



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 9

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

TUESDAY 10

12Noon NA Meeting
12:10pm Holy Eucharist
4:00pm T-ACT
6:00pm Centering Prayer
6:30pm Vestry Meeting
7:00pm Acolyte Practice

WEDNESDAY 11

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

THURSDAY 12

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 13

9:00am Holy Eucharist
12Noon NA Meeting
6:30pm Potluck Dinner Church

SATURDAY 14

9:00am Trinity Men's Breakfast
11:00am Daughters of the King

SUNDAY 15

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Parents Matter
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

Picture Directory: For those who had their picture taken it will be available for pick up after each service TODAY in the Great Hall. One Per Family. If you did not get your picture taken and would like a copy of the directory it is available in the Great Hall for \$10 each, one per family.

If you have questions please see Randie Strike or call 916-203-7586 or see Linda Jensen.

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.

Lessons for February 15, 2015 *The Last Sunday after the Epiphany*

2 Kings 2:1-12
Psalm 50:1-6
2 Corinthians 4:3-6
Mark 9:2-9

TODAY @ TRINITY—FEBRUARY 8, 2015

Activities at 10:15am

Newcomers' Group — Room C

The group will discuss Living with Change.

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

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

A Walk on the Wild Side — Assembly Area

Join Rev. Kathy Hopner for "**A Walk on the Wild Side**" – a conversation on adolescence for all adults with teens or tweens in their lives. We'll look at the joys, challenges, and risks of adolescence, explore some helpful strategies, and share our experiences.

Usher Meeting — Room A

Dean Baker will meet with the ushers to go over 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.

Crochet / Knitting Group — Great Hall

Please join us for a crochet/knitting gathering. They will help people who want to learn to crochet and/or knit.

This Week

Movie Discussion Night at the Cathedral

Wednesday, February 11 at 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.

Potluck Dinner Church: Mardi Gras Eucharist

Friday, February 13, 6:30pm in the Assembly Area

Bring your friends and a festive dish to share.

Doug Witt Memorial Service

Saturday, February 14, 11:00am at St. Michael's in Carmichael

Doug was an active, long-time member of Trinity. May his soul and the souls of all the departed rest in peace.

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 Blessing". 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 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.

Military Veterans

We are 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 and eventually have a scheduled weekly time for veterans to gather and visit with each other. Please submit your roster information via the pew cards or by email to diana.turner15@yahoo.com or

The Cathedral Cross

The Cross will be arriving in your e-mail box soon. Please fill out the yellow card in the pew rack to let us know your e-mail address so you don't miss a word of this edition. If you prefer, you can e-mail your e-mail address to Randie Strike at randie.trinity@gmail.com. Printed copies of The Cathedral Cross will be available for those without e-mail.

Coming Up

Veiling the Crosses

Shrove Tuesday, February 17 at 4:00pm

We will be veiling all the crosses in the church as we prepare for Ash Wednesday and the beginning of Lent. ALL are welcome to come and help.

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—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)

Family Promise is Looking for Volunteers!

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, and tow the Family Promise trailer to the next host church. If you want to know more about the tasks, there is a handout available at the church office or contact Eleanor Taniguchi at ehtaniguchi@gmail.com, or 916-708-4295 after 6pm

The Family Promise sign-up poster is in the office hallway outside the door to the Great Hall. Just add your name and contact information next to the hour and task you want to volunteer for.

CATHEDRAL BOOKSHOP

**New red or blue
long-sleeve Episcopal
T-shirts with the
"10 Reasons" on back.
Get one while the
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

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 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# _____