



# 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 14

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

### TUESDAY 15

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
6:30pm Vestry Meeting

### WEDNESDAY 16

9:00am Holy Eucharist  
10:00am Mom's, Pop's and Tot's  
12Noon NA Meeting  
6:00pm Wednesday Community Dinner  
6:30pm TREE  
7:00pm Cathedral Choir Rehearsal  
7:00pm Bell Choir Rehearsal

### THURSDAY 17

12Noon Centering Prayer  
12Noon NA Meeting  
12Noon Lunch Bunch  
4:30pm Writing Group  
5:45pm Holy Eucharist  
6:15pm TNAC Dinner  
7:00pm TNAC Classes

### FRIDAY 18

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 19

5:10pm Holy Eucharist

### SUNDAY 20

7:30am Holy Eucharist  
9:00am Holy Eucharist  
9:00am Family Service  
10:15am 30/40's and Beyond  
10:15am Newcomer Group  
11:15am Holy Eucharist  
11:15am Choristers Rehearsal  
12:45am Holy Eucharist  
4:00pm Growing in Faith

### Pastoral Emergencies:

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

### Lessons for January 20, 2013

*The Second Sunday after the Epiphany*

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

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

**Parking for people with disabilities** is provided on Sundays. Enter on Trinity Cathedral Lane and park behind the Great Hall.

**LARGE PRINT lessons and announcement sheets are available from an Usher.**

## TODAY @ TRINITY—JANUARY 13, 2013

Newcomers recognized at the 9:00 am service

Baptisms at the 11:15 am Service

### Have you lost it? We may have found it!

There will be two tables set up in the Great Hall this weekend with lost items looking for their owners. One table is for kitchen "stuff"; the other is for all sorts of "stuff." What isn't claimed will be donated to various charities.

### Super Bowl PIZZA Returns: 2011 Prices!

**Please support Trinity's Episcopal Youth Fellowship summer mission team by ordering pizza January 13, 20 and 27th.** Look for our table in the Great Hall. This year we are offering five kinds of pizza rolled back to 2011 prices so you can buy more, more, more! We will be offering cheese, pepperoni and vegetable pizzas for \$10 each and combination and meat lover's pizzas for \$12. Pizzas will be hand-crafted by our youth and ready for pick-up on Super Bowl Sunday, February 3rd, all morning.

## Activities for Youth & Adults at 10:15am

### Newcomers' Group

**Newcomers will not meet TODAY.**

The next Newcomer Group will begin on January 20<sup>th</sup> at 10:15 AM in Room C off the Great Hall. We will begin with introductions. Everyone is invited to join us. If you have questions contact Randie Strike at email [randie.trinity@gmail.com](mailto:randie.trinity@gmail.com) or phone 916-446-2513 or cell 916-203-7586.

### Sunday Morning Bible Challenge—Assembly Area

The 30/40s and Beyond is hosting a Sunday morning Bible Challenge group for all adults. Join us today for our first gathering of this new study. Questions? Amy Dierlam-dnarock@pacbell.net or 601-1699.

### Dean's Forum on the Homeless Part 2

**10:15am in the Cathedral**

## Later Today

### Safe Church Training

**Sunday, January 13, 1:00pm in the Assembly Area**

Child Abuse Training for all who work with children. Contact Nancy Tennyson (446-2513 or [nttennyson@gmail.com](mailto:nttennyson@gmail.com)) if you plan to attend.

### Growing in Faith

**Rooms A and B, 4:00pm**

Growing in Faith is a program to prepare adults for Baptism, Confirmation or Formal Reception into the Episcopal Church. If you would like to focus on developing your journey in faith, join us. Contact is Michelle Jackson - [astraeus@accessbee.com](mailto:astraeus@accessbee.com)

## Next Sunday

### Bible Challenge Discussion Group

Begins January 20 and will meet on the 1st and 3rd Sundays at 10:15 in the Assembly Area.

### CATHEDRAL BOOKSHOP

40% Off Selected Christmas Items.

Tue, Wed, Thur: 11:00am - 5:00pm  
Fri: 11:00am - 4:00pm; Sun: 8:30am - 1:00pm

Phone: 916-442-9194

## Coming Up

### One-time Volunteer Effort

Hands On Sacramento needs volunteers for a homeless count on **January 24**. Training is required. If you are interested, see their website: [www.handsonsacto.org](http://www.handsonsacto.org).

### Want to share your outreach ministry?

If you are involved in an outreach ministry that you would like to share with others at Trinity Cathedral, volunteer to help staff the Outreach Ministry Fair on **February 3**. You would need to be available to share information and answer questions with individuals in the Great Hall--no public speaking. Contact Deacon Virginia at 916-444-0720 or [virginiamcneely@msn.com](mailto:virginiamcneely@msn.com).

### Women's Lenten Retreat - March 8-10

This year's retreat will be based on a new devotional book ***The Song Forever New: Lent and Easter with Charles Wesley***. The retreat will be at the Mercy Retreat Center in Auburn and co-led by Rev. Anne McKeever and Canon Lynell Walker. Registration forms will be available in the bookstore beginning Sunday, January 13<sup>th</sup>. Registration is limited to 40 and the deadline is February 10<sup>th</sup>. Questions contact Jackie McGrath: 712-6561, [jackiewmcgrath@gmail.com](mailto:jackiewmcgrath@gmail.com).

### We are still in need of Ushers

One Usher needed for Second Sunday at 11:15 AM  
Two Ushers needed for Fifth Sunday at 9 AM  
Three Ushers needed for Fifth Sunday at 11:15 AM  
The fifth Sunday Team only services 4 times a year.  
If you are interested in becoming an Usher contact Kevin Donohue at 916-265-3806 or Randie Strike at 916-446-2513 or 916-203-7586.

## Ongoing

### Lunch Bunch

**Thursdays, noon to 1:30pm in the Assembly Area**

Please bring your Bible to begin our discussion of the Bible Challenge readings. Contact is Rev. Anne—[amckeever@wavecable.com](mailto:amckeever@wavecable.com)

### Writing Group

**Thursdays from 4:30 to 6 p.m.**

Everyone is welcome to join us on in the Conference Room. We will write to a prompt and share what we choose of our writing with the group. Contact is Rev. Anne at [amckeever@wavecable.com](mailto:amckeever@wavecable.com).

### Centering Prayer

**Tuesdays, 6-7pm in the East Transept**

**Thursdays, Noon - 1pm in the East Transept**

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contact Sally Smith [sally1369@comcast.net](mailto:sally1369@comcast.net) or Shelley Mydans [smydans@gmail.com](mailto:smydans@gmail.com) for further information. All are welcome.

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

## Thursday Night at the Cathedral

**Holy Eucharist: 5:45pm**

**Dinner: 6:15pm—Classes: 7:00pm**

### Classes:

**GMO Discussion (last meeting)** at 7:00pm in Room J, the Trinity Respecting Earth & Environment (TREE) Committee hosts a discussion on Genetically Modified Organisms (GMO's). The discussion Includes video clips from *Genetic Roulette* and other points of view.

**Beginning January 17** in the Conference Room: Rev. Anne McKeever offers a four-week group on **Anne Lamott's latest book, *Help Thanks Wow: The Three Essential Prayers***. E-mail Anne at [amckeever@wavecable.com](mailto:amckeever@wavecable.com) to join the group. The book is available for sale in the Cathedral Bookshop. Two copies of the book are available as "loaners" to participants who ask to reserve a book to borrow.

**Beginning January 17** in Room F, Canon Lynell Walker will facilitate: **Understanding How We Worship** based on Dr. Ian S. Markham's book *Liturgical Life Principles: How Episcopal Worship Can Lead to Healthy and Authentic Living*. In clear, accessible language, Markham demonstrates how the liturgy of the Episcopal Church can enable us to cope more effectively with the stresses and strains of modern life. Books are available at the Cathedral Bookshop.

**Beginning January 17** in Room A, **Trinity Roots:** A series of presentations by members of Trinity Cathedral about themselves and their family heritage that represent the American experience and reflect American history at different times.

**January 17:** Rosemary Braxton on her grandfather's experience in WWII as well as founding the Urban League in Atlanta.

**January 24:** Ed Stupka on his memoirs growing up in a coal mining town in Pennsylvania and coming from a family of eastern European immigrants.

**January 31:** Kevin Sanders on his father's American Indian background and experience in the South Pacific as an infantry soldier in WWII and excerpts from his letters home about war and family.

**February 7:** Xanthi Pinkerton on her grandfather's and father's experience in WWII in the Philippines, the infamous Bataan Death March and family history flowing from this time period.

**Beginning January 17** in the Bookshop, **Power Through Constructive Thinking** by Emmet Fox, presented by Vaughn Wolff. Emmet Fox, a Roman Catholic who became an ordained a minister of Divine Science, wrote *A Sermon on the Mount* in 1934 on Jesus' teachings that became a practical guide for recovery. While our class is not about alcoholism and recovery, we will study Dr. Fox's writings, beginning with *Power Through Constructive Thinking*, to find inspiration that can be applied to solve practical problems. Today people continue to be attracted to the principles found in the New Thought movement that has its roots in the early to mid 1800s. God, the Universal Power that is rightfully ours, "is the real source of all things that exists" and that is the meaning of true prosperity.

**Beginning January 17**, a Bible Challenge discussion group will meet in the Assembly Area.

### Bible Challenge

**Group lists, sign up sheets, Bookmarks and Bible Challenge for Families are available at the Welcome Center**