The Dean's Corner: Finding God in the Ordinary

One of the more exciting elements of living our lives according to a liturgical calendar is that it allows us to have a special focus on "high" seasons like Christmas, Easter and Epiphany. We broaden our observations of particular holy days by surrounding those rich feasts with weeks of preparation before and celebration afterwards, deepening our awareness of Christ's incarnation and resurrection in our whole lives.

But what about the seasons that aren't quite so special? The long season between Pentecost (late spring) and Advent (December) is sometimes referred to as "ordinary time." That doesn't sound very exciting, does it? Where do we listen for God in seasons that aren't marked by festive liturgies and grand celebrations? And in this season of isolation and reduced gatherings, what can our faith practice in "ordinary time" teach us about the great mysteries of God's life in us?

Read the dean's entire message here

Sacred Practice in a Changing World

View Dean Owens's latest video reflections for Thursday, July 23. You can find more video reflections from the dean and others at youtube.com/trinitycleveland.
This Sunday, July 26

Eighth Sunday After Pentecost

Click here for this week's scripture

10:00 a.m. Livestream Holy Eucharist
The Rev. Adrienne Koch, preaching and celebrating

Join our livestream service of Holy Eucharist on our homepage (trinitycleveland.org) or Facebook page (facebook.com/trinitycleve). If you're viewing the service on Facebook, please use the interactive tools such as messaging, likes and hearts to let us know you are attending. If you are viewing on our homepage, please send us an email.

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Upcoming Trinity Elections

The Nominating Committee has closed the self nomination period for the elections of vestry, cathedral council and nominating committee representatives. The slate will be announced on August 1 and will be sent out by email in This Week @ Trinity e-newsletter and the August Cathedral Connections. Copies of the slate and biographies and pictures of the candidates will be mailed to all qualified voters at that time.

Once the slate is announced, the period for write-in candidates to get the required signatures will occur for a period of 14 days, ending on August 15th. Along with the required signatures, a bio/picture sheet will be also be required. More information will be forthcoming in August as to the mailing of the ballots and instructions on returning them either by mail or in person. Vestry has approved the date of Sunday, September 13 for these elections to take place.

If you have questions, please send them to yourvestry@trinitycleveland.org.

Wall of Love: Providing Basic Necessities in Times of Need

Trinity's Wall of Love has been up and running during the pandemic and many people in need have visited our wall for
basic essentials. For those not familiar with the Wall of Love, you might have seen them all over Northeast Ohio -- walls of supplies attached to fences and bridges for anyone who needs them. Nearly 500 walls have been created in Cleveland and beyond.

Our Wall of Love team has been reinvigorated by support from the Cleveland Foundation COVID-19 Rapid Response Fund, but they depend on donations to supply the wall. The following items are needed to keep the wall well stocked:

- New and gently worn T-shirts: Sizes L, XL and M
- Lightweight summer socks
- Hats for sun protection
- Toothbrushes/toothpaste
- Deodorant
- Full-sized bars of soap
- Razors
- Hand sanitizer
- Ponchos
- Sunglasses

If you are able to donate any of these items, please contact Janet Morrison at jmorrison611@gmail.com.

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**Spiritual Formation**

**Finding Peace in These Uncertain Times**

We are living in a time of change and isolation which may leave us fearful, lonely and sad. Our normal supports of church, friends, family and other activities are not as available. Everything seems in flux and the future is uncertain. During this time we can learn to turn to our faith in new and different ways, deepening our roots to develop a sense of groundedness and a calmer mind and spirit.

Each week, the adult formation committee will share a poem, scripture and a spiritual practice for meditation and reflection.

**Poem: Forget About Enlightenment** by John Welwood

Sit down wherever you are
And listen to the wind singing in your veins.
Feel the love, the longing, the fear in your bones.
Open your heart to who you are, right now,
Not who you would like to be,
Not the saint you are striving to become,  
But the being right here before you, inside you, around you.  
All of you is holy.  
You are already more and less  
Than whatever you can know.  
Breathe out,  
Touch in,  
Let go.

**Scripture**: In Matthew 6:34, Jesus encourages us with these words,  
“Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.” (The Message Bible)

**Spiritual Practice**: Mindfulness  
Mindfulness practices help us to stay in the present so we are better able to control our worry and trust in God’s comforting presence. This week’s spiritual practice is a meditation by Sharon Salzberg. We invite you to spend a few minutes exploring this practice.

Read "Be Happy & Healthy" by Sharon Salzberg

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Bid Now For an Inside Seat to Mark Kosower Concert  

Bids are being accepted for five lucky individuals to have in-person seats at Trinity Cathedral on Friday, July 31 at 7:00 p.m. when cellist Mark Kosower plays the second and final installment of the complete Bach suites for unaccompanied cello. Mr. Kosower is principal cellist of The Cleveland Orchestra and a world-renowned musician. While this livestream concert is
intended as a gift for listeners, it is also a chance to raise funds for the COVID-19 relief work of ArtsCleveland and for Music and Art at Trinity Cathedral. All funds donated will be divided equally between the two organizations.

If you are one of the many people missing live music-making this summer, this is your chance to win a seat inside Trinity Cathedral for Mark Kosower’s performance in person. The bidding starts at $100. Send your bid to music@trinitycleveland.org by Tuesday, July 28. Please include your name, phone number and e-mail contact. The five highest bids will be the winners and will be notified by noon on Wednesday, July 29.

Thanks for your interest. We hope to see you on the 31st.

Education for Ministry (EFM)

Education for Ministry (EfM) is a unique four-year distance learning certificate program in theological education based upon small-group study and practice. In weekly small group meetings, members worship together, study and discuss the interplay between their faith and everyday lives.

New students are being accepted for the Fall 2020 program year starting in September. If you're interested in joining this special program, contact Allison Hauserman, abhauserman@yahoo.com.

Sunday Zoom Bible Study – The Epistle of James

The Sunday Bible study group is focusing on the Epistle of James. This is a continuation of the same Kerygma study (meaning proclamation or preaching) used for the Galatians study last year. The remaining dates are this Sunday July 26, August 2, and August 30 at 11:15 a.m.
James was writing in the first century AD to the early church and emphasizes the importance of putting the Word into action. James believes a faith without action is not enough for Christians who have been graced with salvation, and he puts forth many themes we will consider. Please join us for a fruitful discussion. To register, visit [bit.ly/BibleStudyJames](bit.ly/BibleStudyJames).

**Committed to the Cause to End Human Trafficking**

Trinity Cathedral’s Episcopal Peace Fellowship group is sponsoring a virtual Healing Eucharist for the victims of human trafficking on Thursday, July 30, which is the *United Nations World Day Against Trafficking in Persons*. You can attend the virtual service by tuning into our YouTube channel ([youtube.com/trinitycleveland](http://youtube.com/trinitycleveland)) or visiting our homepage ([trinitycleveland.org](http://trinitycleveland.org)) at 12:00 noon. If you are unable to attend at this time, the service will remain available indefinitely on our homepage and YouTube channel.

The service is followed by a Zoom discussion led by local advocates on COVID-19’s impact on human trafficking in northeast Ohio. To participate in the discussion, **please register in advance**. After registering, you will receive a confirmation email containing information about joining the meeting. Contact Bruce Freeman at [freeman.bruce@gmail.com](mailto:freeman.bruce@gmail.com) or Debbie Hunter at [hunterd16@att.net](mailto:hunterd16@att.net) for more information.

The theme for the World Day will focus on **first responders to human trafficking**. These people work in different sectors - identifying, supporting, counseling, and seeking justice for victims and challenging the impunity of the traffickers. During the COVID-19 crisis, the role of first responders has become even more important, even as the restrictions imposed by the pandemic make their work more difficult. Still, their contribution is often overlooked and unrecognized. Through stories from first responders describing their practical work in assisting victims, the UN Office on Drugs and Crimes will spotlight their contributions and their impact on fighting trafficking.
All second quarter pledge statements have been sent by email. If you need a hard copy or if you did not receive an email regarding your 2020 pledge, please contact Doreen Hughes at dhughes@trinitycleveland.org.

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The Spirituality of the Enneagram

This class, led by the Rev. Adrienne Koch, has had several installments and interviews with various enneagram personality types. So far, Adrienne has taken us through enneagram personality types 3-7. You can view all of these sessions on Trinity's YouTube channel. A video covering enneagram personality type 2 will be available on our YouTube channel on Friday, August 7.

Registration is required for the remaining sessions, including the next one Sunday, August 9 at bit.ly/EnneagramClass. The class will start at 11:30 a.m. You can also join in by phone at (929) 205-6099. If you have questions or need more information, contact Adrienne at akoch@trinitycleveland.org.

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Trinity's Urban Farm Feeds the Hungry in Partnership with Lutheran Metro Ministries

For several years, Trinity has partnered with Lutheran Metro Ministry's (LMM) Central Kitchen to provide our A Place at the Table hot lunch. Even though our lunch program has switched to a take-out lunch due to COVID-19, our Urban Farm is still providing fresh produce that LMM prepares for hunger programs throughout downtown Cleveland. Here, LMM's Ian Marks, VP of workforce development, shows off 2 giant zucchini fresh from
The Urban Farm is safely working through the pandemic in their quest to donate 3,500 pounds of fresh fruit, veggies and herbs in 2020. You can join the volunteers each and every Saturday from 9:00 a.m. to 12:00 p.m. at the corner of E. 35th St. and Cedar Rd. No experience or tools are necessary and you can stay for as little or as long as you like. For questions, please contact Scott Blanchard at sblanchard@trinitycleveland.org.

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The Dean's Forum Returns

Save the date of Sunday, August 16 as the Dean's Forum returns. These illuminating discussions will be scheduled every month or so as we head into fall. The first forum will feature Dean Owens interviewing the Rev. Adrienne Koch about her chapter in the new book Belovedness: Finding God (and Self) on Campus. Adrienne's chapter, called God Made the Rainbow, tackles LGBTQ+ belovedness for college students.

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Music & Art at Trinity

Todd's Picks – Archived Choral Evensong Services May 15, 2019

Each week, we are highlighting a different choral evensong service from years past. Music Director Todd Wilson will provide commentary on all of his Todd's Picks selections.

Listen to the Evensong service

This week’s Choral Evensong was sung on May 15, 2019 by the Illuminare Chamber Choir from Youngstown, Ohio, under the direction of Jon Simsic. That evening was our annual “Youngstown Evensong”, as the homilist was the
We commemorated Frances Perkins (1880-1965), U.S. Secretary of Labor from 1933 to 1945. Perkins is the longest serving Secretary of Labor, was the first woman appointed to a U.S. presidential cabinet and was a devout Episcopalian. The Department of Labor building in Washington, D.C., is named after her.

 Appropriately, the music that evening included two works from the pen of American composers. The responses were the first performance of the brand-new “Trinity Responses” by Jon Simsic (in addition to being a fine conductor, Jon is a gifted composer). The Magnificat and Nunc Dimittis were sung to the setting in D by Leo Sowerby (1895-1968). One of the leading American composers of his time, Sowerby spent most of his life in Chicago where he directed the music at St. James Episcopal Church (now Cathedral) and taught at the American Conservatory of Music. He moved to Washington, D.C., in the last decade of his life to become director of the then-new College of Church Musicians at the National Cathedral. The anthem is the much-loved “Turn back, O man, forswear thy foolish ways” by Gustav Holst. I hope you will enjoy the singing and preaching of our friends from Youngstown. We look forward to their next visit to Trinity Cathedral!

Todd Wilson
Director of Music

Hymn Stories

A few weeks ago, Dean Owens suggested that we might do something to provide hymns during this time when we cannot gather and sing them together – an activity that is so meaningful to both body and spirit. Hence, we present
this first installment of *Hymn Stories*. In each episode, I'll provide some background about the text and tune of two hymns, and they will be sung by one of our gifted choir singers. We'll create a new episode every few weeks and keep them archived on the Trinity website. In the coming weeks and months as you find yourself needing an occasional “hymn fix,” you can simply go to the website, click on a *Hymn Stories* episode, and listen or sing along.

This first installment starts with one of my favorite hymns: Calvin Hampton's simple and deeply memorable tune for *There’s a Wideness in God's Mercy*, followed by one of the cornerstones of Anglican hymnody the world over, *When I Survey the Wondrous Cross*. Thanks to Kristine Caswelch and Matt Jones for singing these hymns. I hope you enjoy!

**Todd Wilson**

*Watch and Listen to Hymn Stories Episode 1*

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**In the Diocese**

**Episcopal Diocese of Ohio Young Adult Task Force to Receive 2020 UTO Grant**

United Thank Offering announced the grant recipients for the 2020 granting year, and we are excited to share that the Diocese of Ohio will receive funding for Encouraging and Celebrating the Blessings of Young Adults in the Church. The focus of the granting process this year was 'Bless: Share faith, practice generosity and compassion, and proclaim the Good News of God in Christ with hope and humility.'
Safeguarding God's Children Training Online

The diocese is offering online access to the Safeguarding God's Children training. All vestry members, parish leaders, and anyone who interacts with children and youth in the church setting are required and/or encouraged to be trained. To receive login information for the training, please email Mary Ann Semple, Diocesan Safeguarding Coordinator, at resourcelibrary@dohio.org with the name and contact information of your clergy person.

In the Episcopal Church

Sponsor Trinity Racers

Trinity has a torrid team of five racers participating in the first ever Great EpisGOpal Race, a virtual race to raise money for United Thank Offering (UTO). Would you like to sponsor our racers? You can sponsor Trinity's team here by clicking the "Donate" button in the upper right-hand corner of the page. The team is named TrinityCLE and the password is Cathedral. With no blue boxes coming in during the COVID-19 pandemic, this is a great chance to raise funds for UTO, a ministry of The Episcopal Church for the mission of the whole church. Over the years, UTO grants have benefitted programs at Trinity and in the Diocese of Ohio as you can see in the article above.

In the Community
Greater Cleveland Congregations Kicks Off 'Color of Health' Initiative

GCC's Color of Health Initiative kicked off with great success on Thursday, July 16 at Olivet Institutional Baptist Church with a capacity number of individuals receiving COVID-19 tests offered by the Cuyahoga County Board of Health and MetroHealth System. They continue to test with a schedule that runs through next week and beyond. Visit their website for more details. You can also read an article at ideastream about mobile testing done at GCC sites and its commitment to accessible testing.

Submit Your News for Publication

The deadline to submit program updates or events for *This Week @ Trinity*, is the Tuesday before each Thursday publication date. Please send news to sblanchard@trinitycleveland.org

Deadline for items to be included in the August *Cathedral Connections* newsletter is Fri., July 24. You can read the current issue of *Cathedral Connections* online, please contact Scott Blanchard at sblanchard@trinitycleveland.org to receive a printed copy at home.

The mission of Trinity Cathedral is to proclaim in word and action God's justice, love and mercy for all creation.

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