



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 23

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

TUESDAY 24

12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
7:00pm Vestry Meeting

WEDNESDAY 25

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

THURSDAY 26

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 27

9:00am Holy Eucharist
12Noon NA Meeting
7:00pm Kacei Conyers Ordination

SATURDAY 28

9:00am Choir Festival
4:00pm Choir Festival Evensong

SUNDAY 29

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Spiritual Journey Group
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 29, 2017
The Fourth Sunday after the Epiphany

Micah 6:1-8
1 Corinthians 1:18-31
Matthew 5:1-12
Psalm 15

TODAY @ TRINITY – JANUARY 22, 2017

Super Bowl Pizza Sale!

Pre-order and pay for your pizzas 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.

Trips for Kids Tickets on Sale

Our big Floyd School 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 - No meeting today.

A new group will begin next Sunday, January 29.

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.

Spiritual Journey Group - Conference Room

Focusing on the Present for 2017 - Join us for this Epiphany Series starting TODAY. We will share techniques and discuss ways we can focus on the present moment amidst what is going on around us. Contact is Amy Dierlam dnarock@pacbell.net

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

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 be a host for the reception (e.g., set-up and/or serving), please email the Hospitality team via dugongs@sbcglobal.net ASAP. Thanks!

James Walker to conduct the Thirtieth Annual Diocesan Choir Festival

On **Saturday, January 28th**, Trinity Cathedral is pleased to host Canon James Walker, who is Director of Music at All Saints Episcopal Church in Pasadena. Canon Walker will work with the Diocesan Festival Choir during the day, and we will conclude with a service of **Choral Evensong in the Cathedral at 4:00 pm, to which all are invited!** He has selected music by Iain Quinn, Charles V. Stanford, and Craig Phillips for the day.

James Walker has been Director of Music at All Saints in Pasadena since 1991, and his music program is legendary for its excellence. A wonderful day is planned for all singers in attendance, and we hope to see you at the concluding service of Evensong!

CATHEDRAL BOOKSHOP

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

Floyd School "Trips for Kids" Benefit Dinner and Auction

**Friday, February 3 at 6:00pm
at Trinity Cathedral**

Help give the Floyd School students the opportunity to go on field trips to enrich their lives and broaden their views of the world.

Diners will be entertained by the band "Quiet" and the auction includes four park-hopper Disneyland tickets.

Tickets are \$25 person and are available in the Cathedral Bookshop and on Sundays in the Great Hall or call 916.442.9194 to order over the phone and pick up at will call on February 3rd.

Needed for Floyd School

Healthy snacks for
Snack Pack Program
and clothing for children.

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
6:15pm - Dinner
7:00pm - Classes**

- * **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

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.

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#** _____