



FEBRUARY

2010



TRINITY TIMES

The official newsletter of Trinity Episcopal Cathedral of the Diocese of New Jersey

(609) 392-3805

www.TrinityCathedralNJ.org



A Message From Our Dean

Life's Journey: More Marathon Than Sprint



Prior to Thanksgiving 2009, I registered my younger daughter and myself to participate in Trinity Princeton's 5K Turkey Trot. Running was always something that has fascinated me, and sharing this one-time hobby of mine with one of my children sounded like a good idea. I was also pleased to know we could participate in this and raise money for a worthy cause (Crisis Ministry of Princeton and Trenton.) Asking any of my other children was not part of the equation, since participation required us waking up early on a non-school day. I did not ask my dear wife Andrea as she is more of a walker, not a runner; besides, she already believes what I call walking is more like running.

On November 27, 2009, Gemelle and I proceeded to Trinity, Princeton for our participation in what was truly a fun, but memorable event. Approximately 400 persons had assembled on this mild Fall morning all excited and ready to get started. From the very young, even in strollers, to seniors and a considerable number of middle-aged persons like myself. I would soon be in for a surprise however, as I discovered unlike me, many of the participants had prepared for this event. Gemelle and I moved to the front of the line in preparation for the starter's signal. My daughter said to me, "Daddy, we're going to look rather foolish as everyone runs past us."

Remembering a time when I was much better at this thing called running, I sought to prevail. "Oh don't be silly," I said with some fatherly consternation. Four minutes after the local Fire Department sent us off running; I saw the wisdom of her counsel. "Go ahead," I motioned to her, breathless, "I'll catch up." She swears it was less time, but with a sense of smug satisfaction, and youth on her side, she completed her 5K in considerably less time than I did mine.

The middle-aged, out of condition guy didn't do too badly. Like Paul says, "I fought the good fight, I kept the faith, I finished the race." In doing so I once again discovered life is more marathon than sprint. The race is not for the swift, but those able to endure to the end.

While this may sound like the ramblings of someone unprepared for the challenge, I'm grateful to have participated in something that raised a significant amount of money for a worthwhile project. Crisis Ministry received over \$10,000 because of this effort. Kudos to Trinity, Princeton, and all who supported and participated.

Your Friend and Dean,

René

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Feb. 7 - Fr. Jeff Kirk presentation on “use of liturgical space” between services

Feb. 13 - Diocesan Acolyte Festival – 9:30 am – 3:30 pm

Feb. 14 - Diocesan Absalom Jones Service of Witness – 3:00 pm

Feb. 17 - Lent begins – Ash Wednesday; Service at 7 am, 12:10pm, 7:30 pm

Feb. 28 - Annual Newcomers Welcoming Reception at the Manicke/Van Sant residence – following the 10:30 am service

Mar. 7 - CAST Organ recital - Richard Spotts – 3:00 pm

Mar. 14 - CAST Trenton Community Music School faculty recital – 4:00 pm

Mar. 28 - Palm Sunday

Mar. 29 & 30 - 7:30 pm Holy Week Service

Mar. 31 - 7:30 pm Service of Tenebrae

Apr. 1 - Maundy Thursday Service at 12:00 pm
Maundy Thursday Service, foot washing with Bishop Councill at 7:30 pm - Overnight vigil in the Easter Gardens of the Cathedral ‘till noon Friday

Apr. 2 - Good Friday service at 12:00 pm

Apr. 3 - Holy Saturday/Easter Vigil Service at 7:00 pm

Apr. 4 - Easter Sunday

Apr. 10 - Parish Dance

Apr. 17 - High Tea in Synod Hall

Join Us for Our Newcomers Welcoming Party

Mark your calendars now (especially if you’re new to the parish) for our seventh annual newcomers party. We are happy to be able to welcome several parishioners who have begun worshiping with us since last year at this time.

We also use this opportunity to honor longtime members, and we are blessed that we have many people who have been faithful members for many years.

This year, parishioners Fay Manicke and Roger VanSant have invited us all to their home, taking us back to an older tradition of having our welcoming parties at parishioners’ homes.

The party will be on Sunday afternoon, February 28, following the 10:30 am service. Watch for more information to find out what you can do to help out. Most important, though, plan to come so that our newest members will have a chance to meet you.



And by the way, you don’t have to be formally registered in the parish to come. Everyone is welcome, even if you’re still just “trying us out!”

**Welcome
Our New
Members**

Trinity Times
is a monthly publication of
Trinity Cathedral
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(609) 392-3805 Fax: (609) 392-2305
www.TrinityCathedralNJ.org

Most photos in monthly issues of *Trinity Times* are courtesy of Trinity photographer, Dot Cellini.

Submissions from parishioners and groups of similar interest are welcome and encouraged (and subject to editing.) **Please submit all items by the 15th of each month for inclusion in the next month’s publication to Patrice D’Angelo, Editor, via fax: (609) 392-2305 or E-mail:**

PatriceDAngelo@TrinityCathedral.comcastbiz.net



Trinity Parish Dance to be Held on April 10

Don’t forget to mark your calendars for our annual Parish Dance on Saturday, April 10! We’ll enjoy food, music and fun as we join each other in fellowship. More details on the dance to be announced!

Welcome New and Returning Vestry Members!

On Sunday, January 17, 2010 at the Cathedral's Annual Meeting, we elected 5 members to the Vestry, elected our Senior Warden, and chose delegates and alternates for Diocesan Convention and representatives for Trenton Convocation. Some background information on our Vestry members and Senior Warden follows - congratulations to Larry, Dennie, Georgia, Maureen, Debbie and Willie! We are proud that you are so committed to serving our Cathedral. Soon you will see photos of not just new, but ALL Vestry members posted on a bulletin board in the main hallway.

Our delegates for Diocesan Convention are: Willie Coleman, Clara Gregory and Michael Raab. Our alternate delegates are Tomaso Collik-Migliaccio, Canon Chuck Perfater, and Janet Thompson - thank you all for being willing to represent the Cathedral for this important part of our Diocesan life!

Finally, we chose new representatives to the Trenton Convocation - Tomaso Collik-Migliaccio, Terry Cooper, Howard Ebersole, Gwendolyn Pearson, Shelton Radix, and Comfort Sparks. We appreciate their willingness to represent Trinity at regional events and meetings.

Larry Gustin - I am interested in serving for the two remaining years of a term on the Vestry of Trinity Cathedral. I have attended services here for nearly ten years. During that time I was married here, sang with the choir and attended an annual meeting and several dinners here. I enjoy the fellowship in this congregation. I am presently serving on the Executive Board of a Union Local, as well as being a steward at my worksite and a labor activist besides. I expect my responsibilities as a Vestry member will be similar.

Dennie Higgins - I am a life long Episcopalian who believes strongly in our mission to be a welcoming and inclusive congregation. I served on the Vestry in the past and currently am volunteering on the Outreach and Parish Life commissions. I also go the Mercer County Geriatric center and drive people to church as part of the van ministry.

I work as a proactive career counselor, certified job coach who has completed the educational course work for Certified Substance Abuse Counselor. I am an advocate who helps individuals identify and use their God-given strengths to make productive decisions and achieve their goals. I have job coached for-profit and non-profit organizations as well as educational institutions. I am actively involved with several non-profit organizations that support individuals and communities to become self-sustaining. I welcome the opportunity to support our efforts to support God's work, our members and our community.

Georgia Brenner Koenig - I have been a member of Trinity Cathedral since third grade (more than a few years ago), when my parents transferred from St. James on Greenwood Avenue to Trinity. It was a big part of my life as a child and teenager. I was confirmed, married, had both my daughters baptized and confirmed here, and buried both parents from the Chapel. Trinity Cathedral is a part of me.

I've been a member of the Board for the Academy since my children attended here in the 1980s, and formerly served on the Vestry. I work in the Altar Guild Shop; serve as a driver for parishioners who are unable to get to church by other means, and help with the Golf Outing, and other fund raising activities.

I love the Cathedral and all that it represents.

Maureen Perry - A lifelong Episcopalian, I was born in Jamaica, West Indies and educated in England. I moved to the United States in 1970 and became a member of St. Paul's in the Village of Flatbush, Brooklyn, NY until 1980 when I transferred my membership to Trinity Cathedral.

I am a member of The Absalom Jones Choir, of which I am one of the founding members, and part of the Lay Eucharistic Ministers assigned to the Mercer Geriatric Center. I would like to increase my involvement at the Cathedral by joining the Hospitality Team and Outreach Commission, as a health forum facilitator.

My vocation has always been in the nursing field and I currently work for a private practice affiliated with Capital Health Systems. Currently I reside in Ewing, NJ with my husband, Hubert. We are the proud parents of two adult daughters, Briana and Marsha and a grandson, Kurtis.

It is an honor to be nominated to serve on the Vestry, and I thank you for considering my candidacy.

Deborah L. Raab - I am currently on the vestry filling an unfulfilled term of a vestry member that could not complete their term. I am a member of the Cathedral for the past few years and am excited about the great things that go on here. It gives me pleasure to serve such a loving and diverse parish. Although I am a relative newcomer to the Cathedral and to the Vestry, I have attempted to generate new ideas and excitement with a, "Yes we can" approach. I enjoy helping out wherever needed and to lead activities that will demonstrate our love of God and ultimately bring growth to us as individuals and as a congregation.

Willie Coleman, Senior Warden - I have been a member of Trinity Cathedral for 17 years. My church activities include membership on the Outreach Commission, Finance and Budget Commission and the Board of Directors of Trinity Cathedral Academy. I currently serve as President of the Ushers, and a volunteer for the Food Pantry. I am completing a term as Senior Warden of the Vestry.

Last fall Trinity Cathedral was pleased to introduce the Kerygma adult education series, with a study and reflection on the Gospel of Mark. Starting on February 21, we will be kicking off a new offering focused on the Acts of the Apostles. Please consider joining us for this opportunity to reflect on God's Word together. (Attendance at the earlier Kerygma class is not a requirement).

In keeping with the established schedule, we will meet for 90 minutes after the 10:30 am service on alternate Sundays. More details and registration forms we be available in Synod Hall each Sunday through to February 21st.

**News from the Sustainability Commission:
Special Energy Audit Program
for Trenton Residents**

By Ellen Wry

If you live in Trenton, and you or someone in your home is a PSE&G customer, there is a terrific new program could save you a lot in energy costs and help you upgrade your home's systems for a greatly reduced cost. The program is currently available only in certain cities, not yet in the suburbs. It is available for renters if your landlord consents. Here's how it works.

First, a PSE&G representative comes to your house and spends about two hours measuring the size of every room and checks out your heating and other systems. He or she will install free energy-efficient light bulbs if you don't have them.

Second, you make an appointment for someone to come a few weeks later and spend four to eight hours doing a free health and safety testing and an assessment of the energy efficiency of your appliances and heating system. If you don't have a programmable thermostat, they will install one free. This would normally cost about \$100. They will also do free weather-stripping, caulking, and air sealing if you need it.

Third, they will give you a detailed report explaining the results of your audit and any recommended upgrades. That could include attic insulation, duct sealing, new windows, or upgrading your heating system. If you agree to do any of these upgrades, PSE&G will send a contractor to do them, and will pay at least 50% of the cost. Depending on your household income, they could pay as much as 80%. The remaining 20% to 50% you pay can be added to your PSE&G bills over a number of years, or can be paid right away.

Call (609) 341-4776, or E-mail Julia Taylor at ISLES, at jtaylor@isles.org. She will put you in touch with the PSE&G representative.

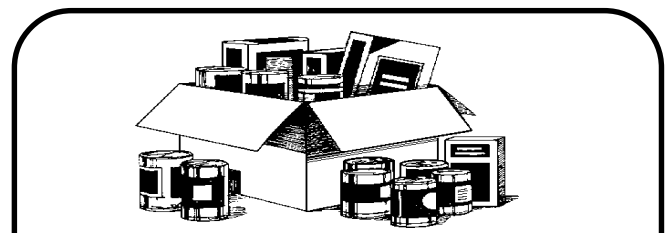
PSE&G Energy Audit for Trinity

By Ellen Wry

PSE&G has a free energy audit program for small businesses and non-profits similar to their homeowners' program, and the Sustainability and Property and Maintenance Commissions have signed us up for it.

In mid-January, a PSE&G representative met with Commission representatives and began a survey of the Cathedral. If they recommend specific energy-saving measures they will install them for us and we will have to pay only 20% of the cost. We're particularly interested in finding out if there's a way to reduce the constant and almost unbearable heat in the education wing. If you've ever been at a meeting in the Guild Room in the winter, you'll know what we mean!

You may remember that about three years ago we paid for an energy audit done under the direction of GreenFaith, and we have implemented many of their recommendations. We'd like to do more, and we hope that the PSE&G program will help us to do that.



The Trinity Food Pantry is in need of donations of non-perishable foods! Please bring them on Sundays or stop by the office any time during the week.

By Andrea John

A very healthy and happy New Year to everyone from all of us at the Altar Guild Shop – Andrea, Regina, Florine, Georgia and Howard.

As we begin a new year, a new decade, we are hoping to continue to provide you with the same quality service we did in the past and make improvements along the way.

As we begin to make plans for the year ahead I would like to remind you that we have a few 2010 items remaining - Ordo/Episcopal Calendars, RCL Calendars, and Pocket Secretary . There are a few items left in our year inventory sale which we will love you to have, as we prepare to attend the Philadelphia and New York shows for 2010 products

We offered Christian Silks, which can be described as Fashion * Art* Spiritual Inspiration, for the first time toward the end of the year. A piece will make an excellent gift for anyone. It can be used as wall décor, or as clothing. These beautiful creations are a must see, must have. The prices are quite reasonable.

As the Diocese enters its third initiative of its Vision – Liturgical Revival, we have a book in stock: **“Reaching Out Without Dumbing Down: A Theology of Worship for this Urgent Time”** by Marva J. Dawn, which helps you to look at various ways of participating in worship.

We will be offering other new titles this year:-

“Lovesongs and Reproaches Passionate Conversation with God” by L. William Countryman. He’s having a poetic conversation with God. He displays a range of emotions – love, joy, anger. He deals with evil and loss. He’s a biblical scholar, an Episcopal priest, and retired professor from Church Divinity School of the Pacific.

“Holy Women, Holy Men Celebrating the Saints” – it’s the official revision of Lesser Feasts and Fasts and authorized by the 2009 General Convention. All commemorations in Lesser Feasts and Fasts have been maintained, and many new ones added.

“Constitutions and Canons For the Government of the Episcopal Church Revised by the 2009 General Convention”. A complete and authorized version of the Constitution and Canons of the Episcopal Church as revised by the General Convention of 2009.

There will be other new releases which I will inform you of as they become available.

To get a better appreciation of what is offered please feel free to visit us. We are open every 1st and 3rd Wednesday, 10:00 a.m. – 1:00 p.m. and the 3rd Sunday of the month, 9:30 a.m. – 12:30 p.m. as well as for Diocesan events. You can email Andrea – andrealjohn1@verizon.net or Regina tlgrpodhorin@comcast.net with any questions.

FEBRUARY 2009

| | | | |
|-----------|----|---|------------------------|
| Wednesday | 3 | - | 10:00 a.m. – 1:00 p.m. |
| Saturday | 13 | - | 9:00 a.m. – 3:00 p.m. |
| Wednesday | 17 | - | 10:00 a.m. - 1:00 p.m. |
| Sunday | 21 | - | 9:30 a.m. - 12:30 p.m. |

Flu Basics: What You Need to Know to Stay Healthy During Flu Season

(From a pamphlet provided by the State of New Jersey Department of Health and Senior Services)

General Information

What is the Flu?

The flu, the common name for influenza, is a highly contagious respiratory disease caused by influenza viruses.

What are the symptoms of the flu?

- Fever
- Cough
- Sore throat
- Body aches
- Headache

Who gets the flu?

Anyone can get the flu. On average, in the United States, 5% to 20% of the population gets the flu each year.

When does the flu occur?

Flu season in the United States is usually in the fall and winter months. The peak of flu season is between October and April.

How do you catch the flu?

How does the flu spread?

The flu virus spreads through droplets that enter the air after people cough and sneeze. Others can breathe them in or get them on their hands and become infected when they touch their eyes, nose or mouth.

When are people contagious?

People can spread the flu up to 24 hours before they feel sick and for about a week after symptoms begin. That time may be longer for children.

How soon do flu symptoms start?

Symptoms usually start 1 to 3 days after the flu virus enters the body.

How long do symptoms last?

People are usually sick for about one week.

Prevention

How can the flu be prevented?

- Get the flu vaccine
- Cover coughs and sneezes

- Wash hands frequently
- Avoid sick people
- Clean commonly shared or frequently touched items

When should I get the flu vaccine?

You should get vaccinated as soon as vaccine is available (ideally by October-November) and as long as flu is present in the community.

Do I have to get vaccinated every year?

Yes. The seasonal flu virus is always changing, so you need to get a new vaccine each year.

After I get vaccinated and I protected right away?

No. It takes about two weeks for your body to be protected.

What should I do if I get the flu?

- Drink plenty of liquids
- Get plenty of rest
- Stay home from work or school
- Call your healthcare provider

Pandemic Flu

What should I know about flu pandemics?

- Flu pandemics are caused by a new flu virus.
- People have no immunity to the new flu virus.
- The virus responsible for the pandemic may cause people to get sicker than the seasonal flu.
- A vaccine is not available during the early months of a flu pandemic
- Flu pandemics can come in waves lasting 6 – 12 weeks in a given community.
- If many people in a community are sick, it may overwhelm medical care services and disrupt businesses and schools.

Does a seasonal flu shot protect against pandemic flu?

No. Seasonal flu vaccine will not protect against a new strain of the flu virus.

For more information, go to www.nj.gov/flu



Responding to the Tragedy in Haiti

(From a Policy Alert from The Episcopal Public Policy Network, by Alex Baumgarten, Director of Government Relations for the Episcopal Church.)



About 14 months ago, I was fortunate to travel to Haiti, the largest diocese of the Episcopal Church, with a delegation led by Presiding Bishop Katharine Jefferts Schori. Traveling around the country, I experienced a nation whose people - despite the most difficult recent history imaginable - were working joyfully to build a future of prosperity and peace. The Episcopal Church in Haiti has been a leader in cultivating hope for the Haitian people, sponsoring religious, educational, health, and vocational-training institutions throughout the country. At the time, I wrote in my trip journal that I had never seen a church so alive with the Holy Spirit and working with such focus to make the Kingdom of God present in the world.

Like hundreds of millions of Americans and other people around the world, my heart has broken as I've seen the images of the devastation brought to Haiti by this week's earthquake. At least three million people have been affected by the earthquake, with at least 50,000 dead (as of this writing, January 16.) One report from an Episcopal priest and leader in Haiti describe the devastation to the diocese: "There is no Cathedral. The entire Holy Trinity complex is gone. The convent for the Sisters of St. Margaret is gone. The Bishop's house is gone. College St. Pierre is gone."

How unfair it seems that, just as the Haitian people were gaining some traction in overcoming a history of poverty, internal strife, and other natural disaster, devastation of this magnitude returns. Like so many other Americans, I've felt moments of helplessness this week, wondering what I can do. Here, the answer is three-fold: Pray, Give, and Advocate.

PRAY - Hold all of the people of Haiti, and all those with friends and loved ones in Haiti, in your prayers. The National Cathedral is hosting A Service of Prayer for Haiti on Sunday at 6PM ET which is expected to be broadcast nationally. Check the cathedral website for more details <http://www.nationalcathedral.org>

GIVE - The most immediate thing Americans can do is give to the relief effort. Episcopal Relief & Development has disbursed emergency funding to the Diocese of Haiti to help meet criti-

cal needs such as food, water and shelter for those affected, and stands ready to support the country's ongoing recovery and rebuilding efforts in the days to come. As Presiding Bishop Katharine Jefferts Schori said this week: "Even under 'normal' circumstances, Haiti struggles to care for her nine million people. I urge your concrete and immediate prayers in the form of contributions to Episcopal Relief & Development, who are already working with the Diocese of Haiti to send aid where it is most needed."

ADVOCATE - We applaud President Obama's pledge of \$100 million in U.S. assistance to Haiti, and his Administration's decision to halt, for the time being, U.S. efforts to return Haitian refugees already in the United States to their own land. In addition, our advocacy efforts have three immediate focuses: (1) Ensuring adequate short- and long-term U.S. assistance for rebuilding Haiti, as well as adequate U.S. personnel and infrastructural support; (2) Granting U.S. Temporary Protected Status (TPS) to Haitian refugees in the United States; and (3) Ending the interdiction and return of Haitian migrants found at sea. Click here to send a message to the President, and expect to hear more from us in coming days:

<http://episcopal.grassroots.com/immigration/20100115act?lk=0-4787580-18105415-40236-0>

On the Web: www.episcopalchurch.org/eppn

Central Jersey Choral Society Concert to Benefit Trinity Cathedral

The Central Jersey Choral Society is offering an opportunity for the Cathedral to easily raise some much needed funds, while providing our members with a magnificent musical experience. The Society is sharing with Trinity a portion of the ticket sales for their next concert. They will be presenting Felix Mendelssohn's major choral work, "Elijah," at 8:00pm on Saturday, February 13 at the beautiful Princeton University Chapel.

Kim Neighbor, who often sings with our Absalom Jones Inspirational Choir on Sundays and at our TrinityFest concerts, will be featured as a Soloist in this performance.

All we need to do at Trinity is publicize this event to our membership. For every \$20 ticket we sell, we earn 25% of the ticket price, or \$5. If we sell 25 tickets, our share will be \$125. If we sell 50 tickets, we will have raised \$250! This is an effortless way to supplement our budget, and our ticket-buying members will be treated to an unforgettably high quality musical presentation. As an extra benefit, your ticket purchase may qualify as a tax deduction. For more information or to purchase a ticket, please speak with Canon Deborah Ford.



Trinity Cathedral

Lenten Program 2010

Thursdays in Lent
(Except March 4)

6:00 p.m. – Stations of the Cross

6:30 p.m. – Light supper

7:00 p.m. – Presentation

Presenters: The Rev. Linda Moeller & Ms. Linda Field

- February 25 - "We've Always Done It This Way Before!"
The Rev. Linda Moeller
- March 4 - No Presentation – Diocesan Convention
- March 11 - People of the Book – The Book of Common Prayer
The Rev. Linda Moeller
- March 18 - The Building Always Wins & Triduum
The Rev. Linda Moeller
- March 25 - The Spirituality of Sloths (these sloths are not a deadly sin)
Ms. Linda Field

Deacon's Doings

By The Rev. Carol B. Gilbert, Deacon

I enjoy being pleasantly surprised and I was not disappointed on Christmas Eve. Parents and children came together and presented a beautiful Christmas Pageant. It was amazing. For me it was more than just the telling of the Christmas Story. It was a coming together for a common cause and using our individual gifts and talents to give a gift to each other.



Without being asked parents opened costume bins and began selecting just the right costume for each child. They were there to shepherd the angels, shepherds and kings making sure the actors were ready for their entrances and exits. The children worked on the props and worked to learn their lines and say them with conviction. The platform allowed the pageant to be closer to the congregation and gave the children a larger space. The congregations' singing of the carols added to the mood and the story. We were there for each other at the right time doing the right thing.

When I look back on the entire experience I marvel at how far we came from where we started. I celebrate how we all worked together. I believe we can create that same spirit again and again. We need to encourage our children to get involved. We can and must create opportunities for them to come together and share their gifts and talents. Church School, serving as acolytes, participating in Family Sunday and the pageant are good beginnings. In the service for Holy Baptism, after the candidates have been presented the Bishop ask the congregation, "Will you who witness these vows do all in your power to support these persons in their life in Christ?" and we answer, "We will."

Let me know what things you would like to see our youth involved with and how you can help. I am ready to be pleasantly surprised!

SCENES FROM CHRISTMAS 2009



The 226th Annual Diocesan Convention

All are invited to join us at the Crowne Plaza in Cherry Hill, New Jersey, for the 226th Annual Diocesan Convention. Our Presiding Bishop, the Most Rev. Dr. Katharine Jefferts Schori, will be our guest and speaker at this gathering which begins with registration at 7:30 a.m. on Friday, March 5. Adjournment will be on Saturday, March 6 when business is completed. Please visit our website: www.newjersey.anglican.org, for convention information and online registration. Please be mindful of all the deadlines so that you won't be left out. Thank you.

Online Registration - Please make sure you are registered if you want to attend. Until midnight on February 21, 2010, you can register and order meals online. There is a \$20 fee for all clergy, lay deputies, alternates, and visitors. Rooms have been reserved for Friday at the Crowne Plaza Hotel for those attending from outside of the area at a rate of \$129 per night - single or double. Call the Crowne Plaza Hotel at (877) 227-6963 for reservations.

At Convention - Everyone attending convention must report to their designated registration tables to pick up voting materials (if applicable), meal tickets (if ordered), convention packets, and name tags. Visit the Information table if you have any questions.

Young adults - (college age) are needed to participate in the registration process at convention on Friday, March 5, 2010 from 7:30 a.m. till 2:00 p.m. Please call Ann Notte at (609) 394-5281, ext. 41 or E-mail anotte@newjersey.anglican.org. Volunteers are asked to report to the Crowne Plaza at 6:30 p.m. on Thursday, March 4 for a training session. They will be asked to work until 1:30 p.m. on Friday, March 5. Thursday evening meal and accommodations will be provided, and Friday's breakfast and lunch.



Banner Bearers are invited to bring their congregation's banner to be on display throughout the entire convention.

Ushers are needed to help before and during the Eucharist on Friday, March 5, 2010 at 5:00 p.m. Please call Ann Notte at (609) 394-5281, ext. 41 or E-mail anotte@newjersey.anglican.org.

E-mail Notification - Please check your E-mails regularly to keep up with deadlines and to print necessary materials needed for the convention sessions.



Convention Eucharist Choir - Our Presiding Bishop Katharine Jefferts Schori will celebrate and preach at the 5:00 p.m. Eucharist on Friday, March 5, 2010. Please join other choristers from our diocese as we gather to give musical support for the Liturgy. A rehearsal will be held at the hotel at 3:30 PM. Please call (609-392-3805 ext. 108) or E-mail Deborah Ford at Deborahford@trinitycathedral.comcastbiz.net for more information.

My Funny Lenten Valentine

By *Tomaso Collik-Migliaccio*

“ . . . sweet comic Valentine,
you make me smile with my heart
Is your figure less than Greek?
Is your mouth a little weak?
When you open it to speak, are you smart? . . . ”

I've often wished that the date of Easter, and therefore Lent, would stay the same, perhaps the last Sunday of April. By then the Spring flowers would all be in bloom, we could wear lovely pastel shades to the Cathedral, the weather would be (hopefully) so much nicer, and the story of the Resurrection would really be visually profound. Sometimes, it seems, that the Church, in her wisdom, deliberately tries our faith by moving the date anywhere from March 21 to April 22 or so. Pretty difficult to sing an “Alleluia!” with snow on the ground. But, looking closer, we do have more opportunities for faith in following the liturgical calendar the way it is now, usually following the Jewish Passover with Easter. This year is one of those years.

February, and it's Groundhog Day, President's Day (formerly, and in my humble opinion, a better way of celebration: Lincoln's Day and Washington's Day.) Then there was also St. Blaise Day, with the blessing of throats. There was the celebration of Carnival (my parents went to the evening dress up and masked parties) and the beginning of Lent, Ash Wednesday. I am old enough to remember that the day was kept in a solemn, silent way, with the priest in purple vestments, and very little food being consumed by any one, and, of course, no meat.

But, to me, the most blessed day in February was St. Valentine's Day. Not just “Valentine's Day” but “St. Valentine's Day”. And yes, I was one of those industrious, artful kids who made all of his valentines by hand, spending hours, days, with paste, paper lace, scissors, stickers, ribbons and red construction paper. The custom, when I was a child, was to make your valentines and bring them to school and, in the afternoon, go secretly to the doorstep of our neighbor's homes, leave the cards and gifts, ring the door bell and run away. Each valentine bore the hand lettered inscription “Guess who?”

I remember St. Valentine's Day when I was ten, my mother in the guest bedroom with bronchitis, and me off from school because it was snowing so badly. I made her the largest heart I could, trimmed it with artificial flowers and real lace, then composed a poem just for her. I tiptoed into the room and left it on the bed. When she awoke she called me to her side and cried in my arms.

“My funny Valentine . . .
Don't change a hair for me,
not if you care for me . . . ”

Recently my husband Adam asked me what I really thought about Jesus, as he is seriously questioning my Christian beliefs; trying to figure out just what it is, and why it is that I believe in Him so ardently and for so long . . . all of my life. Did I think of him as “Savior”, “Redeemer”, “Son of God”, “Ruler of the Universe”? I thought for a moment. No, I said, not really any of those titles. “Lover” came to mind first, then “Friend”. Quite simply, He is my Valentine, above and beyond all of my earthly loves, always has been, always will be. My lifelong eternal Love. I have experienced those moments that spiritual writers speak of when they say they “fall in love with Jesus”. How could they not? He who is so infinitely lovable.

I suppose to someone outside the faith that feeling may seem rather strange, perhaps even delusional. How could anyone feel love for a person whom they cannot see or hear, embrace in their arms, be intimate with? A self-creation of a wildly romantic mind. It is something that can never really be explained . . . only felt, and deeply. He is the reason I can rejoice in His birth and weep for Him on Good Friday. I know Him, live with Him, speak to Him everyday of my life. He is my first thought and my last prayer at night. And I, most shocking of all, was gifted with a vision of Him when I was a child. I will never forget His brilliant smile. He won my heart in that moment . . . forever. He is always My Greatest Love. Our Greatest Love.

“Stay, Little Valentine, stay...
each day is Valentine's Day”

A child sending Valentines - in a church, not really understanding all of the purple symbolism or the black mark of ashes - breathing in the cold, snowy air of a February day off from school. What the heck is this silly business of a ground hog? The winter memories we have as we grow up, touch us in this Lenten season as we try to grasp the meaning of life lying dormant, seeds incased in an icy tomb. Funny, but His love is here - here always with us wrapped in the everydayness of our Februaries. Others may question the validity of paper lace; “just a made up Hallmark holiday.” Others may never know the warmth of His spirit beneath the snow or see the reason for silence in the forty days of prayer, the profound atmosphere of the long night of watching on Maundy Thursday, alone, in the Cathedral with Him. To some, February will only be the month of silly, childish valentines. To believers it is the heartbeat of His love. “Each Day is Valentine's Day.”



CATHEDRAL CLERGY

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The Very Rev. René Rory John, Dean
The Very Rev. Lloyd G. Chattin, Dean Emeritus
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The Rev. Dr. Howard Fidler Wood, Priest Associate
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The Rev. Lynn H. Johnson, Administrator
Tossa Thorpe, Administrative Assistant



OUR SUNDAY AND WEEKDAY SERVICE SCHEDULE

Wednesdays

12:10 pm: Healing Eucharist in All Saints' Chapel.

Sundays

8:00 am: Rite I Eucharist in All Saints' Chapel

10:30 am: Rite II Eucharist in the Cathedral

12:30 pm: Igbo Service in the Chapel

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.



Trinity Cathedral
The Diocese of New Jersey
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Trenton, NJ 08618

www.TrinityCathedralNJ.org

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