



Trinity Episcopal Cathedral Announcements



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 4

12Noon NA Meeting
5:45pm Holy Eucharist
7:00pm Stephen Ministry—ALL

TUESDAY 5

12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:00pm Ministry Team Dinner
7:00pm Ministry Team Meetings

WEDNESDAY 6

9:00am Holy Eucharist
10:00am Mom's, Tot's and Pop's
12Noon NA Meeting
7:00pm Cathedral Choir Rehearsal
7:00pm Executive Committee Meeting

THURSDAY 7

12Noon NA Meeting
12Noon Centering Prayer
12Noon Lunch Bunch
4:30pm Writing Group
6:00pm Compline
6:15pm TNAC Dinner
7:00pm TNAC Classes
7:15pm Celebration Choir Rehearsal

FRIDAY 8

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 9

9:00m Trinity Men's Breakfast

SUNDAY 10

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Newcomers Group
10:15am Knitting/Crocheting Group
10:15am Introduction to Islam
10:15am 30/40's and Beyond
11:15am Holy Eucharist
12:45pm Holy Eucharist
3:00pm Growing in Faith
5:30pm Epiphany Potluck Dinner Church

Trinity Library is
open today in the
Elevator Alcove

Pastoral Emergencies:

Call the office: 446-2513
Evenings, weekends & holidays: 214-0382

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

Parking on Sundays for those with disabilities is provided behind the Great Hall.

Lessons for January 10, 2016
The First Sunday after the Epiphany
The Baptism of Jesus

Isaiah 43:1-7
Acts 8:14-17
Luke 3:15-17, 21-22
Psalm 29

TODAY @ TRINITY — JANUARY 3, 2016

First Sunday Family Service

TODAY at 9:00am in the Great Hall

Please join us for our First Sunday Family Service on January 3rd as we celebrate the Season of Epiphany! We'll remember the journey of the three kings and their star in this season of light at 9:00 a.m. in the Great Hall followed by brunch and arts and crafts.

Activities at 10:15am

Newcomers' Group

Will NOT meet today. Join us next Sunday, January 10 as we discuss Resources for Next Steps.

If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513.

Veterans Meeting — Assembly Area

Attention all Veterans! Bring your coffee and munchies and join us.

This Week

Thursday Lunch Bunch

Beginning Thursday, January 7 at noon.

Thursday Lunch Bunch (noon to 1pm) will be remembering a wonder filled book edited by our own Jane Onstead Lamb, spouse of Bishop Jerry Lamb. The title of the book is *HURT, JOY AND THE GRACE OF GOD, A Resurrection Story of the Episcopal Diocese of San Joaquin California*. Even if you've read this book, please consider joining the group to look again at this difficult time in our past and the joy that grace brought through that darkness. We plan to meet for five weeks. Please bring lunch, your questions and comments. Facilitator: Susan Van Dyke.

Next Sunday

30s/40s and Beyond: For Epiphany

Sundays, January 10 - February 7 at 10:15am

As the wise men brought their gifts to the baby Jesus, so can we bring our spiritual gifts to our daily life. We will be watching a DVD - *The Discovery Series: A Christian Journey* created by the Episcopal Diocese of Texas and offered through Forward Movement. Join us as we assess, explore and define the "minister" in all of us! For more information see www.forwardmovement.org/products. Contact is Amy Dierlam - dnarock@pacbell.net

An Introduction to Islam

Sundays at 10:15am beginning January 10

Join us as we explore the fundamentals of Islam: the life of Mohammed, the Koran, the Pillars, its social teaching, and Sufism. We'll be approaching the religion with an attitude of appreciation and curiosity. Questions encouraged! Andre Jensen will facilitate the group. He has been teaching Philosophy at Sacramento City College for over 20 years and has been teaching a survey course in World Religions since 2008.

Epiphany Party Potluck Dinner Church

Sunday, January 10 at 5:30pm in the Cathedral.

Potluck dinner church is a more casual encounter with community and communion around a shared meal and theme. Everyone contributes to the experience by bringing prayer, song, food, candles, etc. All are welcome at the table and invited to offer what they have and be open to receiving what is offered. Contact Rev. Megan at megan@trinitycathedral.org with questions or offerings.

Coming Up
"Listen for a Change"
Sacred Conversations Around Race

Beginning Thursday, February 4
6:30pm in the Cathedral

Trinity Cathedral will host a six week series of sacred and respectful conversations around race beginning February 4th. These conversation will help us better understand racial tensions in our country so that we can respond in an informed and Christ-filled way.

Questions? Rev. Dr. Pamela Anderson (pamela@trinitycathedral.org) or Rev. Steve Skiffington (deaconskiff@gmail.com).

CATHEDRAL BOOKSHOP

Store hours are:
 Tu-Th: 11:00am - 5:00pm; Sun: 8:30am - 1:00pm
 Contact us at 916-442-9194 or
 bookshop3@gmail.com

We Still Need Ushers!

One usher for the 9:00am service on the fifth Sunday.
 One usher for the 11:15am service on the fourth Sunday.
 Two ushers for the 11:15 service on the fifth Sunday.

If you can help us please contact Kevin Donohue at 396-9731 or kfdsac@att.net or Randie Strike at 203-7586 or randie.trinity@gmail.com



DID YOU BRING YOUR COFFEE MUG?

Help Trinity reduce our environmental footprint by bringing your own mug, but because spills are occurring, TREE is recommending mugs with lids. Sign up at the TREE table for the raffle when you bring a mug with a lid.

Ongoing

Traveling Bible Study and Spirituality Group

Every Sunday at 5pm young adults gather at restaurants, coffee shops, and other fun locations around Sacramento for fellowship and conversation on the Bible and spirituality. If you would like to be added to the email list contact Rev. Megan at megan@trinitycathedral.org

Veterans Swapping Stories

The first Sunday at 10:15am in the Assembly Area. We will be planning events and swapping stories.

Trinity Men's Group Breakfast

2nd Saturday at 9am in the Great Hall. Contact: Chris Sanft - chris@sanft.org

Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—pamela@trinitycathedral.org

Writing Group – Thursdays, 4:30pm

Writing prompts are offered, we write, then share our writing or not. Contact: June at jgillam@wavecable.com

Centering Prayer – East Transept

Tues., 6-7pm; Thurs., Noon—1:00

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contact: Nancy Earl at nancy.c.earl@gmail.com

THURSDAY NIGHT AT THE CATHEDRAL

Dinner and Classes resume this
Thursday, January 7.

Compline: 6:00pm

Dinner: 6:15pm

Classes: 7:00pm

Classes beginning January 7

Solfire Yoga: is grateful to be hosting a special vinyasa flow yoga series here at Trinity Cathedral for all who are interested in exploring yoga as a way to connect to mind, body, and spirit. We encourage you to come with an empty stomach, a full heart, and a yoga mat! Classes will be held from 7-8pm on Thursday evenings in the Assembly Area.

Poetry Writing Workshop: Put aside any writing anxieties and come to this no-threat, collaborative workshop that will help you develop and refine your own poetic voice and style. Participants will achieve this primarily through writing exercises and giving constructive feedback to each other's draft poems. Contemporary poetry has a very wide umbrella and we leave it up to you to write the kinds of poems you want. Please join us Thursday evenings in the Conference Room for the month of January! Facilitator: Dennis Hock

Practical Spirituality: Suspicion of organized religion has caused many people to abandon a belief in a loving, intelligent and caring God, trading it for the world's view of limitation and scarcity. At the same time churches are in a position to present this God as completely accessible and teach how to become confident, becoming the person each would envision. Realizing there is One Source that supplies everything all creatures need and desire will help us to change unhelpful perceptions, attitudes and beliefs that imprison and abandon us to fear, discouragement and despair. This class, facilitated by Vaughn Wolff, will explore how to live in harmony without worry for lack of anything and manifest peace, love and joy by applying Practical Principles of Christianity. Thursday evenings in the Bookshop.

Trinity Name Tags

It is helpful for Newcomers and visitors if we all wear our name tag. Order your name tag at the Welcome Center for \$2.00 each.

Cathedral Flower Donation

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

Send your request and contribution (make check payable to "Trinity Cathedral" with 'Flowers' on the memo line) to:
 Trinity Cathedral Flowers, 2620 Capitol Ave,
 Sacramento, 95816

Date requested _____ (allow 2 weeks for processing).

In Thanksgiving for: _____

In Memory of: _____

From: _____ Phone# _____