



# 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 27

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

### TUESDAY 28

10:00am Psalms Small Group  
12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
7:00pm Vestry Meeting

### WEDNESDAY 29

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

### THURSDAY 30

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 31 OFFICE CLOSED

#### CESAR CHAVEZ DAY

6:00pm Stations of the Cross

### SATURDAY 1 APRIL

### SUNDAY 2 HEALING SERVICES

7:30am Holy Eucharist w/healing  
9:00am Holy Eucharist w/healing  
9:00am Family Service  
10:15am Sunday School  
10:15am Adult Study  
10:15am Spiritual Journey Group  
10:15am Newcomer's Group  
11:15am Holy Eucharist w/healing  
12:45pm Holy Eucharist w/healing  
2:00pm Yoga in the Cathedral  
3:30pm Journey with Jesus  
5:00pm Potluck Dinner Church

The Office will be closed on  
Friday, March 31 in observance  
of Cesar Chavez Day



### 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 April 2, 2017

*The Fifth Sunday in Lent*

Ezekiel 37:1-14  
Romans 8:6-11  
John 11:1-45  
Psalm 130

## TODAY @ TRINITY — MARCH 26, 2017

### Activities at 10:15am

### Newcomers' Group - Room C

**A new group begins today with Introductions.**

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

### Sunday Adult Study - Room A

The preacher for the day will lead a discussion on the Baptismal Covenant question that was preached in the sermon.

TODAY: 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

### Book Signing by Lorna Griess - Bookshop

At 10:30 Lorna, nurse and retired Army Colonel, former bookshop manager and current bookshop volunteer, will be signing her new book *2D Surgical Hospital: An Khe to Chu Lai South Vietnam*, about living and working in a Mobile Army Surgical Hospital (MASH) in South Vietnam.

### Later Today

### Episcopal Youth Fellowship - Assembly Area

EYF meeting today 12:30-2:30; lunch will be provided.

### 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! Contact Jerry Paré (jpare@trinitycathedral.org; 916-930-8032) for more information.

### The Easter Bunny needs your help!

We need filled plastic Easter eggs for our annual Easter egg hunt. Please take a bag of 10 - 12 plastic eggs and fill them with a piece of candy or a sticker. We have bags of empty eggs in the back of the church and in the Great Hall. Please bring them back to church on the Sundays before Friday, April 14th, or drop them off at the church office. 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.

### The Luna Vista Rotary Raffle is Back!

The youth group is selling raffle tickets again this year. Tickets are \$10 each; great prizes: Grand Prize is \$2,000, 1st prize is a \$250.00 Nugget gift certificate, 2nd prize is a table top grill, and the third prize is a \$100.00 Toys-R-Us gift card. We keep an amazing 90% of the amount sold for our mission trips and service projects! We are grateful to Ruth Fitch and the Rotary Club for making this possible!

## This Week

*TREE Recommendation...*

### Before the Flood Screening

**Wednesday, March 29th at 7:00pm**  
at St. Francis of Assisi Catholic Church

This film accounts changes occurring around the world due to climate change.

### Women's Retreat

**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 or Pamela will be available to help with registration today in the Great Hall at 10:15.**

### Episcopal Youth Fellowship

Welcoming all youth in grades 6th through 12th!

- **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](mailto:megan@trinitycathedral.org), or Rev. Kathy Hopner, [khopner@trinitycathedral.org](mailto:khopner@trinitycathedral.org)

## Next Sunday

### First Sunday Family Service

**Sunday, April 2 at 9:00am in the Great Hall**

Please join us for our service followed by brunch as well as arts and crafts!

### Potluck Dinner Church Presents: Homecoming Your Lenten Journey **Sunday April 2nd at 5:00pm**

Come join everyone in the Cathedral Kitchen as we prepare a meal together. Reflect and pray in community about our wanderings from God, and what beckons us back home. For dinner, bring a vegetable to add to the soup.

## 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](mailto: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](mailto:chris@sanft.org)

### Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—[pamela@trinitycathedral.org](mailto: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](mailto: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](mailto: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 30:** Will you seek and serve Christ in all persons, loving your neighbor as yourself? Speaker: Eileen Thomas, River City Food Bank.
- **April 6:** Will you strive for justice and peace among all people, and respect the dignity of every human being? Speaker: Joy Johnson, Sacramento Area Congregations Together (ACT)

For more information about Adult Spiritual Formation at Trinity Episcopal Cathedral, please contact:  
The Rev. Dr. Pamela Anderson:  
[Pamela@trinitycathedral.org](mailto:Pamela@trinitycathedral.org) or 916/446-2513

### 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

## **Easter Flower Donation**

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

Place this form with check in the offering plate or 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 April 10 for inclusion in the Easter programs.**

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

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

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