This Sunday, August 2

Ninth 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. The slate will be announced on August 1 and will be sent out by email and via U.S. Postal Service. 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 (Aug. 1), 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 will 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.

According to our bylaws, a qualified voter must be a communicant in good standing (as defined by this document), be at least 16 years-old, have received communion at least 3 times in the previous year, been faithful in corporate worship, unless for good cause prevented and have been faithful in working, praying, and giving for the spread of the Gospel.

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

Audio Issues Being Addressed

Thanks to those of you who reported static and inconsistent audio on last Sunday's online Holy Eucharist Service. We have identified a potential cause for the issues, rooted in the fact that we have an antiquated analog sound system. Many of you remember during in-person services, the service would often be interrupted by a screech. These two issues are related.
We've made some adjustments for this week's online service, including extending our wi-fi antenna for a closer link between our cordless microphones and the system we use to broadcast the service.

Please know that if you have issues with your audio or video during a service, please contact Ginger Bitikofer who can help troubleshoot the issue with you. You can also make a comment on Facebook, as those are monitored by our production team.

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**Next Outdoor, In-Person Service Set for August 9**

Trinity’s next outdoor, in-person service will be held on Sunday, August 9 at the greenspace behind Cleveland State's Center for Innovation in Medical Professions (CIMP) building, right across E. 22nd street from the cathedral. A service of Morning Prayer will begin at 10:00 a.m.

- Each person attending must have a reservation through Eventbrite
- Do not attend if you don't feel well – take your temperature before leaving home
- Everyone must wear a mask and stay 6 feet from non-household members
- Hand sanitizer and extra masks will be available.
- Seating will begin at 9:10 a.m. and end at 9:40 p.m.
- Bring a lawn chair or blanket to sit on
- Attendees must check in at one of the two greeter stations at the greenspace
- Restrooms will be available at Trinity, but no drinking water will be available (please bring your own).
- The service will be recorded for those who cannot attend and will be available on Trinity's homepage and YouTube channel at 2:00 p.m. that day
- In case of inclement weather, check Trinity's website and social media
- Animals are not permitted unless they are registered service animals
- If you have any questions, please contact Beth Cooper at beth@bethcooper.net.
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.

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: Everything is Going to be All Right** by Derek Mahon

How should I not be glad to contemplate
the clouds clearing beyond the dormer window
and a high tide reflected on the ceiling?
There will be dying, there will be dying,
but there is no need to go into that.
The poems flow from the hand unbidden
and the hidden source is the watchful heart.
The sun rises in spite of everything
and the far cities are beautiful and bright.
I lie here in a riot of sunlight
watching the day break and the clouds flying.
Everything is going to be all right.

**Scripture:** Psalm 34: 1–6

1 I will bless the LORD at all times; *
   his praise shall ever be in my mouth.
2 I will glory in the LORD; *
   let the humble hear and rejoice.
3 Proclaim with me the greatness of the LORD; *
   let us exalt his Name together.
4 I sought the LORD, and he answered me *
   and delivered me out of all my terror.
5 Look upon him and be radiant, *
   and let not your faces be ashamed. 6I called in my affliction and the LORD heard me *
   and saved me from all my troubles.

**Spiritual Practice:** Brené Brown on Anxiety, Calm + Over/Under-Functioning

We all have patterned ways of managing our day-to-day anxiety, and these patterns often reflect the roles and expectations of our first families. In this *Unlocking Us* podcast episode, Brené Brown talks about over and under-functioning in anxious times, why anxiety is contagious, and how we can cultivate a calm practice.

https://brenebrown.com/podcast/brene-on-anxiety-calm-over-under-functioning/
Tomorrow's the Night!

Tomorrow night, Friday, July 31 at 7:00 p.m., principal cello of the Cleveland Orchestra Mark Kosower plays the second and final installment of the complete Bach Suites for unaccompanied cello. The concert is free and a gift to the public during this uncertain time. The concert is a fundraiser for the COVID-19 relief work of Arts Cleveland and for Music & Art at Trinity Cathedral. All funds donated will be divided equally between the two organizations.

Tune in tomorrow to view the concert at trinitycleveland.org or bit.ly/TrinityConcerts. To learn more or donate, visit Music & Art at Trinity Cathedral's website.

Pray and Act for an End to Human Trafficking

Trinity held a healing Eucharist earlier today to lend support to combat human trafficking in our country. We are dedicated to this cause, which must first find awareness in our communities. Human trafficking is often known as an invisible crime because most people aren't aware that it is even going on. This video seeks to educate and is a good starting point for awareness. Both the department of Homeland Security and the Episcopal church have many resources to expand awareness and let you know how to help.
If you missed today's healing Eucharist service

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**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.

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**Sunday Zoom Bible Study – The Epistle of James**

The Sunday Bible study group is currently focusing on the Epistle of James. This is a continuation of the same Kerygma study
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.

The Spirituality of the Enneagram

So far, the Rev. Adrienne Koch has taken us through enneagram personality types 3-7 in this continuing class. 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 tomorrow.

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.

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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Stay in Touch with Trinity Friends

Stay in touch with and check in on fellow congregation members by using the directory in Trinity Connect and the Church Life app. Trinity Connect is the web-based link to our member directory and calendar. You can also use Trinity Connect to securely view your giving history. If you need a Trinity Connect orientation or a refresher, Ginger Bitikofer can send you information via email or offer help by phone. If you're a member, Ginger can also email you a church member directory (for the whole congregation, or just your neighborhood) in PDF format. Contact her at gbitikofer@trinitycleveland.org.

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Member who lives in N. Collinwood needs a ride to attend August 9 outdoor worship; contact Ginger Bitikofer, gbitikofer@trinitycleveland.org, if you can help.

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Voice Mail Down for Trinity and the Diocese

Voicemail systems for both Trinity Cathedral and Commons and the Diocese of Ohio have not been functioning since late last week. For the time being, please use contact forms found on the websites of both: Trinity and the diocese.
Forward Day by Day Booklets

We have a limited number of Forward Day by Day devotional booklets for the August/September/October period. Contact Ginger Bitikofer (gbitikofer@trinitycleveland.org) if you are interested in having a booklet mailed to you.

Music & Art at Trinity

Todd's Picks – Archived Choral Evensong Services
March 20, 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 featured Choral Evensong was sung by the Trinity Cathedral Choir on March 20, 2019 when we commemorated St. Joseph, with the Rt. Rev. Arthur B. Williams as homilist.

A special musical guest that evening was French hornist Meghan Guegold who played the prelude (Brahms Intermezzo in A Major) and postlude (Brahms “An die Nachtigall”). Meghan is a graduate of the Cleveland Institute of Music and currently serves as principal horn in both the Akron and Canton Symphonies. The Preces and Responses were sung to the setting by American composer Craig Phillips (b. 1961), director of music at All Saints’ Episcopal Church in Beverly Hills. The Magnificat and Nunc Dimittis were sung to the famous setting by Thomas Attwood Walmisley (1814-1856), recognized as one of the first settings to include an independent organ part. The anthem was “O pray for
the peace of Jerusalem” by Herbert Howells (1892-1983), one of the most characteristic voices in Anglican church music of the 20th century. I hope you will enjoy the tranquil beauty of this service.

Todd Wilson
Director of Music

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**Hymn Stories**

This week we present the second episode in our on-going series of “Hymn Stories”. This installment features two hymns with deep and thoroughly American roots: the folk hymn “What wondrous love is this?” and the inspiring “Lift Every Voice and Sing” with its text by James Weldon Johnson set to music by his brother, J. Rosamond Johnson. I hope you will enjoy learning about and listening to these two timeless hymns. Thanks to soprano Jackie Josten and tenor Matthew Jones for their beautiful singing.

Todd Wilson

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**Watch and Listen to Hymn Stories Episode 2**

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**In the Diocese**

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**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
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.

In the Community

Greater Cleveland Congregations COVID-19 Testing Locations

Here is the complete list of GCC's Color of Health Initiative COVID-19 testing sites in August. You must pre-register to get tested.
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 sb Blanchard@trinitycleveland.org

Deadline for items to be included in the September *Cathedral Connections* newsletter is Mon., August 24. You can read the current issue of *Cathedral Connections* online, please contact Scott Blanchard at sb Blanchard@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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