



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
7:30pm Tenebrae Service

WEDNESDAY 16

9:00am Holy Eucharist
10:00am Moms, Pops and Tots
10:30am Family Caregiver Support Group
12Noon NA Meeting
6:00pm Wednesday Community Dinner
630pm TREE
7:00pm Handbell Choir Rehearsal
7:00pm Cathedral Choir Rehearsal

THURSDAY 17 MAUNDY THURSDAY

12Noon NA Meeting
12Noon Centering Prayer
4:30pm Maundy Thurs. Serv. for Children
7:30pm Maundy Thursday Eucharist

FRIDAY 18 GOOD FRIDAY

12Noon NA Meeting
12Noon Good Friday Meditations
6:00pm Labyrinth
7:30pm Good Friday Liturgy

SATURDAY 19 HOLY SATURDAY

9:00am Holy Saturday Liturgy
9:00am Pancake Breakfast
10:00am EGGstravaganza
7:30pm Great Vigil of Easter

SUNDAY 20 EASTER SUNDAY

7:30am Holy Eucharist
9:00am Holy Eucharist
11:15am Holy Eucharist
12:45pm Holy Eucharist

Office Closed
Easter Monday,
April 21

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 20, 2014

Easter Sunday

Acts 10:34-43
Colossians 3:1-4
John 20:1-18
Psalm 118:1-2, 14-24

TODAY @ TRINITY—APRIL 13, 2014

Activities at 10:15am

The Jesus I Never Knew – Room A

The Jesus I Never Knew by Philip Yancey
Facilitator: The Rev. Dr. George (Bud) Swank

Phillip Yancey offers a new and different perspective on the life of Christ and his work—his teaching, his miracles, his death and resurrection—and ultimately who he was and why he came.

Newcomers' Group – Room C

The group will discuss Worship and Stewardship.

Everyone is welcome to be with us, especially Newcomers and visitors. If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513.

30/40s and Beyond – Conference Room

The group will be watching the video series of Society of Saint John the Evangelist's Lenten Series - *LoveLife* and discussing the content. The series can be seen on www.ssje.org/lovelife. Join us in the Conference Room from 10:15-11:10am. All ages are welcome!

Contact is Amy Dierlam—dnarock@pacbell.net

This Week

Holy Week Services at Trinity Cathedral

Tuesday, April 15: Tenebrae Service at 7:30 pm

Thursday, April 17: Maundy Thursday Service for Children and Families 4:30 pm.
Maundy Thursday Eucharist with footwashing 7:30 pm.

Friday, April 18: Good Friday Meditations - Noon to 3:00pm; Solemn Liturgy with music at 7:30pm

Saturday, April 19: Holy Saturday Service at 9:00 am; Easter Vigil at 7:30 pm

Sunday, April 20: Easter Sunday Services at 7:30am, 9:00am, 11:15am and 12:45pm

Holy Week for Children & Families

Thursday, April 17: Maundy Thursday Service at 4:30pm - Sharing in our faith stories help us to know that this great story is ours, and that we, too, have an active role in it. At Christmas the story becomes real and tangible for children as they take part in the journey to the stable as angels, shepherds or kings. On Maundy Thursday we have a wonderful opportunity to explore and experience one of our most important stories: the last supper Jesus shared with his friends. We'll wash feet, share the bread and wine, and clear and wash the altar as we leave the space empty for the transformation of the resurrection. Maundy Thursday sets the stage for the wonder and joy of Easter. Please join us for this engaging, interactive service designed especially for children. All are welcome!

Saturday, April 19: Pancake Breakfast from 9:00-10:30am. Adults - \$5; under 12 - \$3. Followed by the **EGGstravaganza!** Games, crafts, egg dying, and Easter Egg Hunt that begins at 10:30am.

Sunday, April 20: Easter Sunday at Trinity

Join us as we raise our Alleluias and welcome our butterflies on Easter Sunday! Our services are at 7:30, 9:00, 11:15, and 12:45. Easter Brunch is offered after the 7:30, 9:00 and 11:15 services. There will be no Sunday School on Easter Sunday, but Children's Chapel will be held during the 9:00 and 11:15 services.

Easter Vigil Reception

Please sign up at the Welcome Center if you will bring refreshments for the April 19th Easter Vigil.

More This Week

Alzheimer's/Dementia Family Caregiver Support Group Wed., April 16, 10:30am, in the Conference Room.

If you are caring for someone who has Alzheimer's or another dementia, you are at increased risk for stress and health problems. Taking care of yourself through learning about and taking advantage of services that can provide you support and respite is essential. Attending a caregiver support group is one way family caregivers can care for themselves.

Trinity hosts a support group on the 3rd Wednesday of every month. The group uses materials provided by the Alzheimer's Association and will be facilitated by Jackie McGrath, a volunteer with the Alzheimer's Association and a former caregiver for her parents who had dementia. For more information contact Jackie (jackiewmcgrath@gmail.com, 712-6561).

Coming Up

The Gospel of Judas

If you didn't have the chance to attend The Gnostic Gospels book discussion group, come and learn a bit about these documents while viewing the National Geographic special The Gospel of Judas. You will get a bit of insight as to how these early Christians called gnostics thought and perhaps why they were not able to overcome the authority of the orthodox church to be in existence today as a religious sect. **All are invited to Trinity's Assembly Area on April 24th at 7:00 pm** to attend this interesting film and discussion.

Trinity's Women's Retreat: June 13-15

We will gather at the beautiful Mercy Center in Auburn for a weekend of prayer, meditation, music, and fun. Stay tuned for details. Canon Lynell Walker will facilitate the retreat.

Take Me Out To the Ballgame

Mark your calendars for **Saturday, June 28th** for Trinity Night at the Rivercats. The Cats will be playing the Las Vegas 51's (NY Mets AAA). In addition our own youth choir along with choirs conducted by Kami Davis will open the game by singing the National Anthem. Our seats, located behind third base, are \$20. We are reserving tickets NOW so please pay in advance by making your checks out to Trinity Cathedral with "Rivercats" on the memo line.

Ongoing

Lunch Bunch—Thursdays at Noon

Canon Walker is facilitating a study of the book *Radical Forgiveness* by Brian Zahnd (available in the Cathedral Bookstore.) We meet in the Assembly Area.

Writing Group—Thursdays at 4:30pm

Do you like to write? If so, please drop in and see what our group is up to. **We meet Thursdays 4:30-6:00 in the Conference Room.** We write to a prompt for about 20 minutes, and then listen to each other share aloud, if the spirit moves. Feedback is always positive and uplifting. If you have questions, please contact June Gillam, jgillam@wavecable.com.

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month, 12:30-2:30pm, in the Assembly Area for lunch, program and activities. For more information contact Rev. Kathy Hopner at 930-8027

Centering Prayer

Tuesdays, 6-7pm in the East Transept
Thursdays, Noon—1:00 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

Thursday, April 17, 2014
No TNAC Dinner or Classes

New Classes begin
May 1st

Floyd School

Floyd School is off to Marin Headlands

The fourth, fifth and sixth grade students at Floyd School are planning their annual trip to Science and Ocean Camp.

It costs about \$150 per child to attend the camp. Floyd School is a 100% poverty school and even though the staff has worked with the students to earn money for their trip they need lots of help.

The students have drawn a picture of themselves and have written a paragraph about what they like to do. We are asking that you sponsor a child for \$50 (or more if you can).

See the bulletin board in the Great Hall for more information. Make checks payable to Trinity Cathedral, with "Floyd Trip" on the memo line and put in the offering plate.

Back Snack Program

We always need donations of tuna cans, small fruit cups, peanut butter jars, granola snack bars, boxes of macaroni & cheese and instant oatmeal. Place them in the containers at the top of the stairs above the office. If you can help at the school, contact Dale Reinhard at 916-730-0741 or dale.reinhard@gmail.com.

Clothes Closet

We need donations of gently used children's clothing. We take all sizes - Infant thru size 16. Please deposit donations in the two bins at the top of the stairs.

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# _____

April 14 is the deadline for inclusion in the Easter programs.