



# 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 11

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

### TUESDAY 12

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
6:30pm Finance Committee  
7:00pm Acolyte Practice

### WEDNESDAY 13

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

### THURSDAY 14

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 15

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 16

10:00am Grief Support Workshop  
11:00am Nina Ochoa Memorial

### SUNDAY 17

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Newcomers 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

## INTERESTED IN ASHES-TO-GO?

Ashes-to-Go is a community outreach project designed to bring the imposition of ashes and prayer to people in various locations downtown such as RT stops, parks, and office buildings on Ash Wednesday (Feb. 10th). This has been an exciting and engaging experience for those who have participated in the past. If you are interested in participating, there will be required training. You must email, call, or talk to Rev. Megan by Friday January 15th to serve on a team.

### Pastoral Emergencies:

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

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

### Lessons for January 17, 2016

*The Second Sunday after the Epiphany*

Isaiah 62:1-5  
1 Corinthians 12:1-11  
John 2:1-11  
Psalm 36:5-10

## TODAY @ TRINITY — JANUARY 10, 2016

### Trinity Cathedral 2016 Annual Appeal

If you haven't done so already, please turn in your 2016 Annual Appeal Card to the church office or in Sunday's offertory plate. You can also submit your gift online at [www.trinitycathedral.org](http://www.trinitycathedral.org).

As of January 4, 2016, we are at 58% of our goal of \$1.5 million. Thank you to those who have submitted your gift for 2016.

*Yours in Christ,*

*Rod Thomas and Chris Tzimenatos*

Co-Chairs Stewardship Committee

## Activities at 10:15am

### Newcomers' Group — Room C

**Today we will discuss Resources for Next Steps.**

If you have questions contact Randie Strike at email [randie.trinity@gmail.com](mailto:randie.trinity@gmail.com) or 916-446-2513.

### Discover Your Spiritual Gifts to the World for Epiphany

Meets in the Conference Room

As the wise men brought their gifts to the Baby Jesus, so we bring our spiritual gifts to our daily lives! This four week class will include assessment tools for determining your gifts and how to use/share them in everyday life. We will be guided by the book *Discover Your Spiritual Gifts the Network Way* published by Zondervan.

Join us in the conference room upstairs at 10:15-11:10am each Sunday in January. Contact is Amy Dierlam - [dnarock@pacbell.net](mailto:dnarock@pacbell.net)

### An Introduction to Islam — Room A

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.

### Crochet / Knitting Group — Great Hall

Please join us for a crochet/knitting gathering. There will be help for people who want to learn to crochet and/or knit.

## Later Today

### 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](mailto:megan@trinitycathedral.org) with questions or offerings.

## This Week

### Grief Workshop

for those grieving the death of a loved one

**Saturday, January 16, 2016, 10:00am - 2:00pm, in Room F**

**Cost is \$5.00 - Lunch included**

**Led by Margo Hayes, MSW**

Sign-up in the Bookshop TODAY Sunday, January 10.

## Coming Up

### MLK March for the Dream

**Monday, January 18**

Trinity will be participating in this event that begins at Sacramento City College and culminates at the Sacramento Convention Center. Please visit the following website for further information on directions, parking, etc. <http://www.mlk365.org/#march>

Trinity participants will gather near the stage set up not far from the parking structure between 8:30 and 9:00 am. Look for our banner. Hope to see you there. Contact Susan Hotchkiss - [susan\\_hotchkiss1@hotmail.com](mailto:susan_hotchkiss1@hotmail.com) if you have any questions.

### Sacred Conversations Around Race: Listen for a Change

**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](mailto:pamela@trinitycathedral.org)) or Rev. Steve Skiffington ([deaconskiff@gmail.com](mailto:deaconskiff@gmail.com)).

## CATHEDRAL BOOKSHOP

**All Christmas items 30% off!**

Store hours are:

Tu-Th: 11:00am - 5:00pm; Sun: 8:30am - 1:00pm

Contact us at 916-442-9194 or [bookshop3@gmail.com](mailto: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](mailto:kfdsac@att.net) or Randie Strike at 203-7586 or [randie.trinity@gmail.com](mailto:randie.trinity@gmail.com)

## 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](mailto: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](mailto:chris@sanft.org)

### Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—[pamela@trinitycathedral.org](mailto: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](mailto: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](mailto:nancy.c.earl@gmail.com)

## THURSDAY NIGHT AT THE CATHEDRAL

**Compline: 6:00pm**

**Dinner: 6:15pm**

**Classes: 7:00pm**

### Classes

**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.

## **DID YOU BRING YOUR COFFEE MUG?**

**We are making progress reducing our environmental footprint with many of you bringing your mugs with lids. Still need one? TREE now has them for sale!! Stop by the TREE table to buy one then add your name to the raffle jar.**

## 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# \_\_\_\_\_