



# 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 MAY 1

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

### TUESDAY 2

10:00am Tuesday Morning Group  
12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
**6:00pm Ministry Team Dinner**  
**7:00pm Ministry Team Meetings**

### WEDNESDAY 3

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

### THURSDAY 4

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 5

9:00am Holy Eucharist  
12Noon NA Meeting  
**7:00pm EfM Graduation**

### SATURDAY 6

**10:00am Women's Potluck Brunch**

### SUNDAY 7

7:30am Holy Eucharist  
9:00am Holy Eucharist  
**9:00am Family Service**  
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  
**5:30pm Stations of Light Dinner Church**

### 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 May 7, 2017 Fourth Sunday of Easter

Acts 2:42-47  
1 Peter 2:19-25  
John 10:1-10  
Psalm 23

## TODAY @ TRINITY – APRIL 30, 2017

### Activities at 10:15am

### Newcomers' Group - Room C

**The group will discuss Worship and Stewardship.**

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

### Loving When We Disagree: A First Corinthians Bible Study Conference Room

We 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. Contact is Amy Dierlam - dnarock@pacbell.net

### Canon Grant Carey Video - Room B

The video made for Canon Grant Carey's memorial service will be shown in Room B off of the Great Hall after the 9:00 service about 10:15. If you missed the service or did not have a chance to see very much of it at the reception, this is an opportunity to see it. It is about 22 minutes long.

### Later Today

### Instructed Mass

**TODAY 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.

### This Week

### Ministry Team Dinner and Meetings

**Tuesday, May 2: Dinner (\$5) at 6pm; Meetings at 7pm**

All are invited to join the Ministry Teams for dinner and their meetings. This is a time for fellowship prior to the Ministry Team meetings at 7 PM.

The following teams meet:

- Adult Spiritual Formation in the Conference Room
- Hospitality in Room J
- Outreach in Room A
- Worship and Music in the Assembly Area

If you would like to be involved in knowing how things get done at Trinity join us on May 2nd at 6 PM. If you have questions or concerns contact Randie Strike, email randie.trinity@gmail.com or call her on her cell phone 916-203-7586.

### Prayer Night at the Cathedral

**Wednesday, May 3, 7pm, Conference Room**

Join us for an evening where participants have a chance to experience different approaches to prayer and ask questions.

### EfM Graduation!

All are invited to the 2017 Diocesan graduation for the Education for Ministry (EfM) program, **Friday, May 5, at 7 p.m. here at Trinity.** And, if able, please bring a small plate of treats to share for the reception following.

### Help wanted!

One or two people are needed to host the EfM graduation reception, May 5 at 7 p.m.. Can you help? Please email dugongs@sbcglobal.net ASAP. Thanks from the Hospitality Committee!

## Next Sunday

### 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.

## Stations of Light Dinner Church

Sunday May 7th at 5pm

Easter Sunday is just the beginning! We invite you to be witnesses to the ongoing faith stories of our newly baptized members and other members of our community. Join us on a journey of stations and stories from the empty tomb to Pentecost. Our pilgrimage will begin at 5 pm in the Cathedral. Food for the journey will be provided. Contact Rev. Megan with any questions: megan@trinitycathedral.org

## Ushers Needed

We need ushers for the 9 AM service on the Fourth and Fifth Sundays AND for the 11:15 AM service on the Fourth and Fifth Sunday.

If you can help please contact Kevin Donohue at email kfdsac@att.net, phone 265-3806 or Randie Strike at email randie.trinity@gmail.com, phone 916-203-7586.

## CATHEDRAL BOOKSHOP

Store hours are:

Tu-Th: 11:00am - 5:00pm;

Sun: 8:30am - 1:00pm

Contact us at 916-442-9194 or  
bookshop3@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**

### **Immigration 101:**

Session 1: April 27 - A showing of the film "4.1 Miles" followed by discussion and the in-person testimonial of a Middle Eastern refugee now residing in Sacramento.

Session 2: May 4 - Sacramento ACT: Local realities & historical time table - where do you fall?

Session 3: May 11 - Focus on farm workers and their rights and sharing of personal stories.

Session 4: May 18 - A firsthand account of Sacramento's significant role in the Sanctuary movement of the mid-1980's, a showing of the 20-minute documentary "Guns and Greed".

Session 5: May 25 - T-ACT and Sacramento ACT: Who they are, what they do and personal action steps that can be taken.

**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 Ignatian 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