



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 13

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

TUESDAY 14

10:00am Psalms Small Group
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
7:00pm Acolyte Practice

WEDNESDAY 15

10:00am Moms, Tots and Pops
12Noon NA Meeting
12:10pm Holy Eucharist
3:00pm Dementia Caregiver Support
7:00pm Cathedral Choir Rehearsal

THURSDAY 16

12Noon NA Meeting
12Noon Centering Prayer
12Noon Lunch Bunch
3:00pm Writing Group
6:00pm Compline
6:15pm TNAC Dinner
7:00pm TNAC Gnostic Gospels
7:00pm TNAC Living a Holy Lent
7:15pm Celebration Choir Rehearsal

FRIDAY 17

9:00am Holy Eucharist
12Noon NA Meeting
7:00pm Don McClurg Memorial Service

SATURDAY 18

SUNDAY 19

7:30am Holy Eucharist w/healing
9:00am Holy Eucharist w/healing
10:15am Sunday School
10:15am Adult Study - BCP
10:15am Spiritual Journey Group
10:15am Newcomer's Group
11:15am Holy Eucharist w/healing
12:45pm Holy Eucharist w/healing
2:00pm Yoga in the Cathedral
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 19, 2017 *The Seventh Sunday after the Epiphany*

Leviticus 19:1-2,9-18
1 Corinthians 3:10-11,16-23
Matthew 5:38-48
Psalm 119:33-40

TODAY @ TRINITY – FEBRUARY 12, 2017

Sign Up TODAY for an ANNUAL DINNER Table

The dinner is Sunday, February 26; 5:30pm.
Barbara Pattow-Vigil is coordinating the dinner this year.
The Annual Meeting follows the Annual Dinner at 7:00pm.

Activities at 10:15am

"Thank You, Dana"

We will have cake at the 10:15 Coffee Hour for Dana Chamness to thank him for all of his hard work and devotion to Trinity Cathedral over the past 20 years.

Newcomers' Group - Room C

The group will discuss Living With Change.

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

Sunday Adult Study - Room A

We will resume our final classes. 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 with Centering Prayer this Sunday. Donna Chipps will be facilitating. Join us for this focused practice. Doors will be closed at 10:25. Contact is Amy Dierlam - dnarock@pacbell.net

Later Today

Free Yoga - Cathedral

Today at 2pm

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.

Potluck Dinner Church: Healing Heart

Sunday, February 12 at 5:00pm

Many of us carry around feelings of embarrassment and guilt for the parts of ourselves that we think aren't worthy or enough. Whether it's a part of our body, a part of who we are, or just a nagging feeling of discomfort with ourselves. Many of us set up conditions in our head, that if we could meet then we'd be worthy of love.

But God's love radically dissolves all those conditions. God loves YOU in all of your particularities. God does not love you despite the things you feel embarrassed about, but God loves all of you including those parts of you that you think are unlovable.

Needed for Floyd School

Healthy snacks for Snack Pack Program
and clothing for children.

CATHEDRAL BOOKSHOP

Happy Valentines Day!

Valentine Cards / Trinkets / Wee Teddy Bears

Store hours are:

Tu-Th: 11:00am - 5:00pm;

Sun: 8:30am - 1:00pm

Contact us at 916-442-9194 or bookshop3@gmail.com

This Week

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.

Memorial Service for Don McClurg

Friday, February 17 at 7:00pm

Next Sunday

Interested in Ashes-To-Go 2017?

Ashes-to-Go is a community outreach project designed to bring the imposition of ashes and prayer to people in various locations downtown such as RT stops, parks, and office buildings on Ash Wednesday (March 1st). This has been an exciting and engaging experience for those who have participated in the past. If you are interested in participating, there will be required training.

You must email, call, or talk to Rev. Megan by Sunday February 19th to serve on a team. The best way to reach her is megan@trinitycathedral.org.

Healing at ALL Services on February 19

7:30, 9:00, 11:15 and 12:45 Services

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

Coming Up

Conversations on Race

Tuesday, February 21 at 6:30pm in the Cathedral

Nell Braxton Gibson, an award-winning author and a member of Trinity Cathedral, who currently resides in New York, will read from her acclaimed chronicle of growing up as a black girl in the 1950s and '60s: *Too Proud to Bend: Journey of a Civil Rights Foot Soldier*.

Nell Braxton Gibson, the eldest daughter of a pair of African-American educators (Anne and John Braxton) in the Jim Crow-era south, provides a valuable glimpse into her life as a young black girl during this tumultuous era in history—and the pain, disappointment, and loss that paved the way to the dawning of the civil rights movement. Part candid memoir and part informative account, *Too Proud to Bend* strikes a balance of captivating storytelling and historical accuracy that will appeal to fans of Maya Angelou and Anne Moody alike.

Please come to hear Nell's story in person. Admission is free.

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>

Contact Information:

If you have moved or changed your phone number or email address please contact Randie Strike at 916-446-2513 or by e-mail at randie.trinity@gmail.com to update your contact information in the church database.