



# 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 28

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

### TUESDAY 29

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

### WEDNESDAY 30

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

### THURSDAY 31

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 FEBRUARY 1

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 2

5:10pm Holy Eucharist

### SUNDAY 3 OUTREACH MINISTRY FAIR TRINITY LIBRARY OPEN

7:30am Holy Eucharist  
9:00am Holy Eucharist  
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 February 3, 2013

*The Fourth Sunday after the Epiphany*

Jeremiah 1:4-10  
Psalm 71:1-6  
1 Corinthians 13:1-13  
Luke 4:21-30

**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 27, 2013

### Super Bowl PIZZA Returns: 2011 Prices!

**Please support Trinity's Episcopal Youth Fellowship summer mission team by ordering pizza TODAY.** 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

**The group will watch and discuss the video "Welcome to the Episcopal Church"**

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.

### 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 - astraesus@accessbee.com

### Next Sunday

#### Outreach Ministry Faire

All morning in the Great Hall

**Come see how you can get involved!**

#### Bible Challenge

Register to receive e-mail updates about the Bible Challenge by sending your email address to Rev. Anne at amckeeper@wavecable.com

#### Bible Challenge Meditation Books

Due to a computer problem at Forward Movement the Bookshops order was not processed and they are currently out of inventory. Forward Movement has put a rush on our order and the books are expected the first week of February.

Bible tabs, ribbons and Bible bags are available in the Bookshop.

#### Bible Challenge

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

## Coming Up

### Evensong and Candlemas Procession

**Thursday, February 7th at 6:00 pm**

The Trinity Cathedral Choir will sing our monthly service of Choral Evensong, preceded by a Candlemas procession from the Cathedral courtyard. The service will include music by T. Tertius Noble and Iain Quinn, and will conclude with the stunning anthem "O Nata Lux" by Morten Lauridsen. Please join us for this beautiful and unique service!

### Sacramento Baroque Soloists Concert

**Friday, February 8 at 7:30pm**

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

### Shrove Tuesday Pancake Supper

February 12, 5:30-7:00pm

### Ash Wednesday Services

February 13 at  
6:30am, 9:00am, 12:10pm,  
4:00pm (for children) and 5:45pm

### 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 13<sup>th</sup>. Registration is limited to 40 and the deadline is February 10<sup>th</sup>. 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 for our discussion of the Bible Challenge readings. Contact is Rev. Anne—[amckeeper@wavecable.com](mailto:amckeeper@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 [amckeeper@wavecable.com](mailto:amckeeper@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](mailto:sally1369@comcast.net) or Shelley Mydans [smydans@gmail.com](mailto:smydans@gmail.com) for further information. All are welcome.

## 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# \_\_\_\_\_

## Thursday Night at the Cathedral

**Holy Eucharist: 5:45pm**

**Dinner: 6:15pm—Classes: 7:00pm**

**Dinner:**

**January 31:**

**Chef Ron Waddell prepares  
an All-American dinner**

**Classes:**

**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 [amckeeper@wavecable.com](mailto:amckeeper@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 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 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.

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

### 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