



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 18

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

TUESDAY 19

12Noon NA Meeting
12:10pm Holy Eucharist
1:30pm Stephen Ministry PSG
2:00pm Margaret Chinca Memorial Serv.
5:00pm Parish Health Ministry
6:00pm Centering Prayer
6:30pm Vestry

WEDNESDAY 20

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

THURSDAY 21

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

FRIDAY 22

9:00am Holy Eucharist
12Noon NA Meeting

7:30pm Stations of the Cross

SATURDAY 23

5:10pm Holy Eucharist

SUNDAY 24 PALM SUNDAY

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 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

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

Parking for people with disabilities is provided on Sundays. Enter on Trinity Cathedral Lane and park behind the Great Hall.

Lessons for March 24, 2013 *Palm Sunday*

The Liturgy of the Palms

Luke 19:28-40
Psalm 118:1-2, 19-29

The Liturgy of the Word

Isaiah 50:4-9a
Psalm 31:9-16
Philippians 2:5-11
Luke 22:14-23:56 or Luke 23:1-49

TODAY @ TRINITY—MARCH 17, 2013

Family Service TODAY — 9am in the Great Hall

Palm Crosses for Palm Sunday

Join us TODAY 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.

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—Room C

A new group begins TODAY.

If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513.

Sunday Morning Bible Challenge—Conference Room

The **30/40s and Beyond** group invites everyone to this Bible Challenge discussion group. Questions? Amy Dierlam: 601-1699 or dnarock@pacbell.net

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

Family Promise

Our hosting week begins today. If you have questions or can help, please contact Lyle Gramling at lylegramling@comcast.net

This Week

Memorial Service for Margaret Chinca (Fowler)

Tuesday, March 19th at 2:00pm

at Trinity Cathedral

A reception will follow in the Great Hall.

For the Eggstravaganza!

Family Ministry needs by March 24 small toys and candy to fit in plastic Easter eggs and hardboiled eggs are needed by March 30. Bring to Canon Tennyson's office.

Help St. John's Shelter...

...to win \$10,000. St. John's is in the running for the People's Momentum Award from the Women's Foundation of California. And in order to win, we need your vote! Go to <http://www.peoplesmomentumaward.org/vote.php>, then select St. John's and click vote. The last day to vote is March 28th.

Back Snack Project

Our Floyd School Back Snack project is out of some foods please bring the following if you possibly can. We have about 12 more weeks to help the children until school is out. Please put any of the following foods in the barrel by the stairs in the Cathedral house.

- Tuna,
- Peanut butter,
- Fruit cups
- Granola bars.

Lent & Holy Week

- March 23/24:** Palm Sunday Services:
Saturday 5:10pm, Sunday 7:30am, 9:00am,
11:15am and 12:45pm
- March 25:** Seder Potluck 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 ser-
vices.)

Additional Lenten Services

Stations of the Cross – Fridays, through March 22 at
7:30pm

Candlelight Compline Service – Thursdays, through

Potluck Passover Meal

Monday, March 25, 5-8pm

For recipe ideas see <http://allrecipes.com/recipes/holidays-and-events/passover/seder/>

Contact is Yolanda Ashford (916) 613-9159

Pick a Flower - 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.

Ongoing

Lunch Bunch

Thursdays, noon to 1:30pm in the Assembly Area

Please bring your Bible for our discussion of the Bible Challenge readings. Contact is Rev. Anne—
amckeever@wavecable.com

Writing Group

Thursdays, 4:30 to 6 p.m. in the Conference Room

Everyone is welcome to join us. We will write to a prompt and share what we choose of our writing with the group. Contact is Rev. Anne at
amckeever@wavecable.com.

Centering Prayer

Tuesdays, 6-7pm in the East Transept
Thursdays, Noon - 1pm in the East Transept

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contact Nancy Earl
nancy.c.earl@gmail.com, Sally Smith
sally1369@comcast.net or Shelley Mydans
smydans@gmail.com for further information. All are welcome.

Thursday Night at the Cathedral

Chefs Needed

We are developing a list of rotating chefs so each will cook every two months. Please contact Cherie Chamness at 442-9194 before she call you!

NO TNAC on Maundy Thursday, March 28

Candlelight Compline: 6:00pm
Dinner: 6:15pm—Classes: 7:00pm

Dinner: March 21

March 21 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. Rosemary Braxton, Book Discussion Leader

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

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.

CATHEDRAL BOOKSHOP

Lent and Easter merchandise is available.

Regular store hours are:
Tu-Th:11:00am - 5:00pm
Fri. 11:00am - 2:00pm
Sun, 8:30am - 1:00pm
Contact us at 916-442-9194

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# _____