



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 25

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 26

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

WEDNESDAY 27

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

THURSDAY 28

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

FRIDAY MARCH 1

9:00am Holy Eucharist
12Noon NA Meeting
7:30pm Stations of the Cross

SATURDAY 2

5:10pm Holy Eucharist

SUNDAY 3

7:30am Holy Eucharist
9:00am Holy Eucharist w/baptisms
10:15am 30/40's and Beyond
10:15am Soul of Money Adult Class
10:15am Newcomer Group
11:15am Holy Eucharist
11:15am Choristers Rehearsal
12:45am Holy Eucharist
4:00pm Growing in Faith

TODAY @ TRINITY—FEBRUARY 24, 2013

Activities at 10:15am

The Soul of Money—Room A

Bud Swank presents **The Soul of Money** for six Sunday mornings in Lent beginning today. The book is available for sale in the Cathedral Bookshop

Newcomers' Group—Room C

The group will discuss Resources for Next Steps.

If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513.

Sunday Morning Bible Challenge

The **30/40s and Beyond** group WILL NOT meet today.

CATHEDRAL BOOKSHOP

Book Signing February 24

June Gillam's book of poetry,
So Sweet Against Your Teeth

Tue, Wed, Thur: 11:00am - 5:00pm
Fri: 11:00am - 4:00pm;
Sun: 8:30am - 1:00pm

Phone: 916-442-9194

Later Today

Growing in Faith

Rooms A and B, 4:00pm

Growing in Faith is a program to prepare adults for Baptism, Confirmation or Formal Reception into the Episcopal Church. If you would like to focus on developing your journey in faith, join us. Contact is Michelle Jackson - astraeus@accessbee.com

This Week

Pastoral Emergencies:

Call the office: 446-2513
Evenings, weekends & holidays: 214-0382

Parking for people with disabilities is provided on Sundays. Enter on Trinity Cathedral Lane and park behind the Great Hall.

Lessons for March 3, 2013 *The Third Sunday of Lent*

Exodus 3:1-15
Psalm 63:1-8
1 Corinthians 10:1-13
Luke 13:1-9

LARGE PRINT lessons and announcement sheets are available from an Usher.

Celebrating a birthday or anniversary?

Consider making a donation to your favorite church sponsored ministry. Just use an offering envelope in the pew and note where your donation should go.

Curious about Episcopal Community Services?

ECS, which is funded by donations, gives grants to start new ministries. To learn which ministries they gave funding to last year, pick up a copy of their report in the narthex or the Welcome Center. It is inspiring to see the various Outreach ministries that are taking root throughout our diocese.

Coming Up

Women's Lenten Retreat: Sing, Pray, Relax

March 8-10

This year's retreat will be based on the devotional *The Song Forever New: Lent and Easter with Charles Wesley*. The retreat will be at the Mercy Retreat Center in Auburn and co-led by Rev. Anne McKeever and Canon Lynell Walker. Registration forms are available in the bookshop. Registration is limited to 40. Questions contact Jackie McGrath: 712-6561, jackiewmcgrath@gmail.com. (No need to buy the book).

Lent & Holy Week

March 7: Choral Evensong at 6pm

March 24: Palm Sunday Services: Saturday 5:10pm, Sunday 7:30am, 9:00am, 11:15am and 12:45pm

March 26: Tenebrae Service at 7:30pm

March 28: Maundy Thursday at 7:30pm followed by Vigil of the Blessed Sacrament and Compline

March 29: Good Friday Meditations: Noon-3:00pm

Solemn Liturgy for Good Friday: 7:30pm

Stations of the Cross for Children and Families: 2:00pm (Assembly Area)

March 30: Holy Saturday Liturgy at 9:00am — Jesus sets the prisoner free!

Pancake Breakfast, 9:00-11:00am

Children's Easter Eggstravaganza! at 10:00am

March 30: The Great Vigil of Easter at 7:30pm (with Incense)

March 31: Easter Sunday 7:30am, 9am, 11:15am (with Incense), and 12:45pm (Brunch between services.)

Additional Lenten Services

Stations of the Cross – Fridays, February 15 through March 22 at 7:30pm

Candlelight Compline Service – Thursdays, February 14 through March 21 at 6:00 pm

Ongoing

Lunch Bunch

Thursdays, noon to 1:30pm in the Assembly Area

Please bring your Bible for our discussion of the Bible Challenge readings. Contact is Rev. Anne—amckeever@wavecable.com

Writing Group

Thursdays, 4:30 to 6 p.m. in the Conference Room

Everyone is welcome to join us. We will write to a prompt and share what we choose of our writing with the group. Contact is Rev. Anne at amckeever@wavecable.com.

Centering Prayer

**Tuesdays, 6-7pm in the East Transept
Thursdays, Noon - 1pm in the East Transept**

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contact Nancy Earl nancy.c.earl@gmail.com, Sally Smith sally1369@comcast.net or Shelley Mydans smydans@gmail.com for further information. All are welcome.

Thursday Night at the Cathedral

Holy Eucharist: 5:45pm

Dinner: 6:15pm—Classes: 7:00pm

Dinner:

February 28:

February 28 Classes:

In Room J: Living Compass for Lent, The FREE booklet is available at the Cathedral Bookshop and at the group meetings. If you'd like to download the booklet for your own Lenten reading, you may find it at: www.livingcompass.org/lent.iml. Facilitator: Rev. Anne McKeever

In the Assembly Area: Bible Challenge group Please bring your Bible. Newcomers are welcome. This group attends Dean Baker's Old Testament Teaching in the Assembly Area the first Thursday evening of every month. Facilitators: Rhonda Canby and Randy Knutson.

In Room I: Canon Lynell Walker will facilitate, **Understanding How We Worship** based on Dr. Ian S. Markham's book *Liturgical Life Principles: How Episcopal Worship Can Lead to Healthy and Authentic Living*. In clear, accessible language, Markham demonstrates how the liturgy of the Episcopal Church can enable us to cope more effectively with the stresses and strains of modern life. Books are available at the Cathedral Bookshop.

In Room A: Christian, Muslims and Jesus, a new book group begins. The book is available for sale in the Bookshop. Facilitator: Rosemary Braxton.

In the Bookshop: Power Through Constructive Thinking, a book group featuring the works of Emmet Fox, resumes. Newcomers are welcome. Facilitator: Vaughn Wolff

In Room F: Trinity Roots meets once a week on Thursday evenings from 7-8:30 to hear Trinity parishioners share their historical, cultural and ethnic backgrounds. Facilitator: Kevin Sanders.

February 28: Jackie and Bill McGrath

In the Conference Room: Carol Savoie, MA Counseling USF, is leading a class using discussion, writing, reflection and prayer to help you identify areas where you are stuck. Look at the beliefs that interfere with your confidence in God's love for you just as you are. Consider, plan and try new patterns of thinking, praying and interacting to loosen these bonds. To facilitate openness and privacy this will be a closed group after the 1st session. If you have to miss the 1st class, please contact Carol Savoie at 442-5756.

Prayer Box in the Narthex: Daughters of the King will hold your request in prayer daily for at least one month.

Altar 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# _____