



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 16 - MLK HOLIDAY
CAMPUS CLOSED**

TUESDAY 17

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

WEDNESDAY 18

10:00am Moms, Tots and Pops
12Noon NA Meeting
12:10pm Holy Eucharist
3:00pm Dementia Caregiver Support Group
7:00pm Cathedral Choir Rehearsal

THURSDAY 19

12Noon NA Meeting
12Noon Centering Prayer
12Noon Lunch Bunch
3:00pm Writing Group
6:00pm Compline
6:15pm TNAC Dinner
7:00pm TNAC Classes
7:15pm Celebration Choir Rehearsal

FRIDAY 20

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 21

SUNDAY 22

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Newcomer's Group
10:15am Introduction to the BCP
11:15am Holy Eucharist
12:45pm Holy Eucharist
2:00pm Yoga in the Cathedral
3:30pm Journey with Jesus



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.

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

Lessons for January 22, 2017
The Third Sunday after the Epiphany

Isaiah 9:1-4
1 Corinthians 1:10-18
Matthew 4:12-23
Psalm 27:1, 5-13

TODAY @ TRINITY – JANUARY 15, 2017

Super Bowl Pizza Sale!

Pre-order and pay for your pizzas beginning TODAY for Super Bowl Sunday on February 5. Find our table in the Great Hall. All youth are invited to help make pizzas on Saturday, February 4.

Floyd School Fundraiser Tickets on Sale

Our big Fundraiser of the year, **Trips for Kids Dinner and Auction**, is coming February 3. This event will raise money for field trips and sixth grade camp for the students at Floyd School. **Tickets are on sale today in the Great Hall for \$25.**

Activities at 10:15am

Newcomers' Group - Cathedral

The group will tour the Cathedral. ALL are welcome to join us!

Contact is Randie Strike: randie.trinity@gmail.com; 916-446-2513

Sunday Adult Study - Room A

An Introduction to the Book of Common Prayer, is facilitated by Canon Lynell Walker and Canon Tina Campbell.

Later Today

Free Yoga In the Cathedral is Still Happening!

Today and every Sunday at 2pm through JANUARY!

The classes will be accessible to a variety of levels, ages, and abilities. Free will cash donations accepted to support the wonderful Sole-fire Yoga Instructors partnering with us to make this offering possible. If you have questions, contact Rev. Megan: Megan@trinitycathedral.org

JOURNEY WITH JESUS - Assembly Area

Will meet today at 3:30pm. JOURNEY WITH JESUS is a Bible study of the Gospel passage of the Sunday, the passage we hear during the morning Mass. All are welcome! A New Year's resolution: Focus on the Gospels ... Check out JOURNEY WITH JESUS! Contact Jerry Paré (jpare@trinitycathedral.org; 916-930-8032) for more information.

This Week

MLK March

The annual Martin Luther King march will take place tomorrow, January 16. Some folks from Trinity Cathedral will be marching and if you would like to join us, we will gather at the corner of Freeport Blvd. and 13th Street at 8:45am. We will meet across the street from Sacramento City College and march to the state capitol. If you want to catch up along the parade route, call Pastor Pamela at 916-607-2026. See you all then!

Lunch Bunch Resumes

Beginning January 19 at Noon, the Lunch Bunch will be discussing Richard Rohr's foundational book *Everything Belongs*. The weekly discussions will progress chapter by chapter and will be facilitated by Kay Skonieczny. Please join us! The book is available in the Bookshop.

TNAC: The Spirituality of Letting Go Thursday, January 19 at 7:00pm

Please join us for a thoughtful discussion about **Letting Go**. This tiny two letter verb wields incredible power, encouraging us to move, make a decision, race to the finish line. Placing **Letting** in front of it allows us to access a deeper meeting, giving us permission to become people who let God lead us, instead of relying on our willful attempts to control our world and God. How I wish this could be easier for me! Let's come together and explore how we can let go, with love. Please use this link: <https://cac.org/spirituality-letting-go-week-1-summary-2016-09-03/> to access the six daily meditations prior to the discussion. They are developed by Richard Rohr, OFM, the founder of the Center for Action and Contemplation. ~ ~ Eileen Harvey

CATHEDRAL BOOKSHOP

Sale! Sale! Sale!

40% off all Christmas items and cards in the Bookshop!!!

Come and save on 2017's Christmas

Store hours are:

Tu-Th:11:00am - 5:00pm;

Sun: 8:30am - 1:00pm

Contact us at 916-442-9194 or bookshop3@gmail.com

Having Trouble With Your Parking Garage Card?

If your Trinity garage card is not allowing you access in the evenings or on Sundays, please contact Jerry Paré (jpare@trinitycathedral.org; 916-930-8032). You may see a notice of "Card Expired" in the gate LED. Jerry needs your name and the three-digit number on your card. If the number is worn off, please at least provide your name. Thank you!

Coming Up

Kacei Conyers Ordination

ALL are invited to Kacei Conyers ordination to the Sacred Order of Priests at Trinity Cathedral on Friday, January 27 at 7:00pm. Your prayers and presence are requested.

If able, please bring finger food for the reception following, and if you can help with reception set-up or serving, please email the Hospitality team via du-gongs@sbcglobal.net.

Contact Information:

If you have moved or changed your phone number or email address please contact Randie Strike at 916-446-2513 or by e-mail at randie.trinity@gmail.com to update your contact information in the church database.

Ongoing

Traveling Bible Study and Spirituality Group

Trinity young adults (20s-30s) meet twice a month on Sunday afternoons for lunch, fellowship, and bible study around town. To join the email list, email Rev. Megan at megan@trinitycathedral.org

Veterans Swapping Stories

The first Sunday at 10:15am in Room F. 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, 3pm

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

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every Sunday **during the school year** at 10:15am. Contact: Rev. Kathy Hopner at 930-8027

THURSDAY NIGHT AT THE CATHEDRAL

6:00 pm - Compline
Dinner and classes will resume
on January 12

Classes Beginning January 12

- * **Susan Hotchkiss will lead a class entitled *The Gnostic Gospels* in the Book Shop.**
- * **Join us for group discussions on four topics from the meditative writings of Richard Rohr, OFM, facilitated by members of Trinity's Adult Spiritual Formation team and a guest facilitator from St. Francis of Assisi Parish. **The schedule and topics follow; references to the readings for each evening are included in parentheses. The readings are easily accessed by going to cac.org/category/daily-meditations/ and finding links in the 2016 archive. Please read these short reflections beforehand so as to enhance that evening's discussion.** (Also, each topic discussion is a distinct entity, so you can attend as many, or as few, as you'd like.)**
- ◇ **January 12--**"Franciscan Spirituality: Simplicity" (October 4 through October 7, 2016). Facilitator: Kay Skonieczny.
- ◇ **January 19--**"The Spirituality of Letting Go" (August 28 through September 9, 2016). Facilitator: Eileen Harvey.
- ◇ **January 26--**"Embracing the Shadow" (July 10 through July 15, 2016). Facilitator: Bruce Roy.
- ◇ **February 2--**"Community" (April 17 through April 22, 2016). Facilitator: Dennis Hock.

For more information about Adult Spiritual Formation at Trinity Episcopal Cathedral, please contact:
The Rev. Dr. Pamela Anderson:
Pamela@trinitycathedral.org or 916/446-2513

Needed for Floyd School

Healthy snacks for
Snack Pack Program
and clothing for children.

Cathedral Flower Donation

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

Sign up on the Cathedral Flowers Calendar,
then submit this form and contribution
(make check payable to "Trinity Cathedral"
with 'Flowers' on the memo line) to:

Trinity Cathedral Flowers, 2620 Capitol Ave, Sacramento, 95816

Note: The adornment during Advent and Lent do not include flowers.

Date requested _____ **(allow 3 weeks for processing).**

In Thanksgiving for: _____

In Memory of: _____

From: _____ **Phone#** _____