



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 21 OFFICE CLOSED—MLK DAY

5:45pm Holy Eucharist

TUESDAY 22

12Noon NA Meeting
12:10pm Holy Eucharist
4:00pm Bible Challenge Group
5:30pm Executive Committee
6:00pm Centering Prayer
7:00pm Trinity-ACT

WEDNESDAY 23

9:00am Holy Eucharist
10:00am Mom's, Pop's and Tot's
12Noon NA Meeting
3:00pm Bible Challenge Group
6:00pm Wednesday Community Dinner
7:00pm Cathedral Choir Rehearsal
7:00pm Bell Choir Rehearsal

THURSDAY 24

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
7:00pm Celebration Choir Rehearsal

FRIDAY 25

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 26

11:00am Canon Winnie Gaines Retirement Celebration
4:00pm Bible Challenge Group
5:10pm Holy Eucharist

SUNDAY 27

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 27, 2013

The Third Sunday after the Epiphany

Nehemiah 8:1-3, 5-6, 8-10
Psalm 19
1 Corinthians 12:12-31a
Luke 4:14-21

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 20, 2013

Family Service TODAY — 9am in the Great Hall

Super Bowl PIZZA Returns: 2011 Prices!

Please support Trinity's Episcopal Youth Fellowship summer mission team by ordering pizza January 20 and 27th. Look for our table in the Great Hall. This year we are offering six 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, garlic chicken 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—Room C

A new group begins today with Introductions.

If you have questions contact Randie Strike at email 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** group offers a Sunday morning Bible Challenge group for all adults. Questions? Amy Dierlam-dnarock@pacbell.net or 601-1699.

11:15am—Bible Challenge Discussion Group

In the Conference Room: Facilitated by Vaughn Wolff. Meets today and will meet on the 1st and 3rd Sundays at 11:15.

Later Today

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

This Week

The Trinity Office is closed on Monday, January 21, in honor of the The Rev. Dr. Martin Luther King, Jr. The Cathedral will be open for the 5:45 p.m. Eucharist on Monday.

Bible Challenge Groups facilitated at the Cathedral by Canon Walker and Carol Savoie will NOT meet January 21.

The Bible Challenge group hosted by Deacon Virginia McNeely in her home will meet on January 21 at 7 p.m.

The Trinity Cathedral Family Celebrates The Retirement of

The Reverend Canon Dr. Winifred Gaines

Saturday, January 26 at 11:00 am

at 2620 Capitol Avenue, Sacramento

**Reception Following in the Great Hall
Finger Food Requested**

A Special offering to support
The Winnie Gaines Scholarship Fund for Pastoral Care
will be taken in Canon Gaines' honor.

CATHEDRAL BOOKSHOP

40% Off Selected Christmas Items.
Gently used costume jewelry—\$3.00

Tue, Wed, Thur: 11:00am - 5:00pm
Fri: 11:00am - 4:00pm; Sun: 8:30am - 1:00pm
Phone: 916-442-9194

Coming Up

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.

Sacramento Baroque Soloists Concert

Friday, February 8 at 7:30pm

Tickets are available at the Cathedral Bookshop.
\$25 Regular; \$15 Students and Seniors

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 13th. Registration is limited to 40 and the deadline is February 10th. Questions contact Jackie McGrath: 712-6561, jackiewmcgrath@gmail.com. (No need to buy the book).

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

Writing Group

Thursdays, 4:30 to 6 p.m. in the Conference Room

Everyone is welcome to join us. 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.

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 or Shelley Mydans smydans@gmail.com for further information. All are welcome.

Thursday Night at the Cathedral

Holy Eucharist: 5:45pm

Dinner: 6:15pm—Classes: 7:00pm

Dinner:

January 24: Gumbo by Chef Randy Cheek

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.

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 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.

In Room I, 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.

In Room F, 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 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.

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.

In the Assembly Area, a Bible Challenge discussion group facilitated by Randy Knutson and Rhonda Canby.

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# _____

Bible Challenge

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