



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 23

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

TUESDAY 24

12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer

WEDNESDAY 25

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

THURSDAY 26

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

FRIDAY 27

9:00am Holy Eucharist
12Noon NA Meeting

7:30pm Stations of the Cross

SATURDAY 28

SUNDAY MARCH 1

FAMILY PROMISE WEEK BEGINS

TRINITY LIBRARY IS OPEN

7:30am Holy Eucharist
9:00am Holy Eucharist
9:00am Family Service
10:15am Sunday School
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

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 March 1, 2015 *The Second Sunday of Lent*

Genesis 17:1-7, 15-16
Psalm 22:22-30
Romans 4:13-25
Mark 8:31-38

TODAY @ TRINITY—FEBRUARY 22, 2015

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". 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.

Activities at 10:15am

Newcomers' Group — Room C

The group will discuss Worship and Stewardship

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

We will begin our small group discussion on Matthew Fox's book, *Original Blessing*...no need to read the book. 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.

Parenting Matters: Teens — Assembly Area

Please join the Rev. Kathy Hopner on the third Sunday of each month during the Sunday School hour to explore together the issues parents of **teens and young adults** face today.

Later Today

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)

This Week

Prayer Night at the Cathedral

Wednesday, February 25 at 7pm, Conference Room

Join us for an evening where participants have a chance to experience different approaches to prayer and ask questions.

Office Help Needed For Our Parish Office

We need a new office volunteer for Thursday mornings (9AM - 1 PM). Responsibilities include answering the phone and routing calls, responding to inquiries at the office window and, generally, participating in a ministry that supports so many others at Trinity. Computer skills (Microsoft Office) are preferred but not necessary. If you cannot volunteer for Thursday mornings but are available on another morning or afternoon, let Jerry Pare' know, We may be able to shuffle some shifts.

Please contact Jerry Pare' (930-8032 or jpare111452@gmail.com) if you can assist.

Coming Up

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.**

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 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 bookshop.

Rare Fine Art Bible

Sunday, March 8 at 10:15am

Trinity Cathedral will host a program featuring *The Saint John's Bible Heritage Edition*. Brad Neary, Heritage Program Director, will provide a presentation on The Saint John's Bible project. One of the seven Heritage Edition volumes, *Gospels and Acts*, will be on display during the session. There will also be a more informal "open house" following the 11:15am service in the Great Hall during which the volume will be on display.

Benefit Organ Concert with Canon Link

Sunday, March 8 at 4:00 pm

The concert is a benefit for NorCal AIDS Cycle, a 330 mile/4 day bike ride which raises funds for local agencies serving those suffering from HIV/AIDS. Many of these agencies also provide prevention and testing services, to help stem the tide of this entirely preventable disease. So in addition to pedaling his bike three-hundred and thirty-miles, Canon Link will be playing the organ pedals to raise funds for NCAC, on Trinity Cathedral's recently restored pipe organ.

David Link recently celebrated his thirtieth year as Canon Musician at Trinity Episcopal Cathedral, and has participated in NorCal AIDS Cycle for the last five years. Canon Link rides in memory of Kenneth Piercy, a long time Trinity Cathedral Choir member who died from complications of AIDS in 2011.

The program will include: "Fantasia in G major (Piece d'Orgue)" by J.S.Bach, "Rondeau" by Henry Purcell, "Fantasie sur le Te Deum" by Charles Tournemire, and much more.

The suggested minimum donation for the concert is \$10 at the door, though donations of any kind, large or small will be gratefully accepted!

CATHEDRAL BOOKSHOP

**Come in and peruse our
stock of books by Matthew
Fox**

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—Soup Supper (\$5)

7:00pm—Small Groups

Beginning on February 26th, there will be Compline at 6pm followed by a Lenten Soup Supper for \$5 in the Great Hall. Small Groups will take place at 7pm. There are several small groups that folks can sign up for on this evening. If you would like to see the groups that are offered, other than Thursday evenings, you can go to the church website (trinitycathedral.org) or look at the small group sign-up book located in the church office.

Giving Blood?

Blood Source has a Trinity Cathedral account. Please donate to our account.

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.

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 Greens 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# _____