



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 20 OFFICE CLOSED

TUESDAY 21

- 10:00am Psalms Small Group
- 12Noon NA Meeting
- 12:10pm Holy Eucharist
- 6:00pm Centering Prayer
- 6:30pm Finance Committee
- 6:30pm Conversations on Race
- 7:00pm Stewardship Committee

WEDNESDAY 22

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

THURSDAY 23

- 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
- 7:15pm Celebration Choir Rehearsal

FRIDAY 24

- 9:00am Holy Eucharist
- 12Noon NA Meeting
- 7:30pm McAllister-Keller Guitar Concert

SATURDAY 25

SUNDAY 26

- 7:30am Holy Eucharist
- 9:00am Holy Eucharist
- 10:15am Sunday School
- 10:15am Spiritual Journey Group
- 10:15am Newcomer's Group
- 11:15am Holy Eucharist
- 12:45pm Holy Eucharist
- 2:00pm Yoga in the Cathedral
- 3:30pm Journey with Jesus
- 5:30pm Annual Parish Dinner
- 7:00pm Annual Meeting

The Office will be closed on February 20 in observance of the President's Day Holiday

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 26, 2017 *The Last Sunday after the Epiphany*

Exodus 24:12-18
2 Peter 1:16-21
Matthew 17:1-9
Psalm 2

TODAY @ TRINITY – FEBRUARY 19, 2017

Healing at ALL Services TODAY
7:30, 9:00, 11:15 and 12:45 Services

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 TODAY to serve on a team.** The best way to reach her is megan@trinitycathedral.org.

Sign Up TODAY for an ANNUAL DINNER Table

The dinner is Sunday, February 26 at 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

Newcomers' Group - Room C

The group will discuss Ministry Opportunities.

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. Shelley Mydans will be facilitating. Join us for this focused practice. Doors will be closed at 10:30 to honor the integrity of the group and practice. 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 Solefire 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.

CATHEDRAL BOOKSHOP

We have in Stock:
To Proud to Bend by Nell Braxton Gibson
and
Toxic Charity by Robert D. Lupton
(Highly recommended by Bishop Beisner)

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

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.

Furthermore, on **Thursday, February 23**, there will be a round table "Conversation on Race" with Nell Gibson in the Assembly Area at 7:00pm for the Thursday Night at the Cathedral (TNAC) program. Invite a friend and join us for this very important discussion.

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

Coming Up

Introduction to Centering Prayer

Saturday, March 11, 9:30am-3:00pm

The workshop will be presented by Pastor Jeff Mitchell of Good Samaritan Church, Valley Springs, who is a Contemplative Outreach Presenter and Spiritual Director.

Suggested Donation: \$20. (Includes three follow-up sessions starting Thursday, March 16, 7:00-8:30 p.m.) All are welcome. No one will be turned away for lack of funds.

Please bring a sack lunch. Coffee, tea and refreshments will be provided.

Please register by contacting:
Shelley Mydans (916) 443-2919; smydans@gmail.com
or Sally Smith (916) 930-9564; sally0236@comcast.net

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

More Coming Up

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#** _____