



# 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 2

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

### TUESDAY 3

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
6:00pm Ministry Team Dinner  
7:00pm Ministry Team Meetings

### WEDNESDAY 4

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 Executive Committee

### THURSDAY 5

12Noon NA Meeting  
12Noon Centering Prayer  
12Noon Lunch Bunch  
4:30pm Writing Group  
6:00pm Evensong  
6:15pm TNAC Dinner  
7:00pm TNAC Classes  
7:00pm Celebration Choir Rehearsal

### FRIDAY 6

9:00am Holy Eucharist  
12Noon NA Meeting  
6:30pm Board Game Night

### SATURDAY 7

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

### SUNDAY 8 HEALING SUNDAY

7:30am Holy Eucharist w/healing  
9:00am Holy Eucharist w/healing  
10:15am Sunday School  
10:15am A Walk on the Wild Side  
10:15am Christian Metaphysics  
10:15am Newcomer's Group  
10:15am 30/40's and Beyond  
10:15am Knitting/Crocheting Group  
11:15am Holy Eucharist w/healing  
12:30pm EYF  
12:45pm Holy Eucharist w/healing

Trinity Library is open today in the Elevator Alcove

### 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 8, 2015 *The Fifth Sunday after the Epiphany*

Isaiah 40:21-31  
Psalm 147:1-12, 21c  
1 Corinthians 9:16-23  
Mark 1:29-39

## TODAY @ TRINITY—FEBRUARY 1, 2015

### Super Bowl Pizza

Pick-up your pre-ordered pizza in the Great Hall.

### 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 — Conference Room

*Complaint Free Living!* We will watch a DVD documentary on this amazing program by Will Bowen and then begin a 21 day commitment to complaint free living. ALL ages welcome! Contact: Amy Dierlam at dnarock@pacbell.net

### Newcomers' Group — Room C

**The group will view and discuss a video.**

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

Will not meet this Sunday due to the First Sunday Family Service. Join us next Sunday, February 8, as we continue this conversation in the Assembly Area.

## This Week

### Choral Evensong and Candlemas Procession

**Thursday, February 5 at 6:00 pm**

The Cathedral Choir will sing our monthly service of Choral Evensong, preceded by a Candlemas procession from the Cathedral courtyard. Please join us for this beautiful and unique service!

### Board Game Night at the Cathedral

**Friday, February 6, 6:30-8:30pm**

Bring yourself, a friend, a game, and/or snacks and we will provide the hall and hilarity! Join in the fun!

### 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.

## Next Sunday

### Usher Meeting

**February 8, 10:15am, Room A**

Ushers are critical for ensuring that all of Trinity Cathedral's members and visitors feel welcomed and comfortable. Recently, the ushers have been requested to alter some of our protocols. Dean Baker will meet with the ushers to go over the new protocols and to answer any questions. If you are not currently an usher, but have an interest in exploring this welcoming ministry, please join us! If you are unable to attend, but have questions, please send them to KFDSAC@att.net. We will make sure we get an answer circulated to everyone.

## Coming Up

### 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.

## More Coming Up

### Matthew Fox on *Original Blessing*

**What:** Matthew Fox Lecture **Where:** Trinity Cathedral

**When: Friday, February 20, 2015:**

6:30pm—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.

### Parish Dinner and Annual Meeting

**Sunday, February 22**

**Dinner sign-up sheets are in the Great Hall.**

Dinner is at 5:30pm 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](mailto:candaceCmiller@comcast.net))

### Family Promise is Looking for Volunteers!

Our Family Promise families return to Trinity on Sunday, March 1. We need volunteers throughout the week for: preparing dinner; hosting in the evening or overnight; fixing breakfast on Saturday morning; laundering bedding after the families leave on March 8, and tow the Family Promise trailer to the next host church, First United Methodist. If you want to know more about the tasks needed for this important ministry, there is a handout available at the church office. You can also contact Eleanor Taniguchi via email at [ehtaniguchi@gmail.com](mailto:ehtaniguchi@gmail.com), or phone 916-708-4295 after 6 p.m.

Signing up is easy! There's a Family Promise sign-up poster in the office hallway just outside of the door to the Great Hall. Just add your name and contact information next to the hour and task you want to volunteer for.

### Small Groups

In the Cathedral survey there was a high level of interest for small groups. As a result a six-week small group series begins February 22 through to Holy Week. We are basing the six-week series on Matthew Fox's book "Original Blessings". It will begin with Fox's speaking engagement on Friday, February 20. The small groups will begin the following week. Groups will be available at varying days and times. Check out what is available at the sign up table in the Great Hall on Sunday February 1, 8 and 15 or call the church office during the week to find out which groups are still open. Contact is Rev. Dr. Pamela Anderson at [pamela@trinitycathedral.org](mailto:pamela@trinitycathedral.org).

### Military Veterans

I would like to start 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 to [diana.turner15@yahoo.com](mailto:diana.turner15@yahoo.com)

## 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](mailto: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](mailto:jgillam@wavecable.com).

### Trinity Men's Group Breakfast

2nd Saturday at 9am in the Great Hall. Contact: Chris Sanft - [chris@sanft.org](mailto: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](mailto: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](mailto:bookshop3@gmail.com)

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