



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 24

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

TUESDAY 25

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

WEDNESDAY 26

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

THURSDAY 27

12Noon NA Meeting
12Noon Centering Prayer
12Noon Lunch Bunch
3:00pm Writing Group
6:00pm Compline
6:15pm TNAC Dinner
7:00pm TNAC Classes
7:15pm Celebration Choir Rehearsal

FRIDAY 28

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 29

SUNDAY 30

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Spiritual Journey Group
10:15am Newcomer's Group
11:15am Holy Eucharist
12:45pm Holy Eucharist
2:00pm Yoga in the Cathedral

Needed for Floyd School

Healthy snacks for
Snack Pack Program
and clothing for children.

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 30, 2017

Third Sunday of Easter

Acts 2:14a,36-41
1 Peter 1:17-23
Luke 24:13-35
Psalm 116:1-3, 10-17

TODAY @ TRINITY – APRIL 23, 2017

Garage Security

We had several reports of car break-ins on Easter Sunday. In all cases there was no evidence of windows or locks being jimmed. There are apps available that allow the user to intercept a key FOB signal and use it after the owner has left. We recommend that you lock your car with the manual key and/or park in a populated area of the garage.

Matthew Fox

In honor of Earth Day, Matthew Fox, an early and influential exponent of Creation Spirituality, will be preaching today at the 9am and 11:15am services.

There will be a book signing in the Cathedral Bookshop following the 9am service.

Earth Day Fair TODAY in the Great Hall

Activities at 10:15am

Newcomers' Group - Room C

The group will discuss Ministry Opportunities.

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

Spiritual Journey Group

The group will **not** be meeting today. We encourage folks to attend the TREE earth day activities. Contact is Amy Dierlam - dnarock@pacbell.net

Later Today

Episcopal Youth Fellowship (EYF)

EYF meeting **today from 12:30pm - 2:30pm** upstairs in the Assembly Area; lunch will be provided.

Next Sunday

Spiritual Journey Group

Starting next Sunday, April 30, we will begin the Bible Study: *First Corinthians: Living Love When We Disagree* by Melissa Spoelestra. During this 6 week study we will explore (with DVD and individual study guides) Paul's first letter to the Corinthians and discover ways to love and listen when we don't always agree - something that is increasing in our society during these times. Join us for this intriguing study for the Easter Season.

We meet in the **Conference Room on Sundays from 10:15 to 11:10am**. Contact is Amy Dierlam - dnarock@pacbell.net

Instructed Mass

On **Sunday, April 30 at 3:30 PM** we will have an "Instructed Eucharist." This is a "Mass with commentary" on what we do when we worship together on Sunday and why we do it. Examples: Why a procession? Why stand for the Gospel reading? Contact Jerry Paré (jpare@trinitycathedral.org or 916-930-8032) for more information.

CATHEDRAL BOOKSHOP

"Got Sparkles" handcrafted jewelry is now available in the Bookshop. Designer Kristi Taylor says, "Custom orders are encouraged".

Please stop by the Bookshop to see a full selection of her designs.

Store hours are:
Tu-Th:11:00am - 5:00pm;
Sun: 8:30am - 1:00pm

Contact us at 916-442-9194 or bookshop3@gmail.com

Coming Up

A Wake for Christ's Sake: A Passover Sabbath, with Morey Lloyd

Sunday, May 7, 10:15 a.m. in Room A

Try to imagine a world where your prayers are not answered, where you have lost your hopes and dreams. Imagine a world where your past has predestined your future, where your worst fears have come to pass. Imagine a world without promise and all you see is failure. Imagine a world without Christ. Just imagine.

On May 7 we will look at the unpublished events of **Holy Saturday**, the Sabbath after Good Friday. No Parables, no Miracles and no Where to Go. Here we meet the characters who knew and were touched by Jesus, son of Mary. They have gathered together to mourn and celebrate the life of their fallen leader. Here they share their thoughts, their frustrations and their deepest disappointments.

SAVE THE DATE!

New Clairvaux Monastery and Winery Tour Saturday, July 29, 2017

Special tour arranged for Trinity Cathedral members and friends to a Benedictine order monastery located just south of Chico, CA.

Round trip transportation by luxury bus leaving Sacramento at 7:45am returning around 5pm.

- Guided tour of the restored 12th century Spanish chapel (was featured on KVIE special)
- Tour of the grounds and winery.
- Attendance at one of the short mid day prayer services.
- Sandwich, fruit and snack luncheon with soft drinks, juice, wine.
- Wine tasting on your own for \$5 fee.

Lecture provided on the way by our Tour Guide, David Warren, head of DAVLO Tours.

Details to be finalized soon, cost of event is \$65 per person.

Tour provider: DAVLO Tours of Sacramento. Phone 916-422-6330; davlotours@aol.com

For more information, contact Kevin Sanders at: kevinlsanders50@gmail.com

Cathedral Flower 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# _____

THURSDAY NIGHT AT THE CATHEDRAL

6:00 pm - Compline
6:15pm - Dinner
7:00pm - Classes

TNAC returns on April 27 with these classes:

Immigration 101: Facilitated by The Rev. Steve Skiffington, Cathedral Deacon

Sessions 1 & 2: Two films presented by Dennis Hock, Ph.D: *4/1 Miles and Guns & Greed*.

Sessions 3 - 5: These sessions are still under development and are intended to present the current status of US immigration policy as well as its effect on citizens and non-citizens alike. Current news articles and personal testimonies will be presented.

Food as a Spiritual Practice: Healthy Food, Healthy Life: Do you wish you had more energy? Does stress make you overeat? Is your bad cholesterol overwhelming the good? Do you get lethargic after eating too many carbs? Learn to eat better, so you can live fully. Over six classes, you'll learn from dietitians how to read labels, plan menus and count carbs. You'll get to sample meals that are good for your heart and that won't give you a sugar high. Physicians will share the latest research on diabetes, heart disease, sleep, eating disorders and more. Get prayers for healing and discover spiritual disciplines that can help with your food struggles.

A Study and Art Reflection on the Prodigal Son:

Morey Lloyd and Kelly Mieske will explore the scripture of the Prodigal Son through a variety of modalities from a traditional academic bible study class, with history and theology to an Iganation imagination exercise to a Jewish tradition of Midrash. Come and experience this well known scripture in ways that you've never imagined.

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

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