



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 6

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

TUESDAY 7

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

WEDNESDAY 8

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

THURSDAY 9

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

FRIDAY 10

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 11

9:00am Trinity Men's Breakfast

SUNDAY 12

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Spiritual Journey Group
10:15am Newcomer's Group
10:15am Knitting/Crocheting Group
11:15am Holy Eucharist
12:45pm Holy Eucharist
3:30pm Journey with Jesus
5:00pm Potluck Dinner Church

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 12, 2017 *The Sixth Sunday after the Epiphany*

Deuteronomy 30:15-20
1 Corinthians 3:1-9
Matthew 5:21-37
Psalm 119:1-8

TODAY @ TRINITY – FEBRUARY 5, 2017

Pick up Your Super Bowl Pizza

Pick up your pre-ordered pizzas TODAY in the Great Hall.

Activities at 10:15am

Newcomers' Group - Room C

The group will watch and discuss a video.

Contact is Randie Strike: randie.trinity@gmail.com;916-446-2513

Sunday Adult Study - No Meeting

We will resume our final classes beginning Sunday, February 12 at 10:15 in Classroom A. All are welcome to join Rev. Canon Tina R. Campbell and Rev. Canon Lynell Walker in discovering the treasures within this book that so beautifully shapes our church and our lives.

Spiritual Journey Group - Conference Room

We will continue practicing and discussing Centering Prayer with Shelly Mydans. Join us for this contemplative practice!

We will close the doors at 10:25 to respect the nature of this focused practice. Contact is Amy Dierlam - dnarock@pacbell.net

Later Today

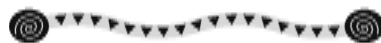
Free Yoga In the Cathedral is Still Happening!

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.



Sign Up for an ANNUAL DINNER Table

The dinner is Sunday, February 26; 5:30pm. Barbara Pattow-Vigil is coordinating the dinner this year. We may need additional table hosts. When they're posted, add your name as a host on one of the signup sheets or contact Jerry Paré (446-2513; jpare@trinitycathedral.org) if you can help.

The Annual Meeting follows the Annual Dinner. The meeting starts at 7pm.

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

Movie Discussion Night at the Cathedral

Wednesday, February 8, 7pm, Conference Room

Join us for a provocative discussion based on a 20 minute video that seeks to challenge and strengthen our faith. All are welcome.

Meet the Valve Turners:

A Moral Response to Climate Catastrophe

When: Thursday, February 9 at 7:00pm

Where: Great Hall

Cost: Free; we will pass the hat to help with the Valve Turners' legal fund

Sponsor: 350 Sacramento

Information: www.350sacramento.org;
info@350sacramento.org

RSVP: www.350sacramento.org; please RSVP so we know how many people to expect

Next Sunday

Join us at the next...

Potluck Dinner Church.

Sunday, February 12 at 5:00pm

Contact: megan@trinitycathedral.org

Coming Up

Living a Holy Lent

Thursday, February 16, 7:00pm

Join us for an evening's discussion on how to "discern" what might be a thoughtful approach to living a Holy Lent. It is a particular time in the life of the church where we are invited to "notice" these 40 days in a special way. The Episcopal Church invites us on Ash Wednesday into a special time of observance by "self-examination and repentance; prayer, fasting and self-denial; and by reading and meditating on God's holy Word." Canon Lynell Walker will be the facilitator and we will gather in the Assembly Area. All are welcome to attend.

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.**

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

The Rev. Dr. Shauna Hannan Speaking

Friday, March 3 at 7:00pm

The Rev. Dr. Shauna Hannan is the homiletics professor at the Pacific Lutheran Theological Seminary in Berkeley and she will be speaking on the important subject of "Hospitality: An Old Practice for a New Era." Considering the times that we live in, this will be an important conversation for us to engage in during this season of Lent. Dr. Hannan will launch our five week small group series. If you are interested in facilitating a small group please contact Rev. Dr. Pamela Anderson: pamela@trinitycathedral.org. A Q & A period and reception will follow. The cost is \$10 and tickets are available on Eventbrite at <https://www.eventbrite.com/e/speaker-series-dr-shauna-hannan-hospitality-an-old-practice-for-a-new-era-tickets-31573219349?aff=eac2>

Women's Retreat

The annual Women's Retreat will be March 31-April 2 at the Auburn Mercy Center. This year's theme is "Going to Center." We will discover new and creative ways on how we can go to the center of our souls to hear the "still small voice" of God in our lives. This is a great way to not only deepen your faith, but to deepen friendships within our church community. The cost is \$175 if you decide to stay for the full weekend which includes a two night stay and four meals and \$35 for the Saturday program which also includes lunch. If you need a scholarship, please speak with Rev. Dr. Pamela Anderson. To register for the event go to Eventbrite using this link: <https://www.eventbrite.com/e/trinity-cathedral-womens-retreat-going-to-the-center-tickets-31571697798?aff=eac2>

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#** _____