



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 11

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

TUESDAY 12

12Noon NA Meeting
12:10pm Holy Eucharist
5:00pm Parish Health Ministry
6:00pm Centering Prayer
7:00pm Acolyte Practice

WEDNESDAY 13

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 14

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

FRIDAY 15

9:00am Holy Eucharist
12Noon NA Meeting

6:00pm Labyrinth

7:30pm Stations of the Cross

SATURDAY 16

5:10pm Holy Eucharist

SUNDAY 17 FAMILY PROMISE BEGINS

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

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 17, 2013

The Fifth Sunday of Lent

Isaiah 43:16-21
Psalm 126
Philippians 3:4b-14
John 12:1-8

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

TODAY @ TRINITY—MARCH 10, 2013

Putting Your Faith into Action to End Gun Violence

Trinity Cathedral is joining religious congregations across the country today in marking **Gun Violence Prevention Sabbath**. As a member congregation of Sacramento ACT, Trinity Cathedral's T-ACT group is urging our members to take action on preventing gun violence.

Three things you can do today:

- 1) Sign a Gun Violence Prevention Call Pledge Card. These will be available in the Great Hall during the coffee hour. We are asking folks to commit to making a monthly call in the next 3 months to the city council in support of a citywide expansion of the successful youth gang prevention program, Ceasefire.
- 2) Go to www.PICONetwork.org and send a message to President Obama and
- 3) Join PICO Network's text-messaging campaign. Text the keyword COMMONSENSE to 698-66 to sign-up for alerts.

Activities at 10:15am

The Soul of Money—Room A

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

Newcomers' Group

The current group will be received today at the 11:15 service. Our next group begins next Sunday, March 17, in Room C.

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 attend Dean Baker's Old Testament Teaching in the Assembly Area. Questions? Amy Dierlam-dnarock@pacbell.net or 601-1699.

Old Testament Teaching—Assembly Area

Dean Brian Baker will present a shortened version of his Thursday evening teaching on the Bible Challenges' Old Testament readings for March.

Later Today

Growing in Faith

Rooms A and B, 4:00pm

This 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

Service of Remembrance: Sister Mary Stanislaus Mackey **Thursday, March 14, 6pm**

Trinity Cathedral will gather to remember the life and ministry of Sister Mary Stanislaus Mackey, a religious of the Sisters of Charity of the Incarnate Word in Houston. She served the church as a nurse/missionary in both Guatemala and El Salvador. She was known and loved by Trinity members John Ochoa and Priscilla Gonzalez, RN. "Mother Stan" lived a heroic life tending the needs of the poor. Priscilla had the privilege of working alongside her and with John invites you to come and learn of her work and passion for ministry at this special service. More about her life will be in this week's E-newsletter.

Walk the Labyrinth

Third Friday, March 15, 6-8pm in the Great Hall

Please join us! For more information, contact Rhonda Canby (rcanby@msn.com).

Next Sunday

Palm Crosses for Palm Sunday

Join us on Sunday March 17th in the Great Hall during coffee hour to help make Palm Crosses. There will be palm fronds, instructions, and lots of laughter. Make one, or a few. For more information contact Sue Clark grandmasueclark@yahoo.com

Family Promise Hosting Begins

Hosting Week: March 17-24

Many volunteer opportunities still open!! Please consider offering your time and talent during this week!! It could be part of your Lenten Discipline. There are opportunities to prepare a dinner, help with playing/conversing with the families, and/or spend the night. We will have three families this week with children ranging from 16 months to 9 years old.

As I prepare for this week it is clear that a TEAM of at least two others must be recruited to work with me. It requires a Team effort to coordinate the tasks that need to be done in order to assure a successful hosting week. With a team, the week and/or duties could be divided up so that all the responsibility does not fall on one person. **WE NEED A TEAM of co-coordinators.** Please prayerfully consider, then contact me at lylegramling@comcast.net

Lent & Holy Week

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

March 25: Seder Supper, 5-8pm

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, through March 22 at 7:30pm

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

CATHEDRAL BOOKSHOP

Clean out your jewelry drawer and donate "Old Treasures" to the Bookshop for sale!!!

Regular store hours are:
Tu-Th: 11:00am - 5:00pm
Fri. 11:00am - 4:00pm
Sun, 8:30am - 1:00pm
Contact us at 916-442-9194

Wednesday Evening Community Dinner Volunteers

If you would like to help provide and serve our Wednesday evening Community Dinners contact Randie Strike at 916-446-2513 or randie.trinity@gmail.com

Thursday Night at the Cathedral

Service of Remembrance: 6:00pm

Dinner: 6:15pm—Classes: 7:00pm

Dinner: March 14

Chef Vaughn Wolff prepares a St. Patrick's Day Feast

March 14 Classes:

In Room A: Vaughn Wolff facilitates a discussion on, *Power Through Constructive Thinking* by Emmet Fox. We will study Dr. Fox's writings, beginning with *Power Through Constructive Thinking*, to find inspiration that can be applied to solve practical problems.

In the Assembly Area: Bible Challenge Discussion Group. Please bring your Bible. Newcomers are welcome. Facilitators: Rhonda Canby and Randy Knutson.

In Room I: Canon Lynell Walker facilitates, **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*. Markham demonstrates how the liturgy of the Episcopal Church can enable us to cope more effectively with the stresses and strains of modern life.

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 Bookshop: Muslims, Christians and Jesus by Carl Medearis was written to develop an understanding and possibly friendships between the Christian and Muslim communities. Ann Holmes Redding, a former Episcopal Priest who converted to Islam in 2006 and a family friend, will participate in our book discussion on March 14. I invite everyone to attend this discussion, you won't be disappointed. --Rosemary Braxton, Book Discussion Leader

In Room F: Trinity Roots—Hear Trinity parishioners share their historical, cultural and ethnic backgrounds. Facilitator: Kevin Sanders.

March 14: Alex Gunn will trace his ancestry back to Robert the Bruce, King of Scotland; Viking ancestry and his father who was VP of the largest advertising agency in the world.

March 21: John Tennyson will present on the California legislature and his work and experience with them.

April 4: Ralph Bonds will present on his family history in Texas, saddle making, leather work and the Spanish and Mexican influence on family history.

Pick a Flower and Help a Family

Many Floyd School families are in need of paper goods. Please go to the Youth and Family Bulletin Board and pick a flower or two with the item name you can supply. Put the toilet paper, paper towels or other items into the Floyd School barrel and we will see that it gets to the families.

Easter 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 'Easter Flowers' on the memo line) to:
Trinity Cathedral Flowers, 2620 Capitol Ave, Sacramento, 95816

Deadline is March 25 for inclusion in the Easter programs.

In Thanksgiving for: _____

In Memory of: _____

From: _____ Phone# _____