



# 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 5

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

### TUESDAY 6

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

### WEDNESDAY 7

9:00am Holy Eucharist  
10:00am Moms, Pops and Tots  
11:00am Lucile Crawford Memorial Service  
12Noon NA Meeting  
6:00pm Wednesday Community Dinner  
7:00pm Cathedral Choir Rehearsal

### THURSDAY 8

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

### FRIDAY 9

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 10

9:00am Trinity Men's Breakfast  
11:00am Daughters of the King

### SUNDAY 11

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Sunday School  
10:15am Newcomer's Group  
10:15am 30/40's and Beyond  
11:15am Holy Eucharist  
11:15am Choristers Rehearsal  
12:30pm EYF Meeting  
12:45pm Holy Eucharist  
3:00pm Growing in Faith

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 11, 2015 *The Baptism of Jesus*

Genesis 1:1-5  
Psalm 29  
Acts 19:1-7  
Mark 1:4-11

## TODAY @ TRINITY—JANUARY 4, 2015

### Lost and Found items out in the Great Hall

Any items that remain unclaimed will be donated to local agencies.

### Activities at 10:15am

### Lessons in Christian Metaphysics — Room A

Vaughn Wolff will facilitate this group using *The Basic Principles of the Science of Mind* by Dr. Frederick Bailes to guide us. We will read from the book and discuss personal experiences with prayer and healing. [See reverse for more information.]

### 30/40's and Beyond — Conference Room

We will embark upon a discipline for the new year - *Complaint Free Living!* We will watch a DVD documentary on this amazing program by Will Bowen and then begin a 21 day commitment to complaint free living. ALL ages welcome! Contact: Amy Dierlam at [dnarock@pacbell.net](mailto:dnarock@pacbell.net) [See reverse for more information.]

### Newcomers' Group

**The group will NOT meet today.**

Everyone is welcome to be with us, especially Newcomers and visitors. If you have questions contact Randie Strike at email [randie.trinity@gmail.com](mailto:randie.trinity@gmail.com) or 916-446-2513 or 916-203-7586

### Later Today

### Growing in Faith: Small Groups to Explore our Faith Journeys **TODAY, 3:00-5:00pm in the Cathedral**

These meetings are for those who want to take part in small group faith sharing. If you are interested or even a bit curious, come and check it out. Contact Jerry Paré (930-8032 or [jpare111452@gmail.com](mailto:jpare111452@gmail.com)) for more information.

### This Week

### Memorial Service for Lucile A. Crawford

Wednesday, January 7 at 11am

### Thursday Night at the Cathedral

See the reverse side for new classes beginning this Thursday.

### Coming Up

### Free One-Day Retreat On Mindful Eating

**When:** Saturday, January 17, 9:30 am to 3 pm

**Where:** St. Francis Episcopal Church, 11430 Fair Oaks Boulevard,

At this Retreat you will be encouraged to invite God to help with your goals to "Eat Better" or to "Eat Healthily" and to learn to savor the flavors without guilt! Come learn about MINDFUL EATING via Prayer, Meditation, discussion, and FREE Healthy Snacks.

Please bring your own lunch and a friend! Questions? Contact Rev. Anne at 530-908-3616 or [amckeeper@wavecable.com](mailto:amckeeper@wavecable.com)

### Matthew Fox on Original Blessing

**What:** Matthew Fox Lecture

**Where:** Trinity Cathedral

**When: Friday, February 20, 2015:**

- 6:30pm—Special music with Jazz Guitarist Brenden Lowe
- 7:00 to 9:00pm—Lecture with Q&A
- 9:00 to 10:00pm—Reception and book signing

**Tickets:** Available for \$12.00 at the Cathedral Bookshop.

# Adult Spiritual Formation

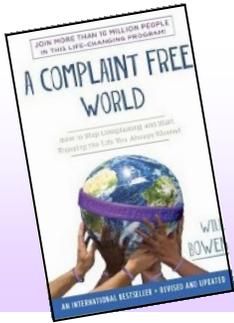
## Epiphany, 2015



on Sundays...

10:15 - 11:10 am

### A COMPLAINT FREE WORLD



On Sunday January 4th we will begin the new year with an oath of complaint-free living for 21 days. With purple bracelets to remind us of our new year's discipline, we will watch the DVD - *A Complaint Revolution* by Will Bowen and read his book: *A COMPLAINT FREE WORLD* available in the Cathedral Bookstore. A Complaint Free World, Inc. is a non-profit, non-religious entity which provides purple bracelets and other materials to help people effect positive change in their lives.

For more information see <http://www.acomplaintfreeworld.org/>

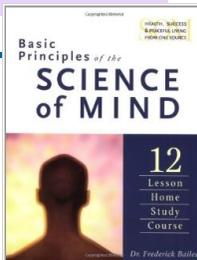
We meet as a group in the Conference Room every Sunday morning from 10:15-11:10am.

All ages are welcome!

Starting January 4th through February --

Expedited Lessons in Christian Metaphysics using Dr. Frederick Bailes' workbook "The Basic Principles of the Science of Mind" to guide us. Here we will read from the book and discuss personal experiences with prayer and healing. Keeping an open mind and heart will be helpful to understand how things like forgiveness (loosing our psychic and mental bondages) overcomes obstacles we face and the feeling of being blocked in our prayers.

Facilitated by Vaughn Wolff

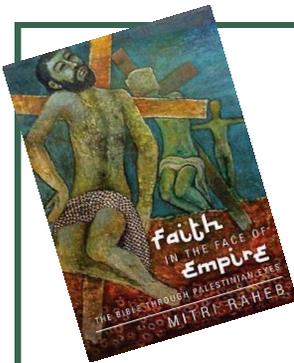


## on Thursdays... TNAC!

Thursday Night at the Cathedral!

- ❖ Compline Service in the Cathedral at 6pm
  - ❖ Dinner (\$7.00) in the Great Hall at 6:30pm
  - ❖ Classes begin at 7:00, and run until about 8:30pm
- Join in one, two, or all of the activities offered!

Classes begin on Thursday, January 8th!



## Jesus, Galilee, Palestine

Drawing from experiences, photographs and video from his January 2014 Pilgrimage to the Holy Land with Bishop Beisner and members of our Diocese, Rev. Randy Knutson will present a class focusing on Jesus time in Galilee and a book by one of the speakers they heard on the Pilgrimage. The first half of the class will be timely, covering sites mentioned in the Gospel texts for the Sundays in Epiphany of 2015. The second half of the class will focus on a new book by Mitri Raheb, "Faith in the Face of Empire" (The Bible Through Palestinian Eyes); whose ministry in Bethlehem they visited last year.

Facilitated by The Rev. Randy Knutson



## SPIRIT FLOW YOGA or SOUL-FIRED YOGA...

offered by Solfire Yoga teacher/owner Ellen Moe

Join in a yoga practice that provides you the opportunity to connect with your mind, body, spirit, and heart. Through breath, movement and music discover how yoga can be a tool to help you pray and be present with God and your Holy Spirit within. This yoga class may allow you to let go of things that trouble you, to release physical and emotional tension in the body, and to embrace a sense of peace, serenity and connection to your best self...the person God wants you to be.

☆Please bring a mat and water and avoid eating anything other than a light snack before participating.

## Trans 101

from January 8th through February 12th.

Bring your honest questions and your open mind and heart to this series of six facilitated presentations, addressing various aspects of the transgender experience in a spiritual setting. We will explain terms, share stories, and together, come to an even deeper understanding of what it means for an institution, church, or group to be *radically inclusive*. The following topics are scheduled (but are subject to change) for the class: *Let's start at the very beginning, The Episcopal Church's Response (to transgender individuals), Parents & Friends, Gender Identity and Youth, Schools & Transgender Youth, Transgender Military life*. Guest speakers and facilitators will change each week. Check the website (<http://www.trinitycathedral.org/learn/thursday-night-cathedral>) for updates on topics and/or presenters.



"E-squared could best be described as a lab manual with simple experiments that prove reality is malleable, consciousness trumps matter, and you shape your life with your mind. Yes, you read that right. It says *prove*." From the back cover of E-squared, by Pam Grout, available in the Cathedral Bookshop. Drop-ins are welcome!

Facilitated by Vaughn Wolff

