



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 16 OFFICE CLOSED

TUESDAY 17

12Noon NA Meeting
12:10pm Holy Eucharist
5:30pm Shrove Tuesday Supper
6:00pm Centering Prayer

WEDNESDAY 18

7:00am Ash Wednesday Liturgy
9:00am Ash Wednesday Liturgy
10:00am Moms, Pops and Tots
10:30am Dementia Caregiver Support
12Noon NA Meeting
12:10pm Ash Wednesday Liturgy
4:00pm Children & Family Ash Wed. Serv.
6:00pm Ash Wednesday Liturgy
6:00pm Wednesday Community Dinner
7:00pm Cathedral Choir Rehearsal

THURSDAY 19

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

FRIDAY 20

9:00am Holy Eucharist
12Noon NA Meeting
6:30pm Matthew Fox Lecture

SATURDAY 21

11:00am Daughters of the King

SUNDAY 22

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Newcomer's Group
10:15am 30/40's and Beyond
11:15am Holy Eucharist
12:30pm EYF
12:45pm Holy Eucharist
3:00pm Growing in Faith
5:30pm Parish Dinner and Annual Meeting

The Office will be closed on
Monday, February 16
in observance of the
Presidents Day Holiday

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 22, 2015 *The First Sunday of Lent*

Genesis 9:8-17
Psalm 25:1-9
1 Peter 3:18-22
Mark 1:9-15

TODAY @ TRINITY—FEBRUARY 15, 2015

Ann Rothschild with Trinity Respecting Earth & Environment (TREE) will be speaking in place of the sermon at all services today. In her talk she refers to www.goldmanprize.org

Activities at 10:15am

Newcomers' Group — Room C

The group will discuss Ministry Opportunities

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

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.

This Week

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 with pancakes and New Orleans red beans and rice. The whole family can eat for \$12 or \$5 per person.

Ash Wednesday - Parking Alert

Remember that there is NO PARKING on 27th St. on Wednesdays until after 12 noon. Cars parked will be ticketed. There is metered parking on the streets and credit card parking in the 27th St. Garage.

Ash Wednesday Services in the Cathedral
7:00am, 9:00am, 12:10pm and 6:00pm

Children and Family Service at 4:00pm

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.

Daughters of the King ...

... now meet on the 3rd Saturday from 11am-1pm. The next meeting will be February 21. All interested woman are welcome. Contact: Carolyn Conrad at carolynconrad1@yahoo.com

Parish Dinner and Annual Meeting

Sunday, February 22: Dinner—5:30pm

Dinner sign-up sheets are in the Great Hall.

Contact is Candace Miller candaceCmiller@comcast.net)

Small Groups

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. Groups are available at varying days and times. Check out what is available at the sign up table in the Great Hall today. Contact: The Rev. Dr. Pamela Anderson—pamela@trinitycathedral.org.

Welcome to Parenting Matters:

Growing strong, healthy, and faith filled families is challenging and complex in this world; yet it is the most vital thing we can do! In fact, it's so important that we now have **two Parenting Matter** groups! If your children or grandchildren are infants through 6th or 7th grade, please join us on the third Sunday of each month during the school year from 10:15 - 11:15 in the Assembly Area, as we explore together the issues parents face today.

As children grow, entering adolescence and young adulthood, the challenges of parenting don't diminish - they only seem to increase! On the fourth Sunday of each month, parents and grandparents of teens and young adults are invited to gather to explore the joys and challenges of parenting these age groups from 10:15 - 11:15 in the Assembly Area.

From the sleep deprivation of infancy to living with your young adult, we'll look at a different topic each month, share concerns, resources, and celebrate the joys of parenting.

For more information, please contact the Rev. Kathy Hopner at 930 - 8027 or khopner@trinitycathedral.org

Coming Up

Thea Chitambar

Trinity Cathedral was saddened to learn of the death of Thea Chitambar, a long time member of our church. There will be a graveside service at Trinity's Columbarium at a date to be announced.

Meditation Practice and Spiritual Practice Conversation

Exploring the Body, Mind, Spirit Connection

Join Rev. Megan Anderson and Rev. Kathy Hopner for a weekly gathering with simple meditation practice and conversation on spiritual practice beginning on **Sunday March 1st at 5pm in the Assembly Area.**

CATHEDRAL BOOKSHOP

**We have used copies of
Original Blessing
by Matthew Fox
on sale for \$7.50**

Store hours are:
Tu-Th:11:00am - 5:00pm; Sun: 8:30am
- 1:00pm

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



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.

THURSDAY NIGHT AT THE CATHEDRAL

6:00pm—Compline
6:15pm—Soup Supper (\$5)
No Classes on February 19

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.

Military Veterans

We are gathering information for a Veterans Roster. 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

Family Promise is Looking for Volunteers!

Family Promise families return to Trinity on Sunday, March 1. We need volunteers throughout the week. If you want to know more about the tasks, there is a hand-out 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 bookshop.

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 - jgil-lam@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# _____