

IT'S SPRING!

NEW LIFE!

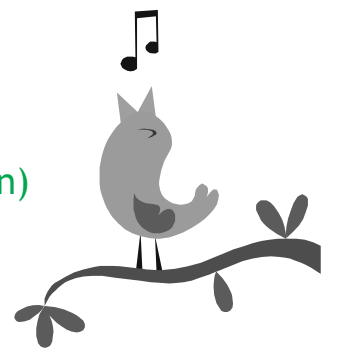
NEW CLASSES!

It's Thursday Night At the Cathedral

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*

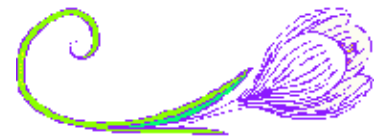
The structure and mis-structure of this most relevant book will be addressed. Isaiah has been titled a Bible-in-miniature. Without this book we would most likely not have a Christian religion. The birth of Jesus would be meaningless. The crucifixion of the Christ would be lost in history. The introduction 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

Canon Lynell Walker, Michelle Jackson, ObJN, Spiritual Director, 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.



New Yoga Class to Begin: 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? 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 different 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. 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 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 for more information and to sign-up for the class. www.funloveandparenting.com or lynette@funloveandparenting.com 707 688-7641