



# 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 27

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

### TUESDAY 28

10:00am Psalms Small Group  
12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Shrove Tuesday Pancake Supper  
6:00pm Centering Prayer  
7:00pm Vestry Meeting

### WEDNESDAY MARCH 1

7:00am Ash Wed Service  
9:00am Ash Wed Service  
10:00am Moms, Tots and Pops  
12Noon NA Meeting  
12:10pm Ash Wed Service  
6:00pm Ash Wed Service  
7:00pm Cathedral Choir Rehearsal

### THURSDAY 2

12Noon NA Meeting  
12Noon Centering Prayer  
3:00pm Writing Group  
6:00pm Compline  
6:15pm TNAC Dinner  
7:00pm TNAC Class  
7:15pm Celebration Choir Rehearsal

### FRIDAY 3

9:00am Holy Eucharist  
12Noon NA Meeting  
7:00pm Speaker's Series

### SATURDAY 4

10:00am Women's Potluck Brunch  
11:00am Ray Ramsey Memorial Service

### SUNDAY 5

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

Lunch Bunch...there will be no meeting on March 2. We will resume on March 9 with a 5 week study on the Baptismal Covenant.

### 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 March 5, 2017

*The First Sunday in Lent*

Genesis 2:15-17; 3:1-7  
Romans 5:12-19  
Matthew 4:1-11  
Psalm 32

## TODAY @ TRINITY — FEBRUARY 26, 2017

### Activities at 10:15am

#### Newcomers' Group - Room C

**The group will discuss Worship and Stewardship.**

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

#### Sunday Adult Study - Room A

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 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 - No Meeting

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.

### This Week

#### The Covering of the Crosses for Lent

**Tuesday, February 28 at 4pm**

The practice of covering all of the crosses in the church seems to have originated in ancient times when it was deemed proper to veil images of Christ, covering his glory during the season that focused on his suffering and death. In time, it became the custom even to veil the cross, for the cross is the sign of his glory. This practice makes a startling transformation of the church and helps us focus single-mindedly on the Passion of Our Lord. The veiling in the color purple provides an austere quality that reminds us that Lent is a time of fasting and preparation. All are welcome to come and help with the veiling on Tuesday, February 28th starting at 4pm as we prepare for Ash Wednesday and the beginning Lent. ~~~Sue Clark, Altar Guild

#### Shrove Tuesday Pancake Dinner

**Tuesday, February 28 at 6:00pm**

Come join the Mardi Gras/Shrove Tuesday Fun in the Great Hall. The menu will not only include traditional Episcopalian Pancakes but New Orleans style Red Bean and Rice. Cost is only \$5 per adult and kids under 12 eat free.

#### Ash Wednesday Services

**Wednesday, March 1**

**7:00am, 9:00am, 12:10pm, 6:00pm**

#### Parking Alert

Remember that there is NO PARKING on 27th St. on Wednesdays from 8:00am until after 12 noon. Cars parked will be ticketed. There is metered parking on Capitol Ave. or 26th Street and credit card parking in the 27th St. Garage. **Your evening/Sunday garage card works beginning at 5:30pm.**

## More This Week

### 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 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: pame-la@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>

## 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

## 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. The cost is \$175 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>

## 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](mailto: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](mailto:chris@sanft.org)

### Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—[pamela@trinitycathedral.org](mailto: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](mailto: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](mailto: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**

Brian will lead TNAC on **March 2** in the Assembly Area. His class is titled "A Lenten Rule of Life." This will be the only class for this evening.

Beginning March 9 TNAC will have a 5 week study on the Baptismal Covenant with special guest speakers.

For more information about Adult Spiritual Formation at Trinity Episcopal Cathedral, please contact:  
The Rev. Dr. Pamela Anderson:  
[Pamela@trinitycathedral.org](mailto:Pamela@trinitycathedral.org) or 916/446-2513

## 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](mailto:bookshop3@gmail.com)

## Needed for Floyd School

Healthy snacks for Snack Pack Program  
and clothing for children.

## 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](mailto:randie.trinity@gmail.com) to update your contact information in the church database.

## 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# \_\_\_\_\_