

Trinity Cathedral

2620 Capitol Avenue
Sacramento, CA 95816

916/446-2513 Fax: 916/446-2589
E-mail: trinity@trinitycathedral.org
www.trinitycathedral.org



SCHEDULE of SERVICES

SUNDAY HOLY EUCHARIST

7:30AM, 9:00AM, 11:15AM, 12:45PM

Next 9am Family Service
is May 18

There is no Family Service in March

WEEKDAYS

Morning Prayer

Mon-Wed-Fri 8:30am

Tue & Thur 9:00am

Monday 5:45PM

Eucharist with Healing

Tuesday 12:10PM

Eucharist

Wednesday 9:00AM

Eucharist with Healing

Thursday 5:45PM

Eucharist

Friday 9:00AM

Eucharist with Healing

SUNDAY EDUCATION

SUNDAY AT 10:15AM:

Youth Sunday School

see page 3 for more information.

Cathedral Forums: Great Hall

Newcomers' Group:

meets at 10:15am

in upstairs Assembly Area

30/40s Fellowship:

Conference Rm.

20-30 Fellowship:

Meets in Room A and for

Brunch at Bernardo's every first Sunday

LABYRINTH: 3rd Friday,

6-9pm in the Great Hall.

Next Labyrinth:

April 18

Time Dated Material, *please expedite!*

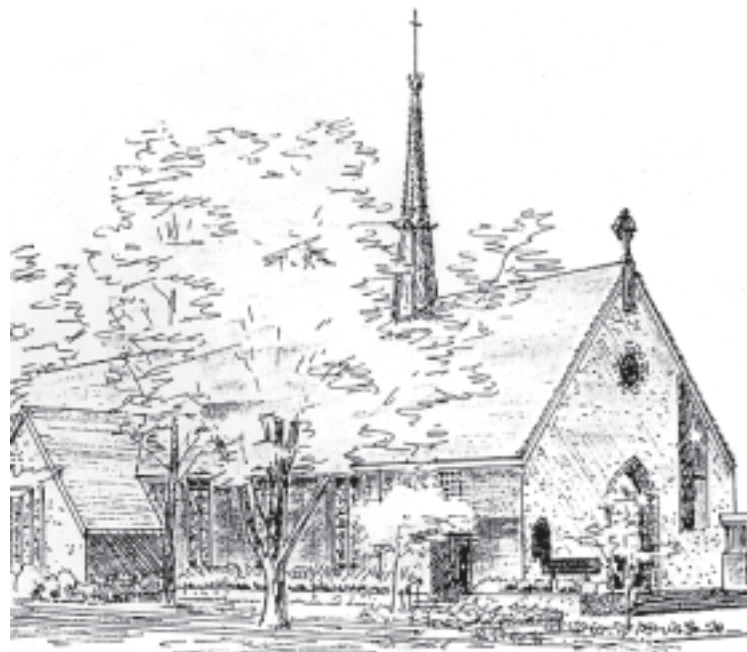
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The CATHEDRAL CROSS

For the Weeks of April 13 and April 20, 2008

Trinity Cathedral is a growing community making disciples who love and serve Christ and His world.

ADDRESS LABEL



INSIDE THE CROSS:

* The Scripture Readings can now be found
on the Worship and Music page #6.

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7 - Stump the Canon, Treasures of the Prayer Book, Music Notes

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9 - **Community:** Vine and Branch Society, TREE Tip

10- **Bulletin Board:** Family Promise Fundraiser—Hard Job Being God, Jed Smith School Project

11- **Education:** Thursday Night At the Cathedral — Spring Classes

12- **Cathedral Calendar**

RACE FOR THE CURE!



It's Good. . . It's Fun. . . It's Amazing!

You are one of the thousands of people who have come out on a bright, sunny Saturday morning in May to jog or walk for the cure. (The hardcore runners left 50 minutes earlier and have probably completed the course by now.) It's 7:45; jazzercisers are helping you warm up. Survivors wearing pink caps and tee shirts; those with signs saying they are in the race in memory of a loved one; parents with infants in those three-wheeler push carts; excitement everywhere. And you are with a group that proudly holds high a sign that identifies us as Trinity Cathedral.

Race for the Cure is not simply a race; it is not simply an annual event. It's a happening. There are so many ways to participate: the 5K or 1 mile run or walk; the "Sleep in for the Cure"; the "Little Roadrunners for the Cure" for our 3–8 year olds; "Men for the Cure" who help make sure the happening happens; other volunteers; and, most touching, the hundreds of survivors celebrating their new life after breast cancer.

For Trinity Cathedral, "Race for the Cure" is an opportunity to demonstrate our support for those who battle breast cancer – many in our own community. Our participation also supports parish members who are part of the battle and whom the Komen Foundation funds.

I have had the privilege of participating in the Race for 8 years: as a runner or walker, as a volunteer, as a part of the "Men for the Cure" brigade. When I see the Survivors celebrating their new lives, I know it is all worth it. Go to komensacramento.org, click "Race for the Cure" and follow the directions to find and sign up for the Trinity Episcopal Cathedral team.

You need to do this before April 25!

Then join your fellow parishioners at this happening on **Saturday, May 10 at 7:45am at Cal Expo**. Talk to Tina Campbell if you need further information. You will be very glad you joined us!

Jerry Paré



RACE FOR THE CURE

2007 (Pictured Left)

This Year will be on **Saturday, May 10 2008, 7:45am** at Cal Expo.

FAMILY MINISTRY

Welcome to
"Shine with Jesus"
Sunday School starts at 10:15am

April 13, 2008: *The Fourth Sunday of Easter*

The Children's Chapel Ministers will present a skit of "The Parable of the Shepherd" from *John 10:1-10* at the 9am and 11:15am Children's Chapels.

Youth Sunday & Family Service in the Cathedral

April 20, 2008: *The Fifth Sunday of Easter*

The Children's Chapel Ministers will present a skit of "The Road to Emmaus" from *John 14:1-14* the 9am and 11:15am Children's Chapel services.

Sunday School Classrooms

Toddler Time: 18 mos–3 years meet in Nursery at 10:30

Preschool: ages 3 and 4 meet in Room B.

Godly Play: (Kindergarten & First Grade) Room J

Club 23: (Second and Third Grades) meets in Room F.

Club 45: (Fourth and Fifth Grades) meets in Room I.

Rite 13: (Grades 6, 7 and 8) meets in Room D

Journey to Adulthood: (Grades 9-12) meets in Room E.

Parents' Forum: meets in Room C.

Youth Sunday & Family Service - April 20

Youth Sunday is the day young people at the Cathedral have an opportunity to participate in the worship service in a variety of ways. We will have youth preachers, ushers, readers, intercessors and oblation bearers. The fifth Graders will receive their Bibles and we will celebrate another family service in the church. Children and youth who would like to participate in one of the services may contact **Nancy Tennyson** to sign up to do the jobs listed above. **PLUS....We will have other surprises!**

Dates to Remember:

Moms, Pops and Tots: Every Wed. at 10am -Noon.

April 18-19: We will host the youth of the Diocese for the Bishop's Visioning Conference.

April 20: Youth Sunday & Family Service in the Cathedral

May 11: Pentecost Piñatas

May 18: Baccalaureate Service at 3:00pm
for Senior High Students

Nancy Tennyson, Director of Family Ministries

Got Youth ?

Is your teenager interested in hearing about upcoming events and youth service project opportunities? Check out our website at: www.trinitycathedralyouth.com

Youth Group News

Send an email to **Kathryn Bonney** to be added to the J2A/Rite 13 list for the most current Youth Group events. bonneykathryn@yahoo.com



No Spam Allowed

Be sure to check out new pictures on the web site!

J2A – Gayle Monroe 419-8401

Rite 13 – Kathryn Bonney, 718-8903

Graduating High School Seniors

We need a picture and a biography of each graduating senior to put in the **Baccalaureate Program for May 18**. Please send a biography (one or two paragraphs) of the student and include their activities from high school, church, and the community, as well as their goals and future plans. We would also like a wallet size Senior picture to accompany the biography. Please send them to **Nancy Tennyson** by **May 1**.

Youth Confirmation Class

Started March 30th



Confirmation Class for Youth 14+ began **Sun. March 30**. We meet on Sundays from 1-2:45pm in the upstairs Conference Room. **Co-Facilitators: Seminarian Anne McKeever and Canon Lynell Walker** (lwalker256@aol.com)

Looking for Baby Jesus

I am working on a project to find all of the children who have been baby Jesus in the Christmas Eve and Epiphany Pageants since 1991. I have all of the names for 1997, 2002, 2004, 2005, 2006, and 2007.

I still need the names of our **Baby Jesus for 1991-1996, 1998-2001 and 2003**. Please e-mail Nancy Tennyson, (tennyson@trinitycathedral.org) with the name of your child if he or she was Baby Jesus in one of the years highlighted. I would very much like to honor all of them at our **Family Service on April 20**.

THE PARISH

VESTRY VIEW

from the Warden's Corner

By Rob Stoinoff, Junior Warden



We are getting close to springtime and it's time to put our work clothes on and get busy around the church. I have many small, but critical projects that need helpers and supervisors to make the projects a success. For example, there are many projects within the Cathedral itself that we are considering. These include fixing loose pews, cleaning and polishing woodwork, thorough dusting and cleaning of every nook and cranny. If the outdoors appeals to you, my friend Paul Brosio is re-energizing the landscape and garden committee to provide additional planting and beautification projects.

For those of you who have handyman, handywoman, or gardening skills, I would greatly appreciate you emailing or calling me to volunteer. I believe that part of being a welcoming and friendly church is to demonstrate that doing for others is not only good for the body, it's good for the soul!

Get ready for even bigger projects to follow.

In Peace, Rob Stoinoff
rob95820@charter.net (916) 372-3563

Book Review

**"Prayer and Temperament:
Different Prayer Forms for Different Personality Types"**
by Chester Michael & Marie Norrisey

Here is a most unusual book, as it considers Christian prayer from the viewpoint of the Myers-Briggs Type Indicator of the different personality types and what motivates them. The authors consider the connection between personality types and prayer, and how different forms of prayer appeal to people of the different personality types.

The book presents various types of prayer that developed through the history of the Church: *Benedictine, Ignatian, Augustinian, Franciscan and Thomastic* and how they relate to and influence the devotion of the different personalities. The section dealing with "temperament and liturgical prayer" proved particularly helpful in understanding symbolism, feeling, thinking, sensing, and intuitive functions.

"Prayer and Temperament" may not appeal to everyone who is on a spiritual journey but it will certainly speak to those who have been exposed to Myers-Briggs or who have been involved with the *Education for Ministry* Program (EFM).

Canon Grant S. Carey. DD



*Resources to Support
Discipleship & Ministry*

The Cathedral Bookshop

Do you have an upcoming birthday, anniversary, or wedding gift to purchase? Browse our new **Gift Section!**

Brian Barry is selling his T shirt, "It's a New Day," in the Bookshop for \$12.50. All proceeds go directly to the college fund for the children of his brother Steve. In addition to his white shirt, we are now carrying navy and gold—Cal-Berkeley colors!

We would like to expand into "The World of Art." If you are an artist and would like your work displayed and/or sold in the Bookshop, please contact Cherie Chamness at (916) 442-9194.

Read the book review by Canon Carey below:
"Prayer and Temperament—Different Prayer Forms for Different Personality Types," written by Chester Michael and Marie Norrisey. (available in the Cathedral Bookshop)
As always, we welcome your suggestions and ideas!
Cherie Chamness, Bookshop Manager

HOURS OF BUSINESS: CLOSED Monday & Tuesday.
Wed. & Thurs: 10am—5:30pm Friday: 10am—4pm
Saturday: 10am—2pm & Sunday: 8:30am—2pm

Phone: 916/442-9194 — Fax: 916/446-2589
Email: bookshop@trinitycathedral.org



Parish News

Condolences to **Ken Woodfin**, husband of **Billie Woodfin**, to Priscella and Duncan, her children, to her grandson, Sam, and to Billie's many friends. Billie passed away on March 27.

Congratulations to **Elizabeth and Saad Monasa** and to big brothers **Aaron and Ethan** on the April 13th baptism of **Sophia Monasa!** Be good to your baby sister, you guys!



Healing Eucharist

The next Healing Eucharists
will be **April 27** at all
four Sunday service times.

ADULT MINISTRIES

The Shalom Group News 20s/30s Fellowship

Please join us on **Sunday mornings at 10:15am in Room A** for book discussions. **Drop-ins are ALWAYS welcome.** We are currently reading **The Practice of Prayer** by **Margaret Gunther**, part of a collection called The New Church's Teaching Series. You can purchase the book at the Cathedral Bookshop.

At a recent meeting it was decided that we want to continue our trinity of focus on Spiritual, Social, and Service events. We expressed a strong desire for more frequent social gatherings and decided to plan a monthly gathering on the second Saturday of each month: game nights, dinner/movie nights/art walks, etc.

Upcoming Events:

April 12: Second Saturday Social Event
Second Saturday Art Walk in Midtown Sacramento
We will meet at 6:00pm in front of the Cathedral on the Capital Avenue steps. **Comments - Questions - Concerns?**
Please email: Stiffler0469@yahoo.com

April 18-19: Service Project—Chaperone Diocesan
Youth Overnight Lock-in at the Cathedral
May 4: First Sunday Brunch @ Bernardo's
May 10: (details TBA) Second Saturday Social Event
June (TBA): Weekend Retreat (tentative)

Questions about the group?
Please contact Sarah Quinney at squinne32@yahoo.com.

The Trinity Social Justice
Advocacy Group meets on the 3rd Friday of
the month from 5:30pm—6:30pm upstairs in Rm F.
The group next meets on **Friday, April 18.**

Daughters of The King

meets on the 4th Saturday of the month in **Room F** from 11:00am to 1:00pm. All interested women are welcome. The Daughters are in prayerful study and have ministries throughout the church. The next meeting will be **April 26. Come join us!**
For more information, call the church or **Carolyn Conrad**
916-359-3016



Trinity 30/40s Group

Sunday mornings at 10:15am, upstairs Conference Room.
Join us for check-in, prayer requests, and some discussion.

All are welcome, regardless of age!

Social Gatherings

Outreach & Service Opportunities

We are planning our calendar now for Spring Social Gatherings and Outreach Opportunities.

Details will be coming soon!

Questions? Contact Amy Dierlam:
dnarock@pacbell.net or 916-446-3961

Parish & Community

Health Ministry Committee

Canon Winnie Gaines & Vickie Wells (429-8733)

We are all grateful for the long and dedicated service of our Parish Nurse, **Nadine Welty**. With her retirement in January 2008 came a time of loss and transition.

Vickie Wells and Canon Gaines now chair the Health Committee. We have begun a new journey in the life of Health Ministry at Trinity. We have gained new members, such as **Steve Skiffington**, who now heads the wheel-chair ministry. **Nancy Wilkowski** has stepped forward to coordinate the blood bank drives. **Geanne Lyons, MPH**, is coordinating the Flue Clinic. **Chris Stoll, RN**, has also volunteered and, along with other new committee members, is developing some exciting new ideas for future programs.

So this is a great time to be part of the Health Committee. We welcome all to join us. Our meetings are the 2nd Wednesday of the month at 7:00pm. We look forward to seeing you there!

Cathedral Celebrates National Organ and Tissue Donor Awareness Month **Sunday, April 27** at the 9 and 11:15 services.

The 10:15am Adult Forum that day will host a panel of organ transplant recipients discussing their "miracle of life" and how organ donation changed their lives and purpose. Look for more information in the next Cross.

Parents' Forum

We are offering a forum for Parents during the "education hour." This forum is facilitated by clergy and lay people and offers information about Sunday School classes and programs, the church year, ways to celebrate Holy Days at home, spiritual discussions and Bible study of interest to the group. Parents meet in **Room C at 10:30am every Sunday.**

WORSHIP & MUSIC

SEDER SERVICE & SUPPER

Passover occurs later than Easter in the western church this year, so our traditional Seder Supper will be:

Sunday, April 20 at 5:30pm

Enjoy fellowship & learn how Jews have long celebrated God's redemptive work. Tickets: \$5.00 for adults, \$3 for children under 12 are on sale in the Bookshop.

Teenagers Depict Stations of the Cross

Seventeen members of our youth group presented the interactive Stations of the Cross for Children on Good Friday. The Stations of the Cross began with Jesus sharing the last supper with his disciples and all in attendance. Then he was arrested in the Garden of Gethsemane and taken to Pilate. Both Pilate and the children washed their hands of the evil that was about to unfold.

Jesus took up his Cross and walked through the streets of Jerusalem falling, meeting his mother Mary, and finally being helped by Simon of Cyrene to carry his cross. Veronica gave Jesus a cool towel to wipe his face and the soldiers gambled for his clothes.



He was nailed to the cross. The children had an opportunity to hammer nails in wood. Jesus died and was put in the tomb. The soldiers rolled the stone over it and all walked out quietly holding a wooden cross to remember Jesus.

Centering Prayer Introductory Workshop

Saturday, May 3, 2008

9:30am—3:30pm at Trinity Cathedral

\$35 (suggested donation-no one will be turned away for lack of funds). Register early to ensure seating.

Bring your own lunch. Coffee/tea will be furnished.

For information or to register, please contact **Janice Boyd** at (916) 368-1568, or e-mail jlboyd@comcast.net

FACILITATORS:

Barbara Rodriguez is certified to teach Centering Prayer Workshops. She is involved with prison ministry in which she teaches and participates in an on-going centering prayer group at Folsom State Prison.

Jeff Mitchell is certified to teach Centering Prayer Workshops. He is the pastor of Good Samaritan Community Covenant Church in Valley Springs, CA. He has over 24 years of pastoral experience including teaching, writing and working with youth.

This tradition is rooted in Jesus' teaching, refined by early Church Fathers and practiced widely by the Mothers & Fathers of the Desert. It predates all schisms within Christianity and transcends doctrinal differences. This Silent Prayer gradually transforms & heals our relationship with God, ourselves and with others. It leads to a commitment to the needs/rights of each member of our human family and fosters a sacred respect for the inter-dependence of all creation. It prepares Christians to better understand interdenominational differences and deepens respect for other world religions.

The youth of Trinity Cathedral have reenacted the Stations of the Cross for the past several years. Each year the experience is more and more moving. I am proud of this dedicated group that came to Trinity during their spring break to do this project. They gathered to rehearse on Holy Thursday and then again on Good Friday for the actual presentation. Their efforts resulted in a wonderful experience of Jesus' passion and death for our younger children and their parents. Thank you to **Alison Burns, Eva Rickert, Rey Rickert, Casey Grout, Taylor Grout, Laura Dickson, Barbara Dickson, Jennifer Law, TJ Paré, Matt Hurley, Connor Slakey, Riley Brown, Lucas Brown, Zach Brown, Aaron Ostlund, Kelsie Schor- Echandia, and Elizabeth Chisum!**
Nancy Tennyson, Director of Family Ministries

✝	SCRIPTURE READINGS	✝
APRIL 13, 2008 <i>The Fourth Sunday of Easter</i> Acts 2:42-47 Psalm 23 1 Peter 2:19-25 John 10: 1-10	APRIL 20, 2008 <i>The Fifth Sunday of Easter</i> Acts 7: 55-60 Psalm 31: 1-5, 15-16 1 Peter 2: 2-10 John 14: 1-14	

Opening the Treasures of the Prayer Book *-Canon Grant Carey*

An Order of Worship for Evening

When I was a little boy and spent a weekend with my grandmother, we always said bedtime prayers together. I still recall these times; they remain part of my fondest memories, and I am aware now that they influenced my adult life in a positive way.

For parents, or individuals who want to deepen their lives, the brief “**An Order of Worship for Evening**” (page 109) is a wonderful way to begin. If the family is involved, parts may be assigned and candles lit as the canticle “*O Gracious Light*” is said together.

The one planning this brief devotion should choose, in advance, a reading from the Bible and an appropriate Psalm from the Book of common Prayer (pg. 585 *The Psalter*). The Booklet “Forward Day by Day” is a good resource. Taking a moment to reflect on the readings makes them personal.

There is an old saying that goes: “The family that prays together stays together.” It still holds true in the 21st Century. Perhaps each member of the family may have his or her own Prayer Book.

Compline

Setting apart times during the day for prayer and reflection comes from the *monastic tradition* that began in the Second Century. Life then was hard, and Christians were severely persecuted because of their faith. Some sought a place where they might find peace, study, pray, and live their lives in community. Thus was born the monastic movement from which the great universities of Europe came into being.

Central to these communities was *work, prayer, study, and recreation*. In other words, a balanced life. The monastic day was defined by seven periods of common prayer. These were later condensed into our Prayer Book Offices of Morning and Evening Prayer.

The bedtime office called **Compline** is found in the Prayer Book on page 127. Many find it to be wonderful way to end (complete) a busy day.

There are three other short offices for morning, noonday and evening that you may wish to explore. (pages 137-143) **The Book of Common Prayer** has something for everyone who longs to find a deeper meaning and purpose.

Stump the Canon

Dear Canon Carey,

I was told that there once were two Episcopal Cathedrals in Sacramento. Can that be so?

+ + +

Trinity Church was established in 1897. The other Episcopal Church in Sacramento was *Saint Paul's*, founded in 1877. In 1910, Trinity became a pro-Cathedral, a parish that serves as the bishop's official church. During the Second World War (1941-45) Trinity's congregation joined with Saint Paul's to become *Christ Church Cathedral*, and Trinity served as a chapel for military personnel and their families. The USO and other programs for servicemen took over Trinity's spacious Cathedral House known as “*Greystone Manor*.” When the war ended, Trinity's congregation returned to become *Trinity Cathedral*, and Saint Paul's regained its former name.

Canon Carey



MUSIC NOTES

We are happy to welcome **Bill Biegler**, a new member of the Celebration Choir. We are pleased to have you with us!

Both the Celebration Choir and Cathedral Choir are pleased to welcome new members at any time. Won't you join your voice with ours??

Contact **Canon David Link** if you are interested or have questions. link@trinitycathedral.org

Trinity Labyrinth

JOIN US for a peaceful, quiet evening of prayer and meditation on the 3rd Friday each month. Walk the Labyrinth from 6pm to 9pm on April 18. Pray the Rosary at 7pm. Contact Libby Kovac libbykov@sbcglobal.net or 452-0483 for additional information.

CENTERING PRAYER

Meets every Tuesday, from 6:00pm to 6:50pm in the East Transept of the Cathedral. Beginners are welcome. We will practice Centering Prayer, then have a brief meditative reading with contemplative dialogue. Questions? Contact Janice Boyd at (916) 368-1568 or jlboyd@comcast.net

Parking in the 27th & N Street Garage

By the end of April, Moses will have lowered his staff and the gates of the garage will close. Access to the garage will involve the following:

1. **For regular Sunday attendees:** Access card applications are available at the Welcome Center, at the office and on our web site. You need to fill out this form and return it to the Cathedral office with a card fee of \$25.00. Checks should be made out to Trinity Cathedral, with “parking” in the memo line.
2. **For those who regularly attend evening activities (5:00pm-11:30pm):** Access cards that are programmed for evening and Sunday usage are available. Because we have access to fewer garage spaces for evening activities, we have fewer of these cards than those for Sunday use only. Application for these cards is also by application as described above.
3. **For visitors and others** who do not acquire an access card, vouchers will be available from the ushers and from coordinators/leaders of various evening events at the Cathedral. These vouchers are used in conjunction with your credit card to enter and exit the garage. We strongly recommend regular attendees apply for a card and leave the vouchers for guests and visitors.

We do not have free access to the garage during the day, except for Sunday mornings and early afternoons. Plan to use either street parking or pay regular parking fees (\$1.00/20 minutes) to access the garage during other times. Please call the office if you have questions regarding this newest attribute to Trinity life.

— *Jerry Paré, Parish Administrator*

Free Financial Planning Help

◆ 10 Ways to Support Your Church without Writing a Check

On Sunday, April 20 we will hold a workshop during the 9:00am and 11:15am services to understand ways that members and friends may express their generosity toward Trinity other than via the traditional checkbook. You'll be surprised at the possibilities.

Our guest leader will be **Rev. David Bennett**, President of Growing Healthy Churches, Inc., a non-profit agency that helps churches throughout the country raise funds for their ministries.

◆ Raise Your Credit Score 100 Points in 45 days

A high credit score is an important step toward financial freedom. Without it borrowers may pay tens of thousands of dollars more in interest, if they can get the desired financing at all. On **Sunday, April 27** there will be a second workshop, also during the 9:00 and 11:15 services. You will learn practical ways to improve your credit score quickly.

Guest leader for this session will be **Mr. Jose Gonzalez**, Senior Mortgage Consultant for Golden 1 Credit Union.

Both workshops will take place in **Classroom A**, adjacent to the Great Hall. Plan now to attend.

It's M-O-V-I-N-G Day!

April 27 will be a wonderful day for the congregation and the library at Trinity Cathedral.

It's M-O-V-I-N-G day! We need to take our beautiful books from their storage places and relocate them in the library nook by the elevator. We look forward to lots of help from people that have too much energy, want to support the cathedral, look forward to using the library and, like Henny Penny, want to participate in this long awaited undertaking. We will gather at **1pm by the elevator**. Please give **Phyllis Ehlert** a ring at (916) 456-8692 or email pehlert00@yahoo.com so we can plan accordingly.



Concession Stand at Raley Field for River Cats Games

Volunteers are needed to work the concession stand at Raley Field during the River Cats games. Volunteers must be at least 18 (21 to handle beer). Raley Field requires training for the volunteers for the concessions stands. We can make between \$500 to \$1000 per night. If you are interested in helping contact **Randy Cheek**: rcheek@surewest.net or 916- 283-5170.

COMMUNITY

TREE *Tip*



EARTH DAY 2008 at Trinity Cathedral

TREE is organizing two exciting events for you. Bring your friends and family—tell people in your neighborhood about our activities.

Sunday, April 20

Second Annual TREE Earth Day Fair.

Come to our coffee hour displays of everything environmental—from composting worms to recycling information. Check the Learning Corner, where we will have videos playing with engaging graphics and explanations. Find out about other local Earth Day fairs.



Tuesday, April 22

Earth Day, 7pm Great Hall

Come to see **Bill Moyers'** video, *Earth on Edge*, featuring five case studies of ecosystems and the people whose lives depend on them, whose actions have degraded them, and who hold the power to restore them.

Filmed in collaboration with the World Resources Institute, Moyers interviews scientists and looks at ecosystems in Mongolia, British Columbia, Brazil, South Africa, and the state of Kansas. He and his team of award-winning producers explore the impact that human activities have on the planet as they showcase the trade-offs inherent in ecosystem management, the diverse influences of governments and economic policies, the value of improved information about ecosystem conditions, and the vital importance of community participation for ecosystem health.

And all while asking the urgent question: What is happening to the earth's capacity to support nature and civilization?

Join us for lemonade, popcorn, a thought-provoking documentary, and lively discussion. —*Ann Rothschild*

Vine & Branch Society

**Save the Date! May 10
2:00pm to 5pm for the
Vine & Branch Society Celebration
with Bishop Beisner at
St. Patrick's, Kenwood**



The Vine & Branch Society was created by the Episcopal Foundation of Northern California to recognize and thank all whose estate plans include their local mission or parish, or the Diocese of Northern California, or any of the diocesan organizations, such as the Episcopal Community Services. The Society gives its members a chance to come together for fellowship and to celebrate what they have done to provide resources for the ministries of tomorrow's church.

The next gathering of the Vine & Branch Society will be on **Saturday afternoon, May 10, from 2:00pm to 5:00pm** at St. Patrick's Episcopal Church in Kenwood. Kenwood is a little town just east of Santa Rosa in the Valley of the Moon wine region. We are planning a lovely reception at which you can meet Bishop Barry Beisner while sampling delicious food, wine and other beverages and while listening to a string quartet sponsored by a youth program of the Santa Rosa Symphony. The celebration will conclude with a special choral Evensong led by Cantiamo and officiated by Bishop Beisner.

If you have included a gift to the church in your estate plan, then you are a member of the Vine & Branch Society, whether you know it or not! The Society recognizes all types of future giving, such as making a gift in a will or trust, or naming the church as beneficiary of a life insurance policy or an Individual Retirement Account (IRA). The amount of the gift is not important, and it can be either a certain gift or a contingent gift (a gift that the church receives only if the primary beneficiaries have died). You do not need to "prove" to us that you have done so and you may remain anonymous if you wish.

But we can't acknowledge your planned gift to support future ministries if we don't know about you! Just tell us that you have remembered the church in your estate plan so we can honor your commitment! All Vine & Branch Society members and those who are interested in becoming members are invited to our May celebration.

If you want to learn more about planned giving, or about the Vine & Branch Society, or about the May event, please contact me, or telephone the Episcopal Foundation office at **800-442-6918, ex. 16**, and ask for **Rick Harrison Smith**, Executive Director of the Foundation.

BULLETIN BOARD



A NEW PROJECT: Start of a Food and Clothes Closet for Jed Smith Elementary!

Fay Sharpe, principal of Jed Smith Elementary School, Eileen Thomas of RCCS, and our own Nancy Tennyson are planning an exciting new program to assist the needy families of the Jed Smith School community. Jed Smith School is providing the assembly room and the backpacks; River City Community Services is providing the food; Trinity Cathedral is providing the volunteer labor and “gently used clothes” (and racks) for the Clothes Closet.

The “Pack-A-Snack” food program involves sending backpacks filled with food home with the children on Fridays. The children return the backpacks on the following Monday and receive another filled backpack the following Friday.

The clothes closet will be in the same room at Jed Smith Elementary where distribution of the “Pack-a-Snack” backpacks will occur. Start-up for this involves donation of clothing racks and some “gently used clothes.”

You can help in this project! Nancy Tennyson is looking for 8 – 10 volunteers to assist packing the backpacks on **Friday afternoons from 1pm – 4pm**. Her plan is that the volunteers will rotate weeks so that each team of two will only be working one Friday per month. Please talk to Nancy if you would like more information on this program. Volunteer sign-ups are at the Welcome Center. **All of this begins on April 15. So Jump on board !**

Joyful Noise Drumming Group

meets at **4:30pm every Friday**. If you would like to participate in this form of prayer, call **Alice Petrie (208-4868)** or show up Friday afternoon.

Family Promise

If you have not participated before:
Our next week to host is June 26.

For more information contact any of the coordinators listed below:

Mark Rasmussen at merasmussen@earthlink.net

Sally Smith at sally1369@comcast.net

Bill Jaskowski at billjay@jps.net

Lynn Clifford at clyncliffcia88@aol.com

Elizabeth Kenealey at superverger@yahoo.com



Broadway Playhouse Presents:

HARD JOB BEING GOD

A contemporary musical about the age-old human struggle to walk with God.

Friday, April 25, 7:30pm

at Trinity Cathedral

Requested Donation: Adults \$10, Children \$5

Proceeds benefit **Family Promise of Sacramento**, a non-profit organization committed to helping low-income families achieve lasting independence.

Tickets are available at **Cathedral Bookstore**, from **Sally Smith (916.930.9564)**, or at the door. Please contact Sally Smith if you or your family would like to attend the performance but are unable to make a full donation.



TRINITY CATHEDRAL BRIDGE

If you play bridge & would enjoy playing with a relaxed group, we invite you to join us. You do not need a partner. Just sign up at the Welcome Center. We will next play **May 9 at 7:00pm** at the Chateau (27th and Capitol Ave). For more information please call:

Doey Peeler, 530-753-5116.

Thursday Lunch Bunch Noon to 1PM

We are reading **The Faith Club** by Ranya Idliby, Suzanne Oliver, and Priscilla Warner. Copies of the book are available at the Cathedral Bookstore. Pack a lunch and join us.

Thursday Afternoon Creative Writing

From 2 - 4PM. Designed for those who are both novice and accomplished writers. **Drop-ins are always welcome.** *The Rev. Lynell Walker, Canon for Spiritual Formation* lwalker@trinitycathedral.org

DINNER GUEST VOUCHERS

Needed for Thursday Nights. Five dinners cost \$25. Adult Education invites you to help in this means of discipleship by “buying” a Dinner Guest Voucher for guests from the neighborhood who come by to enjoy the evening’s meal. We serve about ten guests each week. Please mark your check “**Dinner Guest Vouchers**” and put in the offering on Sunday, or “buy” one in the Cathedral Bookshop. Thank you.

EDUCATION



THURSDAY NIGHT At The CATHEDRAL Spring Classes April 10 - May 15

5:45pm Holy Eucharist 6:15pm Dinner (\$5 donation)

7:00pm – 8:15pm Classes

Can You Handel Isaiah's Messiah?

Morey Lloyd, M.Div., Facilitator

The structure and mis-structure of this most relevant book will be addressed. Isaiah has been titled a Bible-in-miniature. Without this book we would most likely not have a Christian religion. The birth of Jesus would be meaningless. The crucifixion of the Christ would be lost in history. The introduction of the Gentiles into the Kingdom of heaven would never happen. We might as well look at this work written near the time of Homer and find out what sparked the imagination of the writers of Isaiah.

A Gift from the Sea- by Anne Morrow Lindbergh

*Michelle Jackson, ObjN, Spiritual Director and
Canon Lynell Walker Facilitators*

Anne Lindbergh's classic was first published in 1955. It was an immediate success, much to the surprise of its author. Countless people have appreciated its timeless wisdom, the author's questions of life and her ability to move slowly into answers as well as paradox. As the New York Times book review stated, "*Gift from the Sea* is like a shell itself in its small and perfect form . . . It tells of light and life and love and the security that lies at the heart." Copies are available for purchase at the Cathedral Bookstore.

Yoga Class – Find health in body, mind and spirit!

Kim Gardner, Facilitator

This Yoga class will be an inclusive, mixed level class which welcomes beginners, experienced yoga students as well as those with simply a curiosity about yoga. Bring a mat (if you have one), a playful heart and join us! Kim Gardner is a yoga instructor and practitioner. If you have never tried Yoga before this would be a great way to *stretch* into a new experience in a small group with gentle instruction.

The Apostles' Teaching & Fellowship:

The Historical Roots of Christianity

with Canons Kelly and Carey

In the first Baptismal covenant, we promise to, "continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers. What does this mean? How have these been understood in the fellowship of the Episcopal tradition? In this class, we will deepen our understanding of Scripture, history, and the Book of Common Prayer in answering these questions. Those confirmed or received at the Easter Vigil are encouraged to attend, and all others are welcome.

The Joy of Making Paper & Journals

Tom Weideman, Artist, Facilitator



First Session: *Walking the Sacramento Paper Trail*

Recycling has become very important to our society and the world. What better way to be introduced to exotic hand made paper than making paper from garden waste? It's almost spring and Sacramento's streets are full of garden waste, or, are they full of exotic paper? We will make three kinds of paper in this class from garden waste found curbside in Sacramento- MULBERRY, IRIS, BANANA (Abaca). Each week we will explore a paper, both in its natural color and bleached. The supply cost for this class is \$2.00 per class or \$5.00 for 3 week series.

Second Session: *Journals, Sketchbooks and Poet's*

Notebooks- Each week we will make a different type of book. Why buy a blank book when you can make a book exactly in a style and size you need? For Journals (week one) and Sketchbooks (week two) we will make two versions for you to consider. Week three we will make a Dafuko Chu, a Japanese Pocket Book, a book that has built in pockets for notes. The supply cost is \$2.00 per class or \$5.00 for each 3 week series.

Tom Weideman, Artist and member of St. Paul's Episcopal Church is a self taught artist concentrating on the Paper Arts: Paper Making, Kites and Book Binding. He believes the urge to create beautiful objects and also to record experience is an innate human activity and should not be discouraged.

Parenting Class: Positive Discipline

"Raising a Self-Reliant Child" Led by Lynette Chambers

This course will explore if your parenting style is effective on your child's behavior. We look at how to build your child's self-confidence and why children misbehave. There are many decisions children need to make in life. Are your children ready to make the decision that serves them the best outcome? Learn why family meetings can help solve problems before they happen. Families come together to discuss important issues and values that pertain to each member of the family. This course is five weeks long. The cost is \$80.00 per person and couples \$150.00. No one will be turned away because of financial hardship. You pay what you can. **Please call 707 688-7641 for more information and to sign-up for the class.**

www.funloveandparenting.com or
lynette@funloveandparenting.com

CATHEDRAL CALENDAR

Sunday April 13

Services: 7:30, 9:00, 11:15am, 12:45

- 10:15am Forum: Eric Duff - Episcopal Comm Services
- 10:15am Sunday School
- 10:15am 20/30 Shalom Group
- 10:15am 30/40 Group
- 10:15am Newcomers' Group
- 10:30am Parent Forum

Monday April 14

- 8:30am Morning Prayer
- 12Noon NA Meeting
- 4:00pm Walking the Mourner's Path
- 5:45pm Holy Eucharist
- 7:00pm Stephen Ministry - ALL

Tuesday April 15

- 9:00am Morning Prayer
- 12Noon NA Meeting
- 12:10pm Holy Eucharist
- 1:45pm Stephen Ministry Peer Support
- 6:00pm Centering Prayer
- 7:00pm Vestry Meeting
- 7:00pm Bell Choir

Wednesday April 16

- 8:30am Morning Prayer
- 9:00am Holy Eucharist
- 10:00am Moms, Pops, and Tots
- 12Noon NA Meeting
- 1:00pm Resurrexit Rehearsal
- 7:00pm Cathedral Choir Rehearsal
- 7:00pm Newcomer's Movie/Discussion

Thursday April 17

- 9:00am Morning Prayer
- 12 Noon NA Meeting
- 12 Noon Lunch Bunch
- 2:00pm Creative Writing Group
- 5:45pm Holy Eucharist
- 6:15pm TNAC Dinner
- 7:00pm TNAC Classes
- 7:00pm Celebration Choir Rehearsal

Friday April 18

- 8:30am Morning Prayer
- 9:00am Holy Eucharist
- 12Noon NA Meeting
- 4:30pm "Make a Joyful Noise" Drumming Group
- 6:00pm LABRINTH WALK
- 7:00pm Aquarian Rosary Group
- 9:30pm Youth Visioning/Lock in

Saturday April 19

- 8:45am Trinity Hiking Guild
- 5:00pm Movie: "Dalai Lama Renaissance"

Sunday April 20—Youth Sunday

Services: 7:30, 9:00, 11:15am, 12:45pm

- 9:00am Family Service in the Cathedral
- 9:00am Stewardship Class
- 10:15am Forum: EARTH DAY
- 10:15am Sunday School
- 10:15am 20/30 Shalom Group
- 10:15am 30/40 Group
- 10:15am Newcomers' Group
- 10:30am Parent Forum
- 5:30pm SEDER SUPPER

Monday April 21

- 8:30am Morning Prayer
- 12Noon NA Meeting
- 4:00pm Walking the Mourner's Path
- 5:45pm Holy Eucharist
- 7:00pm Stephen Ministry Training Class

Tuesday April 22

- 9:00am Morning Prayer
- 12Noon NA Meeting
- 12:10pm Holy Eucharist
- 5:30pm Communication/
Evangelism Council
- 6:00pm Centering Prayer
- 6:30pm EARTH DAY EVENT!



Wednesday April 23

- 8:30am Morning Prayer
- 9:00am Holy Eucharist
- 10:00am Moms, Pops, and Tots
- 12Noon NA Meeting
- 6:30pm TREE Meeting
- 7:00pm Cathedral Choir Rehearsal

Thursday April 24

- 9:00am Morning Prayer
- 12 Noon NA Meeting
- 12 Noon Thursday Lunch Bunch
- 2:00pm Creative Writing Group
- 5:45pm Holy Eucharist
- 6:15pm TNAC Dinner
- 7:00pm TNAC Classes
- 7:00pm Celebration Choir

Friday April 25

- 8:30am Morning Prayer
- 9:00am Holy Eucharist
- 12Noon NA Meeting
- 4:30pm Drumming Group
- 7:30pm Family Promise Fundraiser:
HARD JOB BEING GOD

Saturday April 26

- 12Noon East Transept Ministry Team
- 9:00am Diaconal Students
- 11:00am Daughters of the King
- 3:30pm St. John's Shelter Food Prep