



# 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 16

12Noon NA Meeting  
5:30pm T-ACT  
5:45pm Holy Eucharist  
7:00pm Stephen Ministry—ALL

### TUESDAY 17

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

### WEDNESDAY 18

9:00am Holy Eucharist  
10:00am Moms, Pops and Tots  
10:30am Dementia Support Group  
12Noon NA Meeting  
6:00pm Wednesday Community Dinner  
7:00pm Cathedral Choir Rehearsal

### THURSDAY 19

12Noon NA Meeting  
12Noon Centering Prayer  
12Noon Lunch Bunch  
4:30pm Writing Group  
6:00pm Compline  
6:15pm Lenten Soup Supper  
7:00pm Celebration Choir Rehearsal

### FRIDAY 20

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

### SATURDAY 21

### SUNDAY 22

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Sunday School  
10:15am Parenting Matters: Teens  
10:15am Newcomer's Group  
10:15am 30/40's and Beyond  
11:15am Holy Eucharist  
12:45pm Holy Eucharist  
1:00pm Integrity Meeting  
3:00pm Growing in Faith

## Church Picture Directory

If you would like to purchase a copy of the "NEW" Church Picture Directory please contact Randie Strike at 916-203-7586 or email randie.trinity@gmail.com. The price for each copy of the Directory is \$10.

## 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 22, 2015 *The Fifth Sunday of Lent*

Jeremiah 31:31-34  
Psalm 51:1-13  
Hebrews 5:5-10  
John 12:20-33

## TODAY @ TRINITY—MARCH 15, 2015

### Easter Flowers

The flower committee will be passing out forms 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 23.**

## Activities at 10:15am

### Newcomers' Group — Cathedral

**The group will Tour the Cathedral. ALL are welcome! A new group begins next Sunday, March 22 in Room C.**

If you have questions about the Newcomers' Group contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513 or 916-203-7586

### 30/40's and Beyond — Conference Room

We will begin our small group discussion on Matthew Fox's book, *Original Blessing*...no need to read the book. ALL ages welcome! Contact: Amy Dierlam at dnarock@pacbell.net

### Parenting Matters: Pre-Teens — Assembly Area

Please join the Rev. Kathy Hopner on the third Sunday of each month during the Sunday School hour to explore together the issues parents of **infants through 7<sup>th</sup> or 8<sup>th</sup> grade** face today.

## Later Today

### Meditation Practice and Spiritual Practice Conversation

Exploring the Body, Mind, Spirit Connection

Join Rev. Megan Anderson and Rev. Kathy Hopner for a weekly gathering with simple meditation practice and conversation on spiritual practice on **Sundays at 5pm in the Assembly Area.**

## Next Sunday

### Help Make Palm Crosses

**Sunday, March 22**

Join us in the Great Hall during coffee hour to help make Palm Crosses. Palm fronds, instructions, and lots of laughter.

### Integrity Meeting

**Sunday, March 22, at 1 pm in Room J**

Key topic will be preparing for Sacramento Pride which is on Saturday, June 6. Any questions please contact Rod Thomas at rthomas0604@gmail.com or 502-558-2497.

## Floyd School

We are excited about presenting a children's play/musical, "Sleeping Beauty" at Floyd Elementary School, the below poverty level school adopted by Trinity Cathedral. These students have never before had the opportunity to perform in any type of theatrical production.

Besides assisting with rehearsals, we are looking for help in preparing sets, lighting, costumes, make-up, and music. Rehearsals will begin within the next few weeks, concluding with two final performances during the first week in June.

If you have any interest in helping introduce these students to the magic of the theater experience, please join us!

Dale Reinhard: dale.reinhard@gmail.com  
Nancy Tennyson: nancyntennyson@gmail.com

## Help the Easter Bunny!

Please bring 10–12 plastic eggs filled with a piece of candy or a sticker to church on the Sundays before April 4th, or drop them off at the church office. We have bags of empty eggs in the back of the church and in the Great Hall – please take a bag of eggs and bring them back filled. You are also welcome to purchase empty plastic eggs yourself, and bring them back filled.

If you'd like to "recycle" your plastic eggs after Easter – bring them to church and we'll use them next year.

## Coming Up

### Easter Preparation

**Saturday, April 4 at 9:00am** - Come and help us prepare the church for the Great Easter Vigil and Easter Day. Enjoy a Pancake Breakfast and then join us for Holy Saturday Liturgy at 9am

### Save the Date!

**Friday, May 8 at 7:00pm**

**Bishop Yvette Flunder** (to find out more about her see [www.festivalofhomiletics.com/blog.aspx?m=4349&post=2877](http://www.festivalofhomiletics.com/blog.aspx?m=4349&post=2877)) will be our next speaker on Friday, May 8 at 7p in the Sanctuary. The cost for the event is \$12 and you can purchase tickets in the Bookshop.

### Women's Retreat

**June 12-14 at Mercy Center in Auburn**

The cost is \$175 and you can pay for your registration in the Bookshop. After May 10 the cost will be \$185. The retreat's theme is "The Emmaus Journey". Invite a friend and come join the fun!

Contact is the Rev. Pamela Anderson at [pamela@trinitycathedral.org](mailto:pamela@trinitycathedral.org)

## Holy Week at Trinity Cathedral

March 29: Palm Sunday Services: 7:30am, 9am, 11:15am, 12:45pm

March 29: Palm Sunday Interfaith Service at Sutter's Fort 8am.

March 31: Solemn Office of Tenebrae Service - 7:30pm

April 2: Maundy Thursday Liturgy for Families and Children - 4:00pm

April 2: Maundy Thursday Eucharist with foot washing - 7:30pm

April 3: Good Friday Meditations: Noon - 3pm

April 3: Solemn Liturgy for Good Friday with music by The Cathedral Choir - 7:30pm

April 4: Holy Saturday Liturgy - 9am. Pancake Breakfast 9am - 10:30am. Children's Easter Eggstravaganza! - 10:00 am

April 4: The Great Vigil of Easter - 7:30pm

April 5: Easter Sunday Services 7:30am, 9am, 11:15am and 12:45pm

## THURSDAY NIGHT AT THE CATHEDRAL

**6:00pm—Compline**

**6:15pm—Soup Supper (\$5)**

**7:00pm—Small Groups**

There are several small groups that folks can sign up for on this evening. If you would like to see the groups that are offered, other than Thursday evenings, you can go to the church website ([trinitycathedral.org](http://trinitycathedral.org)) or look at the small group sign-up book located in the church office.

## Help Wanted

The Hospitality Committee is in need of hosts for some of the 11:15 and 9 a.m. coffee hours. Can you help? Email or call Georgianna Pfost for more info at [du-gongs@sbcglobal.net](mailto:du-gongs@sbcglobal.net) or (916) 266-1802.

## CATHEDRAL BOOKSHOP

**Enjoy your journey through Lent with pamphlets and books from the 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](mailto:bookshop3@gmail.com)

## Ongoing

Lunch Bunch – Thursdays, Noon

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

Writing Group – Thursdays, 4:30pm

Anyone who would like to write in an informal setting is welcome. Writing prompts are offered, we write, then share our writing or not. Contact: June Gillam - [jgillam@wavecable.com](mailto:jgillam@wavecable.com).

Trinity Men's Group Breakfast

2nd Saturday at 9am in the Great Hall. Contact: Chris Sanft - [chris@sanft.org](mailto:chris@sanft.org)

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year** at 12:30pm. Contact: Rev. Kathy Hopner at 930-8027

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)



## Softball Players Wanted:

Looking for male and female players to play for the Trinity Spirits in the Greater Sacramento Interfaith Softball League. The co-ed team will play each Tuesday evening - games can start anytime between 6 and 9 - at Grant Park in midtown. Opening day is April 14th and the season will last approx. 10 weeks. The cost will be approximately \$45/individual or \$75/couple. Some softball/baseball experience and a general fitness level is required. Please contact Doug Dierlam at 916-446-3961 or [dnarock@pacbell.net](mailto:dnarock@pacbell.net) by March 29th if interested.

## 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 23 is the deadline for inclusion in the Easter programs.