

CATHEDRAL ANNOUNCEMENTS

To Our Visitors — Welcome! Please accept a welcome gift from the ushers as they are offered during the time of Announcements. It has information, some gifts, and a card for you to fill out if you like. We hope you will fill out the card and put it in the offering plate because it will help us know about your needs. We promise that this will not generate junk mail.

THE WEEK AHEAD

MONDAY FEBRUARY 1

8:30am Morning Prayer
12Noon NA Meeting
5:45pm Interfaith Service
7:00pm Stephen Ministry - All

TUESDAY 2

9:00am Morning Prayer
12Noon NA Meeting
12:10pm Holy Eucharist
1:30pm Stephen Ministry PSG
6:00pm Centering Prayer
6:15pm Ministry Team Dinner
7:00pm Ministry Team Meetings
7:00pm Handbell Choir rehearsal

WEDNESDAY 3

8:30am Morning Prayer
9:00am Holy Eucharist
10:00am Mom's, Pop's & Tot's
12Noon NA Meeting
7:00pm Cathedral Choir rehearsal

THURSDAY 4

9:00am Morning Prayer
12Noon NA Meeting
12Noon Lunch Bunch
4:30pm Creative Writing
5:45pm Holy Eucharist
6:00pm Evensong
6:15pm Community Dinner
7:00pm Local Organizing Committee
7:00pm TNAC Classes
7:00pm Journey With Jesus
7:00pm Celebration Choir rehearsal

FRIDAY 5

8:30am Morning Prayer
9:00am Holy Eucharist
12Noon NA Meeting
1:00pm Resume workshop
3:00pm Jobless Support Group

SATURDAY 6

8:45am Trinity Hiking Guild
1:00pm EYF Pizza Making
5:10pm Casual Eucharist

SUNDAY 7 LIBRARY OPEN

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Forum: Samaritan Counseling Cntr.
10:15am Newcomers'
10:15am Living the Question
10:15am 30/40's
11:15am Holy Eucharist
11:15am Choristers rehearsal
12:45pm Holy Eucharist

Lessons for February 7, 2010
Epiphany 5

Isaiah 6:1-8, [9-13]
Psalm 138
1 Corinthians 15:1-11
Luke 5:1-11

Pastoral Emergencies: call the office:
446-2513. On evenings and weekends:
call 214-0382

TODAY @ TRINITY—JANUARY 31, 2010

Healing today at all services.

Today @ 10:15am

Children's Sunday School: See posted signs for classrooms.

The Forum: Alicia Ross, Executive Directory of Sacramento Area Congregations Together, addresses the work of faith-based community organizing.

Newcomers' Group - Room A

Today we will discuss **Living with Change**. Newcomers' is a 7-week orientation to the Cathedral, for anyone who is new to the Cathedral. Get connected with others and learn about ways to meet your needs here at the Cathedral.

Adult Sunday - Conference Room

Living the Questions (LtQ) is a 21-week DVD small group study exploring beyond the traditions and rote theologies in which so many people and local churches seem to be stuck. LtQ will help seekers and "church alumni/ae" alike in discovering the significance of Christianity in the 21st Century and what a meaningful faith can look like in today's world. Each class is a unit to itself and drop-ins are always welcome.

30/40's - Assembly Area

Today we'll discuss Part 2 in **Radical Welcome** by Stephanie Speller. Get your copy at the Cathedral Bookshop.

The **Simon Lole organ recital** scheduled for Sunday, January 31, 4:00pm **HAS BEEN CANCELLED**. We apologize for this unforeseen circumstance.

This Week February 1 - 6

Choral Evensong for Epiphany
Thursday, February 4 at 6:00pm

Phase III Columbarium Niche Sale

The Vestry voted to sell the new Columbarium niches at \$2,000 each. The older niches, available along the south and east walls of the East Transept are priced at \$1,250 each, if paid in full at time of purchase. There are only 28 of the older niches left for sale! Between now and Pentecost, May 23, 2010, these older niches will continue to sell for \$1,250. After that they will sell for the same price as the newest niches. This is a once in a lifetime opportunity (so to speak)! See Jerry Pare' (jpare@trinitycathedral.org or 916-446-2513) for more information.

Pledge Offering Envelopes are available at the church office. Please contact Jerry Pare' or Michi Low if you want a set or have questions. If you give by check, we are able to track your offerings without use of an envelope. Thank you!

Parking for people with disabilities is provided on Sundays. Enter on Trinity Cathedral Lane & park behind the Great Hall.

Thursday Night at the Cathedral

Epiphany Series – **Through February 11th**
5:45 Holy Eucharist – Taize Music
6:15 Community Meal – A Simple Supper (donation)
7:00 Classes

The Interpretation of Tongues: *The Gloss of Glossolalia*
Morey Lloyd, Facilitator - Classroom A

An investigation of the experience and the history of Speaking in Tongues. In Sense and Non-Sense the Heart Cries Out to the Eternal and the Everlasting One Calls Back and Forth In Harmony: Speaking – Praying – Singing – Laughing – Crying – Groaning - and Thinking in Tongues.

February 4: Tongues in the Evolution of the Episcopal Church
February 11: Tongues in the Spiritual life of You, Me and The Other.

Learning to Pray

Canon Lynell Walker, Facilitator - Classroom C.

This class is designed as an experiential workshop to explore different ways to pray.

February 4: Thomistic Prayer

February 11: Augustinian Prayer

Each participant is invited to bring a journal to class. Each session is a unit in itself and drop-ins are welcome.

Journey with Jesus has begun its Epiphany Series.

Join us on **Thursday, February 4, at 7:00pm when Canon Lynell Walker will lead a discussion on Ministry.** If you are interested in being Baptized, Confirmed, Received into the Episcopal Church, or Reaffirming your faith, this series is for you. All are welcome! Come for dinner at 6:15pm and stay for the class. Contact Jerry Pare' (jpare@trinitycathedral.org) for more information.

Donation/Volunteer Opportunities

VOLUNTEER thru Trinity: Trinity Cathedral has lots of opportunities for you to help in our many ministries. For example, Reach Out to others: Jed Smith, Safe Ground, Family Promise; Trinity Support: provide rides to church; office help, grounds maintenance; Worship: choir, altar guild, ushers & greeters. And there are many more! Contact the office or one of our clergy for ideas and opportunities.

Thursday Night Community Dinners

These dinners are open to all: Our neighbors, those who call the Cathedral home, and those who may not have a home. Everyone is welcome; all who are hungry may eat. **If you would like to help** please contact Kirstin Paisley at kirstinpaisley@gmail.com or 510-421-4705 (cell). Thank you!

Jed Smith Back Snack

School has started and we need FOOD! Peanut butter, tuna, mac & cheese, granola bars, and oatmeal. Put your donations in the Jed Smith barrels under the stairs.

Altar Flower Donation

A nice way to give thanks or to remember loved ones.

Send your request and contribution to Trinity Altar Guild, 2620 Capitol Ave, Sacramento, 95816

Date requested _____ (allow at least 2 weeks for processing and program printing time).

In Thanksgiving for _____

In Memory of: _____

From: _____ Phone# _____

Visit the Cathedral Bookshop

OPEN: Tues / Wed / Thur: 10am—5:30pm
Fri: 10am—4pm and Sun: 8:30am—2pm

Become a Friend of the Bookshop!

Take advantage of the Bookshop's
Hot January sale items
50% OFF

Coming Up

Outreach Campaign

Epiphany celebrates the Light of Christ, made manifest for all the world to see. For the 6 weeks of Epiphany, we are featuring ministries which address the needs of the world with the Light of Christ. **On February 14th,** you will learn of opportunities to volunteer with such ministries. We will also receive offerings for a Trinity Outreach Fund. This Fund will allow us to communally respond on a timely basis to compelling needs. Grants from the fund will manifest the love of God at work through Trinity and draw others to us who seek such a community.

Annual Parish Dinner and Meeting:

FEBRUARY 21

DINNER at 5:00pm in the Great Hall
ANNUAL MEETING at 7:00pm in the Church.

Interfaith Retreat: Feeling Safe in Our Faith

When: May 14-16, 2010

Where: Applegate, CA

Who: LGBTQ People of Faith

Cost: Before April 1: \$175, after April 1: \$200 (includes 5 meals, lodging and retreat activities)

Registration Deadline: April 15, 2010

· Registration must be paid in full at time of registration.

· Make check out to: Trinity Cathedral with 'LGBT Retreat' on the memo line.

· Send check to Trinity Office, Attn.: Bookkeeper
Sponsors: A coalition of Episcopalians, Methodists and Lutherans in the Sacramento area.

Questions: lgbtretreat@yahoo.com

Ongoing

Centering Prayer

Meets each **Tuesday at 6:00pm** in the East Transept of the Cathedral. Newcomers and beginners are welcome.

Thursday Lunch Bunch: Meets upstairs each **Thursday at noon.** Join us as we watch and discuss the video, *Eclipsing Empire: Paul, Rome, and the Kingdom of God.*

Support Group for Jobless

Friday's at 3:00pm in the Conference Room. Subjects include: Developing Coping Strategies, Networking within/outside Group; Creating and/or Developing untapped inner resources. More information? Lynn Altizer, 359-1512 or Libby Kovacs, 452-0483.

Kin Groups are Meeting

Looking for community? Kin Groups are a great and flexible option. To learn more or check on the status of any Kin Group issue, contact coordinator Corrine Bogie: corinnebogie@att.net

Prayer Box in the Narthex

Daughters of the King will hold your request in prayer daily for at least one month.