

# 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 8

8:30am Morning Prayer  
12Noon NA Meeting  
5:45pm Holy Eucharist  
7:00pm Stephen Ministry - TC

### TUESDAY 9

9:00am Morning Prayer  
12Noon NA Meeting  
12:10pm Holy Eucharist  
5:30pm Finance Committee Meeting  
6:00pm Centering Prayer  
6:30pm Stewardship Team  
7:00pm Acolyte Practice  
7:00pm Handbell Choir rehearsal

### WEDNESDAY 10

8:30am Morning Prayer  
9:00am Holy Eucharist  
10:00am Mom's, Pop's & Tot's  
12Noon NA Meeting  
5:00pm Executive Committee  
7:00pm Cathedral Choir rehearsal  
7:00pm Parish & Community Health Min.

### THURSDAY 11

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

### FRIDAY 12

8:30am Morning Prayer  
9:00am Holy Eucharist  
12Noon NA Meeting  
1:00pm Resume workshop  
5:30pm Ditch the Parents  
3:00pm Jobless Support Group

### SATURDAY 13

9:00am Trinity Men's Breakfast  
5:10pm Casual Eucharist  
6:00pm 2nd Saturday Dinner

### SUNDAY 14 OUTREACH SUNDAY

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Forum: Jed Smith Elementary Sch.  
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

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

## TODAY @ TRINITY—FEBRUARY 7, 2010

Check out the Library! This is Black History Month. See what we have in this small collection on African American biography, sermons, and race relations. And remember books for children.

Today @ 10:15am

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

### Newcomers' Group - Room A

**Today we will discuss Stewardship and Worship.** 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

We will continue discussing Part II of Radical Welcome: "**Beyond Inviting and Inclusion**" and "**Radical Welcome Signs**".  
Reminder that Sunday the 14th we will not meet but participate in checking out the Ministry Outreach Faire at 10:15.

## This Week February 8 - 13

### Parish and Community Health Committee

You are invited to our reorganization meeting on **Wednesday, February 10 at 7:00pm** upstairs in Room F. Contact: Canon Gaines, 446-2513 or [wgaines@trinitycathedral.org](mailto:wgaines@trinitycathedral.org)

### Ditch the Parents/Ditch the Kids EYF Fundraiser

**When:** Friday, February 12, 5:30-10:00pm

**What:** A chance for some romance just before Valentine's day! Let your kids ditch you and have fun and dinner at Trinity.

**Who:** Kids from infant to 5th grade will be watched by members of the youth group and Children's ministry staff.

**Where:** Trinity Cathedral

**Cost:** \$20 per child; \$25 per family of children.

**Sign-up at the Welcome Center!**

Trinity Men's Breakfast: Saturday, February 13 at 9am in the Great Hall.

### Lessons for February 14, 2010

*Last Sunday after the Epiphany*

Exodus 34:29-35

Psalm 99

2 Corinthians 3:12-4:2

Luke 9:28-36, [37-43a]

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

## Next Sunday - February 14

Bring your Palm Crosses to Church on Feb. 14th. These will be used to make ashes for the Ash Wednesday Service's on Feb. 17th. You may also drop them off at the office.

### 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.

## Thursday Night at the Cathedral

Epiphany Series – **Through February 11<sup>th</sup>**

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 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 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: Are you interested in preparing for **Baptism, Confirmation or Reception into the Episcopal Church?** Join "Journey with Jesus" on Thursday evenings at 7:00pm (after the 6:15 community meal). This **Thursday, February 11**, the topic is "**Transfiguration: What is Lent & What is a Retreat?**" The discussion follows **group reflection on next Sunday's Gospel; The Transfiguration of Jesus.** Contact Jerry Pare' (jpare@trinitycathedral.org or 446-2513) for more information.

### Sign Up for Our Trinity e-Newsletter!

Checkout our [web site home page](#) . . .

<http://www.trinitycathedral.org/> for a place to subscribe to the electronic newsletter.

## 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!

## Coming Up

### Annual Parish Dinner and Meeting:

**Sunday, February 21**

DINNER setup begins at 5:30pm in the Great Hall  
ANNUAL MEETING at 7:00pm in the Church.

**Table sign-up sheets will be in the Great Hall beginning February 7.**

### 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

## Donation/Volunteer 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](mailto: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.

## 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](mailto:corinnebogie@att.net)

### Prayer Box in the Narthex

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