TRINITY PATHWAYS
A MINISTRY TRAVEL GUIDE
Program Year 2019-20
(Revised 1/28/2020)

UNCOMMON WARMTH
INTELLECTUAL CURIOSITY
HOLY COMPASSION
DEEP BEAUTY
UNCOMMON WARMTH
(Community Life & Fellowship)
Trinity Cathedral’s deep commitment to warmth and welcome are manifested through our Greeters and Ushers Guilds, our vibrant Welcoming Ministries Team, our neighborhood-based ministries, our diverse small groups and the broad array of personal touches offered by our Pastoral Care Team. Opportunities to get involved include ministries as diverse as hosting newcomer gatherings, praying for and visiting people in need of care, writing letters, knitting prayer shawls, getting on a bike, or exploring common interests with like-minded Trinitarians. These are the ministries that ensure all Trinitarians are welcomed and have a community where they are known and cared for.

Some ways to get involved include—

**Anglican Cycle.** Bicyclists of all skill levels who meet on Saturday mornings for local rides and often share lunch together. **Contact:** Bob Rose, rbrosepdx@gmail.com

**Cathedral Life Commission.** The leadership roundtable for ministries of uncommon warmth. Most of the volunteer opportunities on this commission are ex-officio, but there is always room for people who want to join the community-building fun by helping out with meals, minute-taking, or helping to organize cathedral-wide events! **Contact:** Alan Murray, sfalanmurray@gmail.com

**Elderwise Lunch and Learn.** Monthly gathering (October to May), with lunch, fellowship, and wide-ranging educational presentations. All ages are welcome. **Contact:** Katherine Wood-Ellegood, 503-890-6248, katselle@aol.com

**Greeters.** Welcome worshippers before the 10am service on Sunday mornings and help them find their way in to worship, Sunday School, or whatever else is needed. **Contact:** Betty Lou Koffel, 503-866-2103, bkinOR@me.com

**Letter Writers.** Notes and letters of encouragement to parishioners and care packages for Trinity's college students. **Contact:** Jane Hefty, janehefty@comcast.net

**Prayer Shawl Ministry.** Knit or crochet prayer shawls for Trinitarians who are ill, grieving, or homebound, as well as hats, gloves & scarves for our food-insecure neighbors. Newcomers always welcome! We’re happy to help you learn if you don’t already know how to crochet or knit. **Contact:** Mary Alice Helikson, mahelikson@comcast.net

**Sojourners Meal Groups.** Good food, faith, and fellowship with the most delightful meal companions - your fellow Trinitarians! Groups available for all ages & stages of life. Gatherings are held every six weeks or so over the course of a calendar year. Sign-ups are held every fall for the following year. **Contact:** Trink Easterday, portlandtrink@gmail.com

**Martha’s Guild.** Social group that meets for fellowship over handwork for self and for others. Tuesday mornings, 10 am to noon. **Contact:** Kayla Vaughn, 503-234-9243, kaylacvaughn@gmail.com

**Pastoral Care Team.** Basics of pastoral care for Trinitarians who want to be involved in pastoral ministries, or who just want to be better companions & fellow travelers to people suffering loss and those in need of compassion. **Contact:** Leslie Carveth, mlcarveth@comcast.net

**Small Batch Trinity.** Watch upcoming announcements for the many new small groups being formed! Sojourners Meal Groups, the Trinity Book Club, TRAIN Field Trips, Dean's Bible Study, just to name a few! Offerings organized by both interests and neighborhood. **Contact:** Alan Murray, sfalanmurray@gmail.com

**Sojourners Meal Groups.** Good food, faith, and fellowship with the most delightful meal companions - your fellow Trinitarians! Groups available for all ages & stages of life. Gatherings are held every six weeks or so over the course of a calendar year. Sign-ups are held every fall for the following year. **Contact:** Trink Easterday, portlandtrink@gmail.com
**Telephoners.** Our daily prayer cycle includes all members of Trinity in rotation. We call those who are being prayed for each week to make a connection and offer support. 
*Contact: Sid Moberly, 503-292-1767, sidmoberly@comcast.net*

**Ushers.** Greet worshipers, collect the offering, and generally help our services run smoothly. 
*Sunday mornings - Charles Matschek, 503-294-1657, crmatschek@gmail.com*
*Sunday evenings (Evensong) - Fred Jeibmann, 503-653-7907, frjeibmann@comcast.net*
*Concerts & special events - Christine Johnson (Music Administrator), 503-478-1201, christine@trinity-episcopal.org*

**Welcoming Ministries Team.** Ensures that everyone who comes through Trinity’s doors (for any reason) is warmly welcomed and knows what their next step to involvement might be. Organizes weekly Newcomer Educational Gatherings & Welcome Receptions every Sunday morning in Stearns Library. 
*Contact: Bill Bard, 503-913-7626, billbits@comcast.net*

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**INTELLECTUAL CURIOSITY**

*(Education & Formation)*

Trinity Cathedral is a place where all questions are welcome, as our community of children, youth, and adults seeks to grow in knowledge and wisdom. A rich array of classes, study groups, shared practices of prayer, and discernment are available through Wednesday evening & Sunday morning educational offerings. Opportunities to get involved include learning, teaching, and supporting Trinity’s well-curated bookstore and libraries. These are the ministries that ensure all Trinitarians have a setting in which a variety of questions and learning styles are welcome, and where people of all ages can engage the Christian tradition critically and lovingly. **Some ways to get involved include—**

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**For Adults**

**Wednesday at the Commons.**
Wednesday evenings, September to June. Put a little soul refreshment in the middle of your week! Wednesday at the Commons is Trinity’s midweek learning community, offering classes that open us to new ways of thinking, push us to go deeper in our relationships and commitments, and offer us new insights into each other and God. 
*Contact: The Rev’d Canon Matthew Lawrence, 503-478-1208, matthew@trinity-episcopal.org*

**Adult Acolytes.** Serve at weekday and/or evening services (such as Trinity Vespers) as appropriate. 
*Contact: Helen Sudbury, 503-296-7842, helensudbury@comcast.net*

**Barclay’s Library.** Help process circulating children’s books a few times a year with a congenial group of people. 
*Contact: Charissa Simmons, 503-478-1220, charissa@trinity-episcopal.org*

**Catechesis.** Wednesday evenings, 7 to 8:30 p.m., January to May. Class for adults seeking to know more about Christianity and the Episcopal Church. Geared especially to those seeking to be baptized, confirmed, or received, or to reaffirm their faith in the Episcopal Church, but all who wish to deepen their connection to this community and its traditions are welcome. 
*Contact: The Rev’d Canon Matthew Lawrence, 503-478-1208, matthew@trinity-episcopal.org*

**Cornerstone Community.**
Cornerstone is an intentional lay community following the Rule of St. Benedict. This guidebook for Gospel living informs a life of prayer, study, and work. Members meet weekly in small groups & monthly as the
community for Eucharist, a common meal, study, and prayer. Contact: Elaine Stewart Harris, Abbot, 503-236-7789, elainestewart@comcast.net

Contemplative Mini-Retreats. 3rd Saturdays, 9 am-noon. Meditation & contemplative prayer, with guest speakers. New to meditation? Come at 8:30 for an intro! Contact: Canon Matthew Lawrence, 503-478-1208, matthew@trinity-episcopal.org

Discernment Committee. Group to help people think through all major life decisions, particularly regarding vocation & future. Contact: Leslie Carveth, 503-245-5205, mlcarveth@comcast.net

History Guild. Guild dedicated to collecting & preserving the Cathedral’s historical information. If you have an interest in the history of Trinity, have material relating to our history, or would like help preserve our history, contact: Robert Hadlow, 503-774-5560, arches61@msn.com

Labyrinth Guild. Providing experiences with Labyrinth spirituality. An open labyrinth walk is offered the third Monday of every month from 4:00-8:00 pm, year-round (4th Monday in Jan. & Feb. due to holidays). Contact: Barbara Schondelmayer, 503-913-9191, barbaraschondelmayer@yahoo.com

Mystery Group Readers. First Thursdays 10am, Stearns Library. Contact: Kay Bennett, 503-638-8950, frankiekatharine@comcast.net

Parallels. Reading & discussion group focused on progressive religious and scientific thought. 3rd Tuesdays, 10:30 am-noon monthly in Stearns Library. Contact: Kay Bennett, 503-638-8950, frankiekatharine@comcast.net

Sacred Dance. Tuesday evenings 7-9pm, Kempton Hall. Three sessions annually (Fall/Winter/Spring terms). All abilities are welcome! Contact: Jane Rickenbaugh, 971-409-8121, janespiritdance@comcast.net

Sears Library Committee. Select, process, and manage books in our well-used parish library. Contact: Barbara Schondelmayer, 503-913-9191, barbaraschondelmayer@yahoo.com

T.R.A.I.N. (Trinity Racial Awareness/Information Network). Group offers tools and experiences to engage people in dismantling personal prejudice and ending systemic racism through prayer, dialogue, pilgrimage and spiritual formation. Contact: Barb Millikan, 503-314-6360, barb210@comcast.net

Trinity Book Club. Book club on the last Sunday of every month from 9-9:50. No need to finish the books... but (spoiler alert!) we will discuss the ending. Full schedule available at: trinity-episcopal.org/sunday-forums Contact: Marti Anderson, martikanderson@gmail.com

Trinity Iconography Institute. Beginning & advanced classes on the creation & use of religious icons. Dates and times vary. Contact: Christine Thum Schlesser, iconography@trinity-episcopal.org

For Children & Families

Mentoring. A team of adults teaching children or young people on Sundays throughout the school year, for age 3-grade 12. Contact: Charissa Simmons, 503-478-1220, charissa@trinity-episcopal.org

Godly Play. Sundays (except 1st Sundays), 10:00am, age 3-grade 5. Elementary schoolers join their families in the cathedral for communion. Contact: Charissa Simmons, 503-478-1220, charissa@trinity-episcopal.org

Church at the Commons. First Sundays (October-June), 10:00am. Family-friendly service of Holy Eucharist. Contact: Charissa Simmons, 503-478-1220, charissa@trinity-episcopal.org

Family Outreach. Short outreach projects for families after each Church at the Commons service. Contact: Charissa Simmons, 503-478-1220, charissa@trinity-episcopal.org

First Sunday Youth Formation. All middle & high school youth are invited to join us for youth formation on the first Sunday of every month (Sept-May). Join us weekly in the St. Francis Room from 11 am-12 pm to discuss issues of faith & formation. Contact: Jill Osburn, 503-478-1219, jill@trinity-episcopal.org

Mission Trips. Travel to Mexico & Central America to engage in health & sanitation projects in rural areas. Adult trips each winter; high school trip each summer. Contact: Charyl Cathey, outreach@trinity-episcopal.org or Jill Osburn, 503-478-1219, jill@trinity-episcopal.org
SPARKS Camp (*day camp*). Summer Service in the City day camp for rising grades 6-9. Adults mentor youth during this life-changing week of service. Volunteer opportunities available! **Contact:** Jill Osburn, 503-478-1220, jill@trinity-episcopal.org

**Youth Confirmation.** An opportunity for youth to explore our faith tradition in community, while preparing for the annual rite of Confirmation. **Contact:** Jill Osburn, 503-478-1219, jill@trinity-episcopal.org

**Summer Camps (overnight).** Episcopal Week at Suttle Lake Camp ([www.diocese-oregon.org](http://www.diocese-oregon.org)), or RSCM Pacific Northwest choral training course ([www.rscmpnw.com](http://www.rscmpnw.com)). **Other summer camp opportunities:** [www.gocamping.org/](http://www.gocamping.org/)

**Transition Projects for Families.** Families with teenagers prepare and serve meals at Transition Projects the first Monday of each month **Contact:** MaryBeth Kurilo, mbkurilo@comcast.net

**Youth Acolytes.** Training, fellowship, and altar service. Open to grades 6-12. **Contact:** Helen Sudbury, 503-296-7842, helensudbury@comcast.net

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**HOLY COMPASSION (Outreach & Pastoral Care)**

Trinity Cathedral is committed to serving our more vulnerable neighbors (near and far) through internal and locally-organized programs addressing food insecurity, English language & cultural proficiency, pastoral care for people in challenging life situations, developing international awareness & solidarity, care, and fellowship. These are the ministries that draw us onto deeper relationships with people whose needs may be significant, and whose gifts and life stories expand our horizons and our understanding of community.

**Some ways to get involved include—**

**Adopt a High-Rise.** In conjunction with Home Forward and Lift Urban Portland. Several events throughout the year to help residents of Williams Plaza overcome isolation through companionship & community. Volunteers needed; times vary. **Contact:** Craig Sharpe, 360-571-8861, 1craigsharpe@gmail.com

**Community Meal.** Prepare & serve a hot meal served every Wednesday, 11:00 am-1:00 pm. Volunteer opportunities for kitchen workers beginning at 9:00 am and for servers beginning at 10:45 am. Some training is required. **Contact:** Steve Isaacson, 503-478-1210, outreach@trinity-episcopal.org

**Food Pantry.** Monday to Saturday. Hospitality, emergency food, Sisters of the Road tickets (*sold 2nd & 4th Sundays after the 10am service*), toiletries, and hot coffee for our hungry neighbors six days a week. Volunteers needed Mon-Fri 10:30 am-1:15 pm or Saturday 9:45am-noon. Training required. **Contact:** Judy Stone, veumstone@gmail.com

**Gleaning.** Pick up excess food at partner organizations & businesses in Northwest Portland and bring it to Trinity. Volunteers needed; various times are available. **Contact:** Fred Jeibmann, 503-806-7915, fjeibmann@comcast.net

**Immigrant Welcoming Team.** Offering support to immigrants and refugees in the metro area. Areas of focus include supporting immigrant families within Trinity, supporting diocesan Latinx ministries, and advocacy for immigrants and refugees in partnership with the Interfaith Movement for Immigrant Justice (IMIrJ). **Contact:** Barbara Whitmore, Barbara.whitmore@comcast.net
Lift Urban Portland. (formerly Northwest Portland Ministries)
Important services such as emergency food, healthy eating workshops, and more for our vulnerable neighbors. Volunteer opportunities; times vary. Contact: Tom Cantrell, tfc_sf@msn.com

Listen to Learn. In-house tutoring program to assist adult immigrant students develop English reading & language skills in weekly or bi-weekly individual or small-group teaching sessions of approximately 1.5 to 2 hours. Volunteers welcome, but training is required, either through Trinity tutoring workshops or through the Portland Literacy Council (portlandliteracy.org). Contact: Pam Erickson, paerickson@comcast.net

Listening Post. Wednesdays, 11am-1pm. Volunteer to give the homeless and people suffering from food insecurity a chance to talk and be heard without being lectured or interrupted. Contact: Marilyn Gordon, marilyngord@gmail.com

Mission Trips. Travel to Mexico & Central America to engage in health & sanitation projects in rural areas. Adult trips each winter; high school trip each summer. Contact: Charyl Cathey, outreach@trinity-episcopal.org

Sisters of the Road Café. Help those seeking food assistance by purchasing Sisters of the Road tickets after the 10am service every 2nd & 4th Sunday, or volunteer to help with ticket sales. Contact: Bill Rector, 503-246-3944, bill.a.rector@gmail.com

SPARKS Camp (day camp). Summer Service in the City day camp for rising grades 6-9. Adults mentor youth during this life-changing week of service. Volunteer opportunities available! Contact: Jill Osburn, 503-478-1220, jill@trinity-episcopal.org

Thanksgiving Dinner. Prepare & serve Thanksgiving Dinner for our hungry neighbors on Thanksgiving Day. Volunteer jobs & times vary; advance sign-up required. Sign up outside Kempton Hall for 2-3 weeks before Thanksgiving. Contact: Barbara Smith, 503-703-4766, bjsmith813@comcast.net

Transition Projects. Cook & serve meals three times a month at several Transition Projects shelters. Contact: Charyl Cathey, outreach@trinity-episcopal.org

Transition Projects for Families. Families with teenagers prepare and serve meals at Transition Projects the first Monday of each month. Contact: Charyl Cathey, outreach@trinity-episcopal.org

DEEP BEAUTY
(Art, Music & Worship)
Trinity Cathedral’s commitment to the aesthetics of worship and community life are visible, audible and sensible through our worship and music programs, and also through the integration of arts throughout our programs. All of our spaces are intentionally infused with beauty, and young and old participate making them attractive and inviting. Opportunities to get involved include choirs for all ages, acolyting, verging, Eucharistic ministry, reading scripture in worship, and curating lovely vessels and arrangements through the altar and flower guilds.
These are the ministries that offer Trinitarians and guests the opportunity to engage with the beauty of holiness. Some ways to get involved include—
Arts & Music

Cathedral Arts Program. Visual arts classes & workshops, exhibits, and events. Opportunities to teach, work on exhibits, and help with administrative & hospitality duties connected with our visual arts program. Dates and times vary. Contact: Cathedral Arts, 503-478-1213 or arts@trinity-episcopal.org; Chairs - Randall Vemer, 503-222-3517, fhr@earthlink.net; Jonathan Tamez, 503-961-4475, jontamez@comcast.net

Evensong. Trinity Episcopal Cathedral will offer Evensong every Sunday at 5 pm. Join us for this weekly liturgical feast of scripture and music led by Trinity’s musicians—as well as an array of visiting choirs and organists. In addition, join the trebles of the Trinity Choir School every third Thursday at 6 pm in the choir stalls. Learn more: trinity-episcopal.org/evensong

Trinity Music. Concert series featuring performances by the Trinity choirs, guest organists, Portland Baroque Orchestra, and others. Offered throughout the year, some ticketed & some free to the public. Program dates/times & prices vary. Email music@trinity-episcopal.org to be added to our email/snail mail lists. Learn more: trinity-episcopal.org/music-series, Contact: Christine Johnson, 503-478-1201, music@trinity-episcopal.org

Trinity Vespers. Musical liturgies offered every first Sunday at 5:00 pm, October to June, sung by the Trinity Cathedral choirs. Part of Trinity’s weekly Evensong offerings. Learn more: trinity-episcopal.org/evensong

Trinity Choir. Auditioned singers from all walks of life. To set up an audition, contact: Canon Bruce Neswick, 503-478-1216, music@trinity-episcopal.org

Trinity Choir School. Tuesday, Wednesday, and/or Friday afternoons. Comprehensive, tuition-free musical training for children in grades 3-12. Learn more: trinity-episcopal.org/choir-school. Contact: Bruce Neswick, 503-478-1216, music@trinity-episcopal.org

Choristers. Sundays, 9 am. Choir for children in grades 1 & up, with a lower time commitment than the Trinity Choir School. Meet in the Children's Chapel for weekly rehearsals & lead worship in Church @ the Commons. Contact: Amy Polo, 503-807-9513, amy.polo@comcast.net

Trinitots. Sundays, 9 am. Interactive music for children age 3 to kindergarten. Contact: Bill James, 503-313-4739, wpjames1@hotmail.com

RSCM Pacific Northwest Course. Week-long residential choir camp in Portland or Seattle (alternates) for trebles (rising grade 4 to college freshman), teen boys, and adult participants. Learn more: rscmpnw.com.

Worship

Adult Acolytes. Serve at weekday and/or evening services (such as Trinity Vespers) as appropriate. Contact: Helen Sudbury, 503-296-7842, helensudbury@comcast.net

Altar Guild. Faithful group that cares for all of our communion elements, vessels, linens, etc., and prepares for weekly services, baptisms, and funerals. Contact: Helen Sudbury, helensudbury@comcast.net & Vicky Money, vickyhmoney@gmail.com

Church at the Commons. First Sundays (October-June), 10:00am. Family-friendly service of Holy Eucharist. Contact: The Rev'd Canon Matthew Lawrence, 503-478-1208, matthew@trinity-episcopal.org

Flower Guild. Members work in pairs or groups to create the floral arrangements and special displays for the Cathedral and the chapel. Training and scheduling are flexible. Contact: Susan Lawrence, lawrence.susan@comcast.net

Eucharistic Ministers. Assist in serving Holy Communion during Sunday worship and other services. Contact: Mark Reber, 503-703-7969, mark@rebers.com

Lectors. Assist Sunday morning and certain other worship services by reading the appointed lessons and leading the Prayers of the People. Contact: Robert Hadlow, 503-774-5560, arches61@msn.com

Vergers. Help with leading services, directing traffic, and offering hospitality in worship. Contact: Helen Sudbury, 503-296-7842, helensudbury@comcast.net

Youth Acolytes. Training, fellowship, and altar service. Open to Grades 6-12. Contact: Helen Sudbury, 503-296-7842, helensudbury@comcast.net

For more information on all offerings, please visit www.trinity-episcopal.org
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