



# 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 14

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

### TUESDAY 15

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
6:30pm Vestry Meeting

### WEDNESDAY 16

9:00am Holy Eucharist  
10:00am Mom's, Tot's and Pop's  
12Noon NA Meeting  
3:00pm Dementia Caregivers Support  
7:00pm Cathedral Choir Rehearsal

### THURSDAY 17

12Noon NA Meeting  
12Noon Centering Prayer  
4:30pm Writing Group  
6:00pm Compline  
6:15pm TNAC Dinner  
7:00pm Healing Service  
7:15pm Celebration Choir Rehearsal

### FRIDAY 18

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

### SATURDAY 19

### SUNDAY 20 PALM SUNDAY

7:30am Holy Eucharist  
9:00am Holy Eucharist  
11:15am Holy Eucharist  
12:45pm Holy Eucharist  
3:00pm Growing in Faith

**Contact Information:** If you have moved or changed your phone number or email address please contact the church office at 916-446-2513 to update your contact information in the church database. If you have questions please contact Randie Strike in the office or on her cell phone: 916-203-7586.

### 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 20, 2016 *Palm Sunday*

**The Liturgy of the Palms**  
Luke 19:28-40  
**The Liturgy of the Word**  
Isaiah 50:4-9a  
Philippians 2:5-11  
Luke 23:1-49  
Psalm 31:9-16

## TODAY @ TRINITY — MARCH 13, 2016

### Easter Flowers

The flower committee will be passing out forms today and next Sunday so that parishioners may make a memorial or thanksgiving donation for Easter flowers. **The deadline date for inclusion in the Easter services program is Monday, March 21.**

### Activities at 10:15am

### Newcomers' Group — Cathedral

**The group will Tour the Cathedral. ALL are welcome!** If you have questions contact Randie Strike at randie.trinity@gmail.com or 916-446-2513.

### Palm Crosses for Palm Sunday — Great Hall

**Sunday, March 13 at 10:15am in the Great Hall**

Join us during coffee hour to help make palm crosses. There will be palm fronds, instructions and lots of laughter. Make one, or a few. Questions? See Sue Clark.

### Crochet / Knitting Group — Great Hall

Please join us for a crochet/knitting gathering. There will be help for people who want to learn to crochet and/or knit.

### Coming Up

### Holy Week at Trinity Cathedral

March 20: Palm Sunday Services: 7:30am, 9am, 11:15am, 12:45pm

March 22: Solemn Office of Tenebrae Service - 7:30pm

March 24: Maundy Thursday Liturgy for Families and Children - 5:00pm

March 24: Maundy Thursday Eucharist with Foot Washing - 7:30pm

March 25: Good Friday Meditations: Noon - 3pm

March 25: Solemn Liturgy for Good Friday with music by the Cathedral Choir - 7:30pm

March 26: Holy Saturday Liturgy - 10:00am  
Pancake Breakfast - 9am to 10:30am.  
Children's Easter Eggstravaganza! - 10:00am

March 26: The Great Vigil of Easter - 7:30pm

March 27: Easter Sunday Services: 7:30am, 9am, 11:15am and 12:45pm

### Stations of the City on Good Friday

**Friday, March 24, Noon - 3:00pm**

The Rev. Kathy Hopner and Rev. Megan Anderson will lead a Stations of the City liturgy. This service blends elements of Stations of the Cross with elements of contemporary city living. Stations of the cross originated as a way in which Christians could take a sort of pilgrimage journey reflecting on the last moments of Jesus' life. This Good Friday we will share the story of Jesus' last hours while walking to sites in need of justice work such as River City Food Bank, the hospital, and the RT station. The Stations Journey will start with worship at the Cathedral at noon and will end back at the Cathedral before the main Good Friday vigil has concluded. **If you would like to offer a short reflection at one of our stops or would like to be involved in the stations in any other way, please let us know!**

Questions? Contact megan@trinitycathedral.org

## A Calling for Stewardship

Our Stewardship Committee is seeking volunteers to serve on our committee for the coming year. If you are not familiar with Stewardship, here is a description:

Stewardship is about being grateful, responsible stewards of the gifts we receive from God. The tradition of giving back to God and to the church comes from the Biblical practice of "tithing," which means to give back a tenth of our earnings to God (Numbers 18:26). The Episcopal Church sees stewardship as more than simply contributing money to the church; it's also about contributing time and talents, and volunteering for ministry and mission. It's about reaching out to build relationships from a perspective of abundance instead of scarcity.

If you are interested in learning more and willing to help build relationships through education, planned giving and our annual appeal, please contact Rod Thomas at rthomas0604@gmail.com or call 502-558-2497.

## More Coming Up

### Lunch Bunch

**Begins on Thursday, April 7,**

At noon in the Conference Room

Lunch Bunch will focus upon *Abundant Living: A Book Study on The Soul of Money*. We will look at this book and explore ways on how we can change our mindset from scarcity thinking to abundant thinking. Bring your lunch and bring a friend and we'll see you then!

Annual Women's Retreat will be April 29 – May 1 at Mercy Center, Auburn. The theme is *Finding Sanctuary: Anytime, Any Place, Any Where*. The cost is \$175.00. See Pastor Pamela if you need a scholarship. Watch for more details.



## Ongoing

### Traveling Bible Study and Spirituality Group

Every Sunday at 5pm young adults gather at fun locations around Sacramento for fellowship and conversation on the Bible and spirituality. If you would like to be added to the email list contact Rev. Megan at megan@trinitycathedral.org

### Veterans Swapping Stories

The first Sunday at 10:15am in the Assembly Area. 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

The group is taking an Easter break and will resume on April 7. Contact is Pastor Pamela—pamela@trinitycathedral.org

### Writing Group – Thursdays, 4:30pm

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

## THURSDAY NIGHT AT THE CATHEDRAL

**Thursday, March 17**

**Compline: 6:00pm**

**Dinner: 6:15pm – \$7**

**Healing service: 7:00pm**

As we close out our *Sacred Conversations for Racial Justice* series, this coming Thursday, March 17, we will have a Healing Service at 7pm in the Assembly Area. The evening will begin with compline at 6pm in the church followed by dinner in the Great Hall for \$7. We will be on break March 24 since it will be Maundy Thursday and TNAC will resume on Thursday March 31 with a new set of classes TBA. We look forward to seeing you Thursday night!

### 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.

### **DID YOU BRING YOUR COFFEE MUG?**

**We are making progress reducing our environmental footprint with many of you bringing your mugs with lids. Still need one? TREE now has them for sale!! Stop by the TREE table to buy one then add your name to the raffle jar.**

## 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

### **Easter Flower Donation**

*A nice way to give thanks or to remember loved ones.*

Place your donation in the offering plate along with this form  
(make check payable to "Trinity Cathedral"  
with 'Easter Flowers' on the memo line)

In Thanksgiving for: \_\_\_\_\_

In Memory of: \_\_\_\_\_

From: \_\_\_\_\_ Phone# \_\_\_\_\_

March 21 is the deadline for inclusion in the Easter programs.