



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 26

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

TUESDAY 27

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

WEDNESDAY 28

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

THURSDAY 29

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 30

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 31

SUNDAY FEBRUARY 1

TRINITY LIBRARY OPEN

7:30am Holy Eucharist
9:00am Holy Eucharist
9:00am Family Service
10:15am Sunday School
10:15am Christian Metaphysics
10:15am Newcomer's Group
10:15am 30/40's and Beyond
11:15am Holy Eucharist
12:45pm Holy Eucharist
3:00pm Growing in Faith

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

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 February 1, 2015 *The Fourth Sunday after the Epiphany*

Deuteronomy 18:15-20
Psalm 111
1 Corinthians 8:1-13
Mark 1:21-28

TODAY @ TRINITY—JANUARY 25, 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

We will join the Dean's Forum in the Cathedral. To hear the results of the survey taken this past summer.

Contact: Amy Dierlam at dnarock@pacbell.net

Newcomers' Group — Room C

A new group begins today.

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". This conversation about life with teens will continue this Sunday, January 25th and Sunday, February 8th at 10:15 in the Assembly Area. We will not meet on February 1st due to our First Sunday Family Service with Brunch and Art.

Dean's Forum — The Cathedral

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

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 to order your pizza for pickup on Sunday, February 1. 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

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.

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.

More Coming Up

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, March 8 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.

Military Veterans

My ministry at Trinity is to develop and support our veterans. Now that the holidays are over and things are settling down a bit I would like to start by gathering information for a Veterans Roster of name, address, phone, rank, branch of service, years of service, combat years. After the Roster is developed I would like to begin home visits for those who would enjoy that or are not able to travel and eventually having a scheduled weekly time for veterans to gather and visit with each other.

Please submit your roster information by email at diana.turner15@yahoo.com

Blessings, The Rev. Diana Turner

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 BOOKSHOP



**Valentine's Day
is coming!**

**Pick up your greeting cards while
our selection lasts.**

Store hours are:
Tu-Th:11:00am - 5:00pm; Sun: 8:30am -
1:00pm

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



Giving Blood?

Blood Source has a Trinity Cathedral account. Please donate to our account.

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.

**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# _____