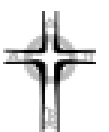




Trinity Episcopal Cathedral Announcements



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 20

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

TUESDAY 21

10:00am Psalms Small Group
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:30pm Finance Committee

WEDNESDAY 22

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

THURSDAY 23

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 24

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

SATURDAY 25

SUNDAY 26

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



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 26, 2017 *The Fourth Sunday in Lent*

1 Samuel 16:1-13
Ephesians 5:8-14
John 9:1-41
Psalm 23

TODAY @ TRINITY – MARCH 19, 2017

Activities at 10:15am

Newcomers' Group

The current group will be recognized today at the 11:15 service. A new group begins next Sunday with Introductions.

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.

TODAY: 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 continue our Lenten Small Group. 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

Episcopal Youth Fellowship - Assembly Area

Today we go to 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.

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 Solefire 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.

This Week

Stephen Ministry Speaker

Monday, March 20 at 8:00pm

Perry Justus, assistant manager of the TLCS mental health crisis respite center, will speak on his organization's program to provide respite for individuals experiencing a mental crisis. The program can be helpful to caregivers feeling the stress of overwork. It is open round the clock for visits of up to 23 hours.

Members of the congregation are welcome to attend this presentation.

Stations of the Cross

Fridays through April 7 at 6:00pm in the Cathedral

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.

Coming Up

Episcopal Youth Fellowship

Welcoming all youth in grades 6th through 12th! We meet at Trinity 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 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

Women's Retreat

The annual Women's Retreat will be March 31-April 2 at the Auburn Mercy Center. This year's theme is "Going to Center." We will discover new and creative ways on how we can go to the center of our souls to hear the "still small voice" of God in our lives. The cost is \$175 for the full weekend which includes a two night stay and four meals and \$35 for the Saturday program which also includes lunch. If you need a scholarship, please speak with Rev. Dr. Pamela Anderson. To register for the event go to Eventbrite using this link: <https://www.eventbrite.com/e/trinity-cathedral-womens-retreat-going-to-the-center-tickets-31571697798?aff=eac2>

Trinity Softball Team Recruiting for Church Spring/Summer League.

Join our co-ed recreational softball team on Friday nights at Tahoe Park from mid April to end of June. This is a fun low key league. All levels are welcome - you must be at least 18 to play.

Deadline to register: March 31st - cost: \$45.

To register, contact Amy and Doug Dierlam-dnarock@pacbell.net or 916-601-1699

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
7:00pm - Class

We explore the Baptismal Covenant during this season of Lent. 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 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

SAVE THE DATES

As we at Trinity "gear" up for Earth Day celebrations, mark your calendars with these dates:

1. **March 22-24: World Water Day Conference;** "Water Justice", a global conference held in New York City and webcast all over the world! Dianne Feinstein will give the keynote address on March 22 at 7:00pm. The 23rd and 24th will be from 9am - 5pm. The event offers a sharp focus on the need for water justice initiatives and will offer actionable guidance surrounding these issues!!

WHERE: St. John's Lutheran, 17th & L Sts. will webcast the event. COST: \$44.00. For more information and to register contact Mark Carlson at director@lppca.org

2. **Wednesday, March 29th at 7:00pm:** St. Francis of Assisi Catholic Church will screen *Before The Flood*. This film accounts changes occurring around the world due to climate change.

TREE recommends these events and we are delighted that these are being offered in Sacramento. We will be attending and hope to see many of you there!!

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# _____