



**TRINITY  
CATHEDRAL**  
EPISCOPAL  
CHURCH

A Sacred Place for All People

NOVEMBER 2023

# Cathedral Connections

## From Anxiety to Adventure



Seasons of change can be difficult, but they can also be exciting. Indeed, those times in our lives when

something is changing are often when we grow the most.

I once took a core-values assessment quiz to identify, out of all that is important to me, my two overarching core values. These core values - mine are integrity and creativity - are positive traits we seek to nurture and develop. However, we each also have a shadow value central to our being that we tend to defend.

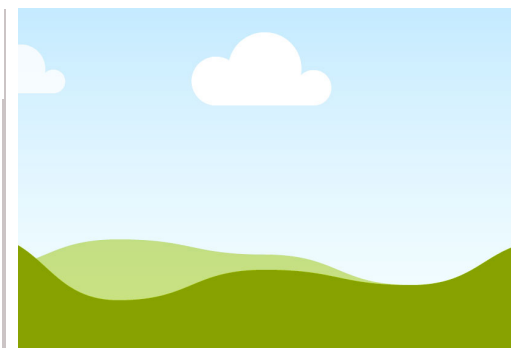
I discovered my shadow value is stability. It turns out that, while I may be adept at navigating the roller-coaster ride of change, the loops and quick descents can still make me queasy. Nevertheless, my desire for stability, which brings with it many benefits, may prevent me from seeing the adventures that God imagines for me.

At Trinity Cathedral, we've experience significant changes in recent years. From new leadership, staff and ministry structures, to cultural shifts following the pandemic, to retirements of beloved musicians, change continues. These changes and chances of life can fill us with anxiety and pessimism about the future and erode our trust in each another...if we allow them.

Or, we can examine the process and opportunities inherent in every change. We can recognize we are always saying goodbye to some things while also embracing new ones that can bring us closer to God.

The crucial skill here is the ability to identify anxiety, name it, and then unpack it to uncover the potential for adventure that lies within the change at hand.

Let's embrace times of change as opportunities for growth. On December 3rd, join me for a Dean's Forum titled "From Anxiety to Adventure," where we'll explore how to navigate change with faith and



### PREACHING SCHEDULE

**November 5**

The Rev. Adrienne Koch

**November 12**

The Very Rev. Bernard J. Owens

**November 19**

The Rev. Adrienne Koch

**November 26**

The Very Rev. Bernard J. Owens

hope, whether it's personal change, church transitions, or shifts in our broader culture.

*The Very Rev. Bernard J. Owens*



# ANNOUNCEMENTS

## Welcome New Trinity Staff

Matthew (Matt) Price - Facilities Manager  
Brett Boardwine - Communications Manager  
Grant Barnes - Steward



## Wise, Warmeling, Way Fund: Application Period Open

The Wise, Warmeling, Way Fund assists deserving students who wish to devote their lives to ordained ministry or the practice of medicine. The fund covers a portion of a student's academic tuition. Seminarians, nursing students, and medical students are eligible to apply.



Apply

The application deadline for the 2024-2025 academic year is February 29, 2024



# MARK YOUR CALENDAR

NOV. 5 | All Saints' Day - Baptism Sunday

NOV. 6 | **Monica Czausz Berney Organ Recital**

NOV. 8 | Forum w/ Dr. Timothy Beal Ph.D.

NOV. 10 & 11 | Diocesan Convention

NOV. 12 | Sunday Schmooze

NOV. 12 | **Thanksgiving Basket Collection**

NOV. 12 | Christmas Giving Tree Begins

NOV. 26 | Advent Wreath Making

NOV. 26 | United Thank Offering Ingathering

DEC. 3 | Advent Lessons & Carols

DEC. 3 | Dean's Forum: From Anxiety to Adventure

DEC. 3 | Cathedral Tour

DEC. 10 | Visit from St. Nicholas

DEC. 10 | Christmas Giving Tree Ends

DEC. 24 | Christmas Eve Services

DEC. 25 | Christmas Day Service

DEC. 30 | **Boar's Head & Yule Log Festival**



Visit Online  
Calendar





## Marion-Sterling Thanksgiving Dinner Basket Drive

Through November 12, 2023

Thanksgiving is a time to be thankful for our blessings and to share with others. One way Trinity does this is by partnering with St. Hubert's Episcopal Church in Kirtland Hills to provide a thanksgiving meal to every family at Marion-Sterling School, located in Cleveland's most economically challenged neighborhood. Many of these families might not be able to have a traditional Thanksgiving dinner without help.

You can help families in our neighborhood by filling a Trinity bag with specified grocery items or making a cash donation to assist our families. Bags and shopping lists will be available each Sunday (from Oct. 22–Nov. 12) in the promenade. Filled bags are due back by Sunday, November 19.



Want to help? Pick up a shopping list and a Trinity bag or make a donation to Trinity Cathedral (with Marion Sterling in the memo line.)

We can also use volunteers to help prepare and deliver baskets to Marion Sterling.

To volunteer, contact Bill DiTirro at [bdt8320@sbcglobal.net](mailto:bdt8320@sbcglobal.net)

## Christmas Giving Tree

Nov. 12 - Dec. 10, 2023

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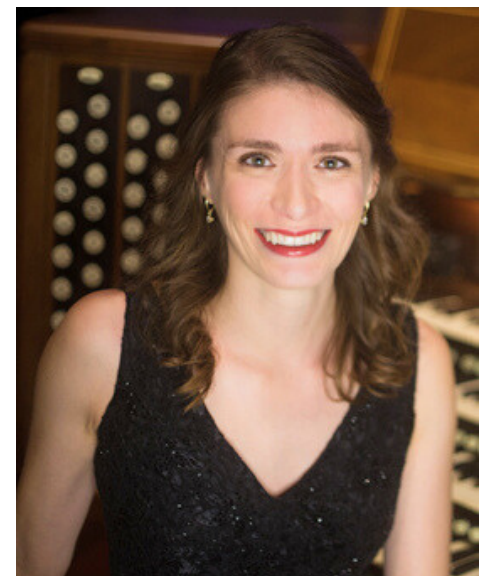


## Celebrated Organist, Monica Czausz Berney, to Perform Free Concert Monday, Nov. 6, 7:30 p.m.

Music and Art at Trinity will present a free fall concert to celebrate the 46th anniversary of the Flentrop Great Organ and the 2nd anniversary of the Muller Organ in the chancel at Trinity Cathedral, featuring leading young American organist Monica Czausz Berney.

Ms. Berney is widely celebrated as one of the foremost young female concert organists and a multiple-award winning musician currently serving as director of music at St. Paul's Parish, K Street, in Washington, DC.

During her time in Cleveland, Berney will also lead a masterclass with students in the organ studio at the Cleveland Institute of music, providing a wonderful opportunity for musical and professional development.







## BROWNBAG CONCERTS

Select Wednesdays at Noon

Brownbag concerts are offered October–December and February–May. As the name implies, you are welcome to bring lunch into the cathedral while you enjoy the performance.

The concerts feature a great diversity of music genres, including classical, jazz, Big Band, folk, choral and dance. Performers include both local and national artists.

### **NOV. 15 | Somerset Trio**

Colorful chamber music for the unique combination of English horn, French horn, and piano.

### **NOV. 29 | A Ceremony of Carols**

Treble voices of the Cathedral Choir and harpist Jody Guinn join in Benjamin Britten’s seasonal masterpiece.

### **DEC. 6 | Holiday Organ Favorites**

Todd Wilson and students of CIM Organ Studio play festive seasonal music.

### **DEC. 13 | Messiah Sing**

Join us to sing Handel’s beloved oratorio. Sponsored by Jack and Anne Polomaki.

## CHORAL EVENSONG

Wednesdays at 6 p.m.



Evensong offers a space of beauty and rest in the middle of each week. First held in the Church of England in 1549, Choral Evensong has been for centuries an evening offering sung in cathedrals and churches of the Anglican Communion. Trinity Cathedral offers weekly evensong services October–May.

### **NOV. 8 | Ammonius, Hermit**

The Rev. Jeanne Leinbach  
Choristers of St. Pauls, Cleveland Heights  
Jessica French Evening Service

### **NOV. 15 | Herman of Alaska**

The Rev. Adrienne Koch  
Trinity Cathedral Choir  
Gibbons Short Service

### **NOV. 29 | St. Andrew the Apostle**

The Very Rev. Bernard J. Owens  
Trinity Chamber Singers  
Grayston Ives “Edington Service”

### **DEC. 6 | Nicholas, Bishop of Myra**

The Rev. Peter Frass  
Trinity Cathedral Choir  
Eckelmeyer: Trinity “Hodie” Service

CELEBRATE A  
FINAL SEASON  
WITH  
TODD WILSON



## EVENING SERVICES

### **NOV. 5 | Solemn Sung Eucharist | 5:00 p.m.**

### **DEC. 3 | Advent Lessons & Carols | 4:00 p.m.**

Join in this service to prepare for and expect the coming of Christ. It began in King’s College, Cambridge, England in 1918 and is now celebrated worldwide.



## Sunday Schmooze Nov. 12 | 10:10 a.m.

All are welcome to visit with friends and visitors during our monthly social gathering. Look for high top tables in the Piazza and enjoy a light snack while visiting with friends and welcoming newcomers.

## Advent Wreath Making Nov. 26 | 10:10 a.m.

Join us in conference room C/D to make an Advent wreath you can take home. Individuals and families are invited to make Advent wreaths with fresh greens and candles. Supplies will be provided and donations to help defray costs will be gratefully accepted. Those who have wreath forms at home from previous years are encouraged to bring them back to use again. Join us for this wonderful tradition as we celebrate Advent.

## United Thank Offering Nov. 26

The United Thank Offering (UTO) is a ministry of The Episcopal Church for the mission of the whole church. UTO fall ingathering is on Sunday, Nov. 26. If you have been using a UTO Blue Box to make thank offerings over the past 6 months, bring it with you to church Sunday. If you prefer to give to UTO online using a credit card or direct debit, visit [www.episcopalchurch.org/ministries/united-thank-offering](http://www.episcopalchurch.org/ministries/united-thank-offering).

## Holidays at Trinity



### DEC. 24 | Christmas Eve

5 p.m. | Family Eucharist & Pageant  
10 p.m. | Choral Eucharist

### DEC. 25 | Christmas Day

10 a.m. | Eucharist w/Carols

### DEC. 30 | Boar's Head & Yule Log Festival

2 p.m. & 4:30 p.m.

### DEC. 31

10 a.m. | Christmas Lessons & Carols



### Boar's Head & Yule Log Festival

Dec. 30 | 2:00 p.m. & 4:30 p.m.

The Boar's Head is a cherished institution at Trinity, performed here since 1961. The Elizabethan-inspired pageant celebrates the arrival of the Christ child and the triumph of good over evil. If you've never seen it before, you owe it to yourself to take part in this holiday tradition. It is a feast for the senses with its bright vibrant colors for the eye, the familiar and extraordinary seasonal music enhanced by the organ and brass for the ear, fragrances of incense and the royal banquet of ham, mincemeat pie and other delicacies for the nose.

Would you like to volunteer to be a part of the Boar's Head cast? Participants are needed to play Beefeaters (yeomen of the guard), Elizabethans, waits (requires stamina for skipping while singing a seven verse song), torch carriers, monks, choir and Yule pages (ages 4-7).

For more information, contact [boarsheadfestival@hotmail.com](mailto:boarsheadfestival@hotmail.com)





## Wednesday Evening Programming

### Nov. 8 | Spirituality and the Environment

Explore the intersections of religion and culture with distinguished author and CWRU professor, Timothy Beal, PhD.

### Nov. 15 | Enneagram: Triads

Increase your capacity to be receptive, loosen your mental fixations and unhealthy habits, and relax your body by connecting to the Spirituality of the Enneagram.

### Nov. 29 | Soul Collage

Soul Collage® is an expressive arts practice that develops creativity and intuition and helps us access and apply our inner wisdom for life's questions and transitions.

### Dec. 6 | Stained Glass: Pt. 2

Join historian Michael Wells in an exploration of Trinity's stained glass to better understand the stories and significance in the windows.

## Discovering the Bible

**Sundays | 10:10 a.m.**

Join Trinity clergy and lay facilitators in an exploration of the people, places and stories of the Bible and discover where The Story lives in your story! Through a process of reading, reflection, discussion and creative expression, both the first-time learner and the lifelong student are invited to an engaging, rewarding encounter with Scripture that will greatly deepen their knowledge and understanding of the Bible.

To order the optional book, email [akoch@trinitycleveland.org](mailto:akoch@trinitycleveland.org)

## The Dean's Forum

**"From Anxiety to Adventure"**

**Sunday Dec. 3 | 10:10 a.m.**

Join us for the Dean's Forum, where on select Sunday mornings Dean Owens will explore the many ways that we, as the cathedral, can become a sacred place for all people. On Dec. 3rd we'll explore how to navigate change with faith and hope, whether it's personal change, church transitions, or shifts in our broader culture.

## A Soft Space for Children: Nurturing Young Souls in Our Church

by Eric Travis, Director of Children & Youth Ministries

As part of our commitment to being "A Sacred Space for All People," we have established a dedicated Soft Space for children in the east transept of our church. Although it may seem like a small gesture, this initiative holds immense significance in nurturing the spiritual growth of our youngest members, strengthening their connection to our faith community, and enhancing their overall church experience.

The Soft Space, decorated with vibrant mats, age-appropriate toys, and engaging artistic opportunities, provides a safe, stimulating environment for children to explore and learn. It allows them to connect with their spirituality in a way that resonates with their curious minds and boundless energy.



This designated area not only caters to the developmental needs of children, but it also fosters a sense of belonging and encourages them to view the church as a place of comfort and joy. Moreover, it serves as a valuable resource for parents and caregivers, enabling them to participate in church services without worrying about keeping their children occupied and engaged.

Visitors have praised our Soft Space as one of the best they have ever seen. Witnessing the laughter and joy that fills the area, we are reminded of the words of Jesus, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these" (Matthew 19:14). By creating a welcoming and engaging space for children, we are opening the doors to the kingdom of heaven, allowing their young souls to experience the love and grace of God.




## VESTRY UPDATES

### Instructors Needed

Serve families to grow the church! There is a need for Sunday School Instructors for all ages; the hope is that a schedule can be developed where instructors do not need to commit to teaching every week. We offer classes for children ages Pre-K to 12th grade at 10:10 a.m. from September through the first part of June. Contact Eric Travis at 216-771-3630 if you are interested or have questions.

### Nominations

Nominations for next year's vestry close on Friday, Nov. 10th. Final nominees will be voted on in the Annual Meeting early next year. For more information and to view the Leadership Nomination Form consult the email of Oct. 19th from Trinity Cathedral entitled Leadership Nominations, as well as Trinity Weekly emails of Oct. 19 or Oct. 26.

Crisis Intervention training will be made available for those serving in

public-facing ministries (A Place at the Table, Ushers, Clergy, Staff, etc.); you will be notified if you serve in these capacities.

### Delegates

#### 2023 General Convention delegates:

- Darrell Lausche
- Debbie Likins-Fowler
- Marilyn Valencia.

The alternates will be Fran Csoma, Audrey Hudak, and Luke Taylor.

# In This Edition

- Marion-Sterling Thanksgiving Dinner Basket Drive
- Monica Czausz Berney Organ Recital



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**Prayer Requests:** Submit to Doreen Hughes | (216) 774 - 0415 | [dhughes@trinitycleveland.org](mailto:dhughes@trinitycleveland.org)

**Space Rentals:** [trinitycleveland.org/facilities-use-requests](http://trinitycleveland.org/facilities-use-requests)

**Cathedral Connections:** Submit stories to [news@trinitycleveland.org](mailto:news@trinitycleveland.org)

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