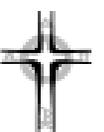




Trinity Episcopal Cathedral Announcements



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 13

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

TUESDAY 14

10:00am Psalms Small Group
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
7:00pm Acolyte Practice
7:00pm Stewardship Committee

WEDNESDAY 15

10:00am Moms, Tots and Pops
12Noon NA Meeting
12:10pm Holy Eucharist
3:00pm Dementia Caregiver Support Group
7:00pm Cathedral Choir Rehearsal

THURSDAY 16

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

FRIDAY 17

9:00am Holy Eucharist
12Noon NA Meeting
6:00pm Stations of the Cross

SATURDAY 18

SUNDAY 19

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Adult Study
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
4:00pm Canon Link Benefit Organ Recital
5:30pm Potluck Dinner Church



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.

Lessons for March 19, 2017 *The Third Sunday in Lent*

Exodus 17:1-7
Romans 5:1-11
John 4:5-42
Psalm 95

TODAY @ TRINITY — MARCH 12, 2017

Lost & Found Items

Please check the tables in the Great Hall for items you may have left in the kitchen or elsewhere on the campus.

Activities at 10:15am

Newcomers' Group - Cathedral

The group will Tour the Cathedral. ALL are welcome to join!

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

Sunday Adult Study - Room A

For the five Sundays in Lent the preacher for the day will meet in Room A and lead a discussion on the Baptismal Covenant question that was preached in the sermon.

March 12: Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

March 19: Will you proclaim by word and example the Good News of God in Christ?

March 26: Will you seek and serve Christ in all persons, loving your neighbor as yourself?

April 2: Will you strive for justice and peace among all people, and respect the dignity of every human being?

Spiritual Journey Group - Conference Room

We will begin our Lenten Small Group this Sunday. WE are part of the larger congregational practice for Lent - addressing the Rule of Life. We are one small group of many offered during Lent.

A Group discussion guide is provided to facilitate our discussions based on the Baptismal Covenant.

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 - Assembly Area

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.

Canon Link Benefit Organ Concert

Sunday, March 12 at 4:00pm

Please join Trinity Cathedral's own "Rock Star Organist" in a concert to raise funds for NorCal AIDS Cycle. For the last six years, David Link has participated in NorCal AIDS Cycle, which raises funds for agencies in our community, providing services to those with or at risk for HIV/AIDS. He will not only pedal his bicycle THREE-HUNDRED MILES, but will play the organ pedals as well, to meet his goal of raising five thousand dollars.

The requested minimum donation is \$10, though contributions of any size, large or small, will be gratefully accepted at the door!

This Week

Stations of the Cross

Fridays through April 7 at 6:00pm

Stations of the Cross is a liturgy of the church that invites the participants to travel the road that Christ took in the final hours leading up to his death. Sharing in this solemn journey helps us get a glimpse of the sacrifice he made for each of us

We will offer the Stations of the Cross on Friday evenings throughout Lent. We will begin with quiet prayer at the Altar, travel through the nave to each station and recall Jesus' journey of sorrow, pain, and overwhelming love. Our journey ultimately leads us back to the Altar of God where we end with quiet prayer, meditation and reflection.

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.

Episcopal Youth Fellowship

Welcoming all youth in grades 6th through 12th! We meet at Trinity on Sunday afternoons during the school year from 12:30 to 2:30 on the second and fourth Sundays of the month in the Assembly Area for lunch, program, and activities. On the third Sunday of the month, we work at River City Food Bank. Sunday School is held every Sunday for junior and senior high in the Assembly Area.

- **Sunday, March 12:** EYF meeting at Trinity from 12:30 – 2:30 upstairs in the Assembly Area; lunch will be provided.
- **Sunday, March 19:** River City Food Bank - Bring a sack lunch and join us upstairs in the Assembly Area at 12:30; we'll walk over to River City Food Bank. We'll return to Trinity at 2:30.
- **Sunday, March 26:** EYF meeting at Trinity from 12:30 – 2:30 upstairs in the Assembly Area; lunch will be provided.
- **Friday, March 31 – Saturday April 1:** Nightwatch at Grace Cathedral, overnight event for youth, drivers needed.

For more information, please contact Rev. Megan Anderson, megan@trinitycathedral.org, or Rev. Kathy Hopner, khopner@trinitycathedral.org

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

For many of us, life in our country is more chaotic now than it has been in any other time in our lives. How can we stay spiritually grounded? How do we strive for justice from a place of love? We will explore these questions during the season of Lent as we explore the Baptismal Covenant. The Baptismal Covenant is comprised of the creed and five questions. For each question, we will have a plenary session with a speaker for the first hour and then we will break into small groups to go even deeper.

Here is the schedule:

- **March 16:** Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?
- **March 23:** Will you proclaim by word and example the Good News of God in Christ?
- **March 30:** Will you seek and serve Christ in all persons, loving your neighbor as yourself?
- **April 6:** Will you strive for justice and peace among all people, and respect the dignity of every human being?

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

CATHEDRAL BOOKSHOP

Store hours are:

Tu-Th: 11:00am - 5:00pm;

Sun: 8:30am - 1:00pm

Contact us at 916-442-9194 or bookshop3@gmail.com

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

Cathedral Greens 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#** _____