



# 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 30

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

### TUESDAY 31

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

### WEDNESDAY FEBRUARY 1

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

### THURSDAY 2

12Noon NA Meeting  
12Noon Centering Prayer  
12Noon Lunch Bunch  
3:00pm Writing Group  
6:00pm Evensong  
6:15pm TNAC Dinner  
7:00pm TNAC Classes  
7:15pm Celebration Choir Rehearsal

### FRIDAY 3

9:00am Holy Eucharist  
12Noon NA Meeting  
6:00pm Trips for Kids Dinner & Auction

### SATURDAY 4

10:00am Women's Potluck Brunch

### SUNDAY 5

7:30am Holy Eucharist  
9:00am Holy Eucharist  
9:00am Family Service  
10:15am Sunday School  
10:15am Spiritual Journey Group  
10:15am Newcomer's Group  
10:15am Veterans Meeting  
11:15am Holy Eucharist  
12:45pm Holy Eucharist  
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 February 5, 2017 *The Fifth Sunday after the Epiphany*

Isaiah 58:1-9a, [9b-12]  
1 Corinthians 2:1-12, [13-16]  
Matthew 5:13-20  
Psalm 112:1-9, (10)

## TODAY @ TRINITY – JANUARY 29, 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

#### Dean's Forum - The Cathedral

#### **The Status of the Church**

### Newcomers' Group - Room C

**A new group begins today with Introductions.**

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 - No Meeting

We will not be meeting this week, but will join Dean Baker's forum on the status of the cathedral in the church.

Next week, the 5th of February, we will continue our conversation on centering prayer with Shelly Mydans and others. Contact is Amy Di-erlam - 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.

## 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!

## This Week

### Tuesday Psalms

**Tuesdays, 10-11am, in the Conference Room**

Please join us each Tuesday morning 10:00-11:00am in the Trinity Conference Room to read and discuss the Psalms. We take turns reading them to each other and then discuss what we find familiar, inspiring, disturbing, prophetic, comforting -- the list goes on and on. If you don't feel comfortable reading and discussing, you are invited to sit, listen and absorb all that these ancient hymns have to offer. If you have any questions, contact Susan Hotchkiss [susan\\_hotchkiss1@hotmail.com](mailto:susan_hotchkiss1@hotmail.com).

### 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.

## Coming Up

-- SAVE THE DATE --  
**Women's Retreat**

The annual Women's Retreat will be March 31-April 2. It will be held at the Auburn Mercy Center. The theme will be "Going to the Center." Registration details to come. If you have any questions, contact Rev. Dr. Pamela Anderson: [pamela@trinitycathedral.org](mailto:pamela@trinitycathedral.org)

### 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](mailto: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](mailto:chris@sanft.org)

### Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—[pamela@trinitycathedral.org](mailto: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](mailto: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](mailto: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/](http://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](mailto: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#** \_\_\_\_\_