



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 12

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

TUESDAY 13

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

WEDNESDAY 14

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

THURSDAY 15

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

FRIDAY 16

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 17

SUNDAY 18

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Parenting Matters
10:15am Christian Metaphysics
10:15am Newcomer's Group
10:15am 30/40's and Beyond
11:15am Holy Eucharist
12:45pm Holy Eucharist
3:00pm Growing in Faith

The Office will be closed on
Monday, January 19
in observance of the
Martin Luther King, Jr.
Holiday

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 18, 2015

The Second Sunday after the Epiphany

1 Samuel 3:1-10(11-20)
Psalm 139:1-5, 12-17
1 Corinthians 6:12-20
John 1:43-51

TODAY @ TRINITY—JANUARY 11, 2015

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.

30/40's and Beyond — Conference Room

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

Newcomers' Group — Cathedral

The group will Tour the Cathedral.

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

Crochet / Knitting Group — Great Hall

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

This Week

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

Coming Up

Choir Festival Evensong

Saturday, February 7 at 4:00pm

Join us as the Twenty-Eighth Diocesan Choir Festival comes to an end with a beautiful evensong conducted by our festival conductor Dr. Jeffrey Benson.

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.

Rare Fine Art Bible

Sunday, February 22 at 10:15

Trinity Cathedral is pleased to announce a program featuring The Saint John's Bible Heritage Edition. Brad Neary, Heritage Program Director, will provide a presentation on The Saint John's Bible project. One of the seven Heritage Edition volumes, Gospels and Acts, will be on display during the session. Mr. Neary will also host a more informal "open house" following the 11:15am service in the Great Hall during which the volume will be on display.

Date Change for Parish Dinner and Annual Meeting

Sunday, February 22

The Parish Dinner is at 6pm in the Great Hall before the Annual Meeting. Plan to join in for wonderful food and companionship. You will not believe the creativity in the gorgeous table decorations! Contact is Candace Miller (candaceMiller@comcast.net)

Vestry Nominations

It is time for the members of Trinity Cathedral to select Vestry representatives, who discern the mission of the Cathedral today and in the future, and set goals and priorities to support its mission. The Vestry also is responsible for the Cathedral having the necessary funds, and necessary and appropriate physical assets, to accomplish its mission. Please consider this opportunity to serve.

See <http://www.trinitycathedral.org/resources/vestry-duties> for the Cathedral's job description for a Vestry representative, and <http://www.trinitycathedral.org/resources/vestry-nomination-form-2013> for the format to apply. Contact Senior Warden Kevin Donohue at KFDSAC@att.net or Loren Weatherly at loren.weatherly@gmail.com if you have questions. Completed applications must be submitted to the Cathedral Office by January 19.

Small Group Leaders Training

We have some very exciting news! During the season of Lent, we will give you the opportunity to join a small group for six weeks. In a recent survey at the Cathedral, there was a high priority for small groups and for building relationships in our church community and here is your chance to participate. We will kick off our small groups with Matthew Fox who will speak at the cathedral on Friday, February 20 at 7pm and then you can sign up for a small group which is most convenient to your schedule. As we prepare for this time together we are asking for small group leaders to participate in a required training day on **Saturday, January 24th from 8:30am-noon**. The training is free and we will gather in the Assembly Area. Our trainers will be the Rev. Megan Anderson and the Rev. Kathy Hopner. If you are interested in signing up, please RSVP with the office. If you have further questions about the program, please contact Rev. Dr. Pamela Anderson at pamela@trinitycathedral.org and she would be happy to speak with you. We look forward to our time together as we strengthen our relationships and faith.

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.

Ongoing

Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—pamela@trinitycathedral.org

Writing Group –Thursdays, 4:30pm.

Anyone who would like to write in an informal setting is welcome. Writing prompts are offered, we write for 20 minutes, then share what emerges or not, as the spirit moves. Contact: June Gillam - jgillam@wavecable.com.

Trinity Men's Group Breakfast

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

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year**, 12:30-2:30pm. For more information contact Rev. Kathy Hopner at 930-8027

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. Contacts are Nancy Earl nancy.c.earl@gmail.com or Shelley Mydans smydans@gmail.com.

THURSDAY NIGHT AT THE CATHEDRAL

6:00pm—Compline

6:15pm—Dinner (\$7)

7:00pm – Classes

Jesus, Galilee, Palestine

Facilitator: The Rev. Randy Knutson
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.

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

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 and Friends, Gender Identity and Youth, Schools and Transgender Youth, Transgender Military life. Guest speakers and facilitators will change each week.

E-Squared

Facilitator: Vaughn Wolff
"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!

Contact is the Rev. Pamela Anderson
(pamela@trinitycathedral.org)



Altar 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# _____