

# 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 MARCH 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  
6:00pm Centering Prayer  
6:00pm Lay Chaplains  
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  
5:30pm Executive Committee  
7:00pm Cathedral Choir rehearsal

### THURSDAY 11

9:00am Morning Prayer  
9:00am Adult Spiritual Formation Min. Team  
12Noon NA Meeting  
12Noon Lunch Bunch  
4:30pm Creative Writing  
5:45pm Holy Eucharist  
6:15pm Community Dinner  
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  
3:00pm Jobless Support Group  
7:00pm Stations of the Cross

### SATURDAY 13

9:00am Men's Breakfast  
10:00am Lenten Retreat  
2:00pm Tea for Gladys Hustler  
5:10pm Casual Eucharist

### SUNDAY 14 LIBRARY OPEN

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Newcomers'  
10:15am Living the Questions  
10:15am 30/40's  
11:15am Holy Eucharist  
11:15am Choristers' rehearsal  
12:45pm Holy Eucharist

Lessons for March 14, 2010  
*Fourth Sunday in Lent*

Joshua 5:9-12  
Psalm 32  
2 Corinthians 5:16-21  
Luke 15:1-3, 11b-32

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

## TODAY @ TRINITY—MARCH 7, 2010

### Recognition of New Members at the 9:00 and 11:15 services

#### Kitchen "Left Behinds"

Look for your serving and baking ware which you've brought to Trinity on the "Left Behind" table in the Great Hall today. **Unclaimed items will be offered for sale here or donated off site.**

Library closed this week but open on March 14

Today @ 10:15am

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

#### 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

For Lent, we will be using the book **Lent and Easter: Wisdom from Henri Nouwen**. Come join us for a discussion on the week's Lenten meditations.

## This Week - March 8 - 13

### Empty Bowls

#### **A fundraiser for River City Food Bank**

Monday, March 8, 5:30pm dinner seating  
Tuesday, March 9, 11:30am or 12:30pm lunch seating  
Masonic Temple 1123 J Street  
Tickets are on sale in the Bookshop

### Lenten Retreat: Writing a Rule of Life

**Set aside some time to allow God to touch you  
with his transformative healing LOVE.**

**Leader: The Rev. Canon Lynell Walker**

**Saturday, March 13, 10:00 AM to 2:00 PM  
Trinity Cathedral Church**

**Contact: [winniegaines@gmail.com](mailto:winniegaines@gmail.com)**

### **You are cordially invited to an 80<sup>th</sup> Birthday Tea Honoring Gladys Hustler**

**Saturday, March 13<sup>th</sup> at 2:00 pm**  
In The Great Hall at Trinity Cathedral.  
Please RSVP to the Church Office (916-446-2513).  
If you can help with food please contact Nancy  
Tennyson, 916-446-2513 or  
[Tennyson@trinitycathedral.org](mailto:Tennyson@trinitycathedral.org)

## From the Samaritan Counseling Center...

Dear Churches who have supported the Samaritan Counseling Center:

"Those who go out weeping, carrying seeds to sow, will return with joy, carrying sheaves". This line, from Psalm 126, is very appropriate for the art of providing psychotherapy. Without denying sorrow or suffering, a therapist helps their clients continue to plant "seeds" of faith and hope. This is a time of great sadness for the therapists at Samaritan Counseling Center. The Board of Directors voted to close the Center, effective 3/31/2010. The therapists will be moving to private practices around the city. We will continue to offer counseling that integrates your faith resources with therapy. I will continue in the midtown area 3 days per week. The Center's phone number will be kept active for a year with a voice-mail for each therapist who so desires. Please know how much the therapists, board members and clients appreciate the support of our work for these past 15 years. Much good work was done.

--Debra Tripp, LMFT, Executive Director

## Coming Up

### Making of Palm Crosses

**Saturday, March 27, 9:00am - Assembly Area**

We will be making Palm Crosses for Palm Sunday. Come for an hour or stay until we're done. All you need is good sense of humor and scissors. All are encouraged to attend. Great Lenten practice. Fun, food and laughter is had by all. Great way to meet other people from church. For more information see Sue Clark, or sign up at the Welcome Center in the Great Hall.

## Ongoing

### Centering Prayer

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

### Thursday Lunch Bunch:

**Lenten Series – Bible Study on the Prophet Amos - 12:00 – 1:00 pm – Bring Sack Lunch**

We will spend the season of Lent looking at the book of the prophet Amos. We'll examine how his call for economic justice, words of warning and message of hope speaks to us some 2250 years later. The book of Amos is only nine chapters long but full of wisdom for our current times. Each session is independent and drop-ins are always welcome. Canon Walker, Facilitator

### 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.

Today's Sermon will be available on the Cathedral website, [www.trinitycathedral.org](http://www.trinitycathedral.org).

### Prayer Box in the Narthex

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

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

## Donation/Volunteer Opportunities

### Jed Smith

Jed Smith Needs help with canned fruit, fruit cups and peanut butter for Back Snacks. Girls clothing is needed for our Clothes Closet. Place donations in the **Jed Smith** barrels under the stairs. Thank you.

## Thursday Night at the Cathedral

### Thursday Night at the Cathedral – Lenten Series Through March 25

5:45pm Eucharist – 6:15 Community Supper (donation)  
– 7:00 Classes

### The Gospel According to Luke and The Acts of the Risen Lord

*Morey Lloyd, Facilitator*

This Lenten Season we will take the opportunity to peek into someone's mail: someone named **Theophilus** (which means "Lover of God" or "Someone Loved by God") One way or another, his mail may just be addressed to you and me!

### The Future of Faith by Harvey Cox

#### **Book Study and Discussion Group**

*Susan VanDyke and Canon Walker, Facilitators*

This book, recommended by Diana Butler Bass and Dean Baker, outlines what Cox sees to be the three eras of Christianity: The Age of Faith; The Age of Belief; and The Age of the Spirit. He sees the current worldwide Christian church returning to the early church ways – that is, returning to following Jesus' teaching more than following creeds and doctrines. Cox believes that this current age is breaking down barriers based on hierarchy in favor of activism and personal experiential spirituality.

Join TNAC for an exploration of this book during Lent. Be prepared to have some fun along with a serious look at the church in our times. The book is available in the Cathedral Bookstore (and can be downloaded to a Kindle).

### Living the Questions – Video Series

*Steve Skiffington, Facilitator*

Living the Questions is one of the best explorations of the Christian Faith ever produced for Adult Spiritual Formation. Each episode brings together both contemporary scholars and laypeople of great faith to explore the primary tenets of Christianity. Living the Questions challenges us. It causes us to examine our suppositions about scripture and theology in a way that evokes great discourse! It is faith building. Each class is a unit to itself and drop-ins are always welcome.

### Journey with Jesus:

**Thursday, March 11: Kathleen Kelly and Grant Carey preside at an instructional Eucharist.**

Are you interested in preparing for **Baptism, Confirmation or Reception into the Episcopal Church?** Join us on Thursday evenings at 7:00pm. This is a perfect group for using Lent to better connect faith and life. Those already baptized and confirmed can prepare to Reaffirm their faith at the Easter Vigil. **All are welcome.** **Contact** Jerry Pare' (jpare@trinitycathedral.org or 446-2513) for more information.

## Easter Flower Donation

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

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

**Deadline is March 28, 2009**

In Thanksgiving for \_\_\_\_\_

In Memory of: \_\_\_\_\_

From: \_\_\_\_\_ Phone# \_\_\_\_\_