



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 19 OFFICE CLOSED

TUESDAY 20

12Noon NA Meeting
12:10pm Holy Eucharist
5:30pm T-ACT
6:00pm Centering Prayer

WEDNESDAY 21

9:00am Holy Eucharist
10:00am Moms, Pops and Tots
10:30am Dementia Caregivers Support
12Noon NA Meeting
6:00pm Wednesday Community Dinner
6:30pm TREE
7:00pm Cathedral Choir Rehearsal

THURSDAY 22

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 23

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 24

8:30am Small Group Leaders Training

SUNDAY 25

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Dean's Forum: Parish Survey
10:15am Christian Metaphysics
10:15am Newcomer's Group
10:15am 30/40's and Beyond
11:15am Holy Eucharist
12:30pm EYF
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 25, 2015
The Third Sunday after the Epiphany

Jonah 3:1-5, 10
Psalm 62: 6-14
1 Corinthians 7: 29-31
Mark 1:14-20

TODAY @ TRINITY—JANUARY 18, 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

The current group is being recognized today at the 11:15am service. A new group begins next Sunday in Room C.

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

A Walk on the Wild Side – Assembly Area

Join Rev. Kathy Hopner for **"A Walk on the Wild Side"** – a three week conversation on adolescence for all adults with teens or tweens in their lives. Beginning this Sunday, January 18th, and continuing on the two following Sundays – January 25th and February 1st, we'll look at the joys, challenges, and risks of adolescence, explore some helpful strategies, and share our experiences.

Pizza Sales:

It's that time of year again – Super Bowl Time! Here at Trinity that means it's also pizza time! The Episcopal Youth Fellowship (EYF) is raising money for our mission trip and outreach work. Come to the Great Hall after services on January 18th and 25th to order your pizza for pickup on Sunday, February 1st. We have all the great pizzas you enjoyed last year, but we have added a garlic appetizer pizza and a yummy cinnamon sugar dessert pizza. We are also offering a couple of specials, so come by our table in the Great Hall to check them out! We make them – you take and bake them!

Garlic Appetizer pizza, cheese, veggie, and dessert pizza - \$12.00
Pepperoni, garlic chicken, meat lovers, and combo - \$15.00

This Week

Small Group Leaders Training

Saturday, January 24, 8:30am-Noon in the Assembly Area

During the season of Lent, you will have 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. As we prepare for this time together we are asking for small group leaders to participate in a required training day on **January 24**. 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. We look forward to our time together as we strengthen our relationships and faith.

Next Sunday

Dean's Forum

Sunday, January 25 at 10:15am in the Cathedral

Dean Baker will present a summary of the parish survey that was conducted this past summer.

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.

More Coming Up

Shrove Tuesday Shindig

Tuesday, February 17, 5:30-7:00pm

Get your beads out and Mardi Gras hats on. Trinity Cathedral's Men's Group is sponsoring the Shrove Tuesday/ Mardi Gras Shindig on February 17. Be prepared to have the best gourmet pancakes and New Orleans red beans and rice ya'll ever had. The whole family can eat for a paltry \$12 or \$5 per person (really??? YES really). Come on down. The party starts at 5:30 and ends at 7:00pm sharp in the Great Hall. Get there early before all the gators eat everything up.

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: \$12.00 at the Cathedral Bookshop.

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 candaceCmiller@comcast.net)

Rare Fine Art Bible

Sunday, February 22 at 10:15

Trinity Cathedral will host 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. There will also be a more informal "open house" following the 11:15am service in the Great Hall during which the volume will be on display.

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 www.trinitycathedral.org/resources/vestry-duties for the Cathedral's job description for a Vestry representative, and 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.

We Need Ushers!!

Two ushers for the 9:00 service
on the 2nd Sunday
and

Two ushers for the 11:15 service
on the 2nd Sunday

Please contact Randie Strike:
randie.trinity@gmail.com or
916-446-2513

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.

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.

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.

Trans 101

Bring your honest questions and your open mind and heart to this series of 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.

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.

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, then share our writing or not. 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** at 12:30pm. 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. Contact: Nancy Earl at nancy.c.earl@gmail.com

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# _____