EPISCOPAL CATHEDRAL

147 NW Nineteenth Ave., Portland, Oregon 97209-1901

Tel: 503-222-9811 • Fax: 503-294-7069

e-mail: cathedraloffice@trinity-episcopal.org

website: www.trinity-episcopal.org

Office Hours are 9:00 am to 5:00 pm Monday through Friday
and Sunday from 9:00 am to Noon

✧ TRINITY BOOKSTORE

Bookstore Hours: Mon-Thu 10-2, Saturdays, 10-Noon,
Sundays 9-10 & 11-12

503-790-2877 • 1-800-739-6629 • Fax: 503-294-7069

e-mail bookstore@trinity-episcopal.org

Trinity Mission

The parish of Trinity Episcopal Cathedral seeks to love and serve God, our people, the diocese and the larger world by:

- *Worshiping through word, music and action*
- *Nurturing spiritual growth in young and old*
- *Reaching out in the mutual support of our diverse congregation and community and*
- *Being active witnesses to the peace and promise of Jesus Christ in the world.*

An Open and Welcoming Congregation – Statement of Affirmation

As a tangible expression of Jesus' openness to all, Trinity Episcopal Cathedral welcomes all persons regardless of ethnicity, sexual orientation, social or economic circumstances or religious background to our worshiping community and Eucharist table. We are a member of the Community of Welcoming Congregations and support our gay, lesbian, bi-sexual and transgender members in our ministry and programs. Join us as we practice the compassionate and inclusive Way of Jesus.



TRINITY
EPISCOPAL
CATHEDRAL