



# 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 2

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

### TUESDAY 3

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
6:00pm Ministry Team Dinner  
7:00pm Ministry Team Meetings

### WEDNESDAY 4

9:00am Holy Eucharist  
10:00am Mom's, Tot's and Pop's  
12Noon NA Meeting  
7:00pm Cathedral Choir Rehearsal  
7:00pm Executive Committee

### THURSDAY 5

12Noon NA Meeting  
12Noon Centering Prayer  
12Noon Lunch Bunch  
4:30pm Writing Group  
6:00pm Evensong for Ascension Day  
6:15pm TNAC Dinner  
7:00pm TNAC Classes  
7:15pm Celebration Choir Rehearsal

### FRIDAY 6

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

### SATURDAY 7

### SUNDAY 8 MOTHER'S DAY

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Crochet/Knitting Group  
10:15am *The Soul of Money*  
10:15am Sunday School  
10:15am Newcomer's Group  
10:15am Adult Study  
11:15am Holy Eucharist  
12:45pm Holy Eucharist

### Pastoral Emergencies:

Call the office: 446-2513  
Evenings, weekends & holidays: 214-0382

**Parking on Sundays for those with disabilities** is provided behind the Great Hall.

**Prayer Box in the Narthex:** Daughters of the King will hold your request in prayer daily for at least one month.

### Lessons for May 8, 2016 *Seventh Sunday of Easter*

Acts 16:16-34  
Revelation 22:12-14,16-17,20-21  
John 17:20-26  
Psalm 97

## TODAY @ TRINITY — MAY 1, 2016

### Veterans Meeting will be next Sunday, May 8 at 10:15

We will have a special speaker, Air Force veteran Arthur Haarmeyer, speaking about his Korean War experiences documented in his memoir *Into the Land of Darkness: A Bombardier-Navigator's Story*.

### Activities at 10:15am

### Eclectic Adult Study Group — Conference Room (Formerly known as the "30/40's and Beyond")

Lets stop using the name 30/40s and Beyond as we are such an eclectic group!

This Sunday we will continue the **Discovery Series: A Christian Journey - the topic is your spiritual journey.**

**ALL ages welcome!** Contact: Amy Dierlam at [dnarock@pacbell.net](mailto:dnarock@pacbell.net)

### Newcomers' Group — Room C

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

If you have questions about the Newcomers' Group contact Randie Strike at email [randie.trinity@gmail.com](mailto:randie.trinity@gmail.com) or 916-446-2513 or 916-203-7586

### Book Study with Dean Baker — Assembly Area

*The Soul of Money* is an enjoyable, inspiring book inviting us to live our lives with gratitude and a sense of sufficiency. We are constantly fed messages of scarcity and insufficiency. Lynn Twist uses moving stories from her life and her work to look at the power money has over our lives. While focusing on our relationship with money, this book is really inviting us to live all of our lives with more joy, gratitude and connection to one another. — *Dean Baker*

## This Week

### Choral Evensong for Ascension Day

Thursday, May 5 at 6:00pm

The Cathedral Choir sings the final evensong for the season on Ascension Day, one of the major feasts of the church year, falling forty days after Easter.

This short meditative service of music, prayer, and readings is a great way to finish a busy and stressful day. Included will be music by Iain Quinn, John E. West, Jack H. Ossewaarde, and the exciting anthem "O Clap your Hands" by Martin Shaw. Please join us!

### EfM Graduation

Friday, May 6 at 7:00pm

Participants from all around the Diocese of Northern California will be graduating from the Education for Ministry (EfM) program this Friday. EfM is a four-year program which takes a significant amount of time and commitment and we are so thrilled to honor the spiritual development and in depth study that our graduates have experienced over the years. **The 2016 class from the Cathedral will be: Georgianna Pfof, Susan Loomis, Kelly Dunlap and Diana Turner.** We would also like to extend **a special thank you to Loren Weatherly, Carol Savoie and Georgianna Pfof for being our facilitators this year.** Join us for this wonderful celebration and if you are able, please bring a plate of sweets or savories to share at the reception following the service. See you all then!

## Next Sunday

### Adult Ministry Recognition

We will recognize the Adult Ministry leaders at the 9:00 and 11:15am services and have information tables setup for those that want to find out about the Adult Ministries available.

See "More Next Sunday" on the Back

## More Next Sunday

### Trinity Cathedral Library

We are going to try the Second Sunday for library day at the Cathedral. So this month, library day will fall on Mother's Day. You can borrow a book for your mother!

### Family Promise Host Week May 8-13

One of the Family Promise network churches was unable to take in the families during the week of May 8 so Trinity Cathedral has agreed to host the families for those six days. We need volunteers for all positions: dinner, greeter, servers, overnight. Sign up on the Family Promise poster in the Great Hall. Also, May 8 is Mother's Day, and to do something special for the moms staying with us. We need small items to fill three or four gift bags: sample-sized personal care item, small notebooks with a pen, things your mother would enjoy! Please drop off donations at the cathedral office, or contact Eleanor Taniguchi at EleanorT@trinitycathedral.org

## Coming Up

### EfM Informational Meeting

Sunday, May 22 at 10:15am in the Assembly Area

Anyone interested in participating in Education for Ministry (EfM) in 2016-17 may contact any of the current mentors (Loren Weatherly, Carol Savoie, or Georgianna Pfost) on how to sign up or come to an informational meeting on Sunday, May 22 at 10:15am.

## Donation Opportunities

### Daughters of the King Ministry

Needed items for Women's Empowerment ([www.womens-empowerment.org/](http://www.womens-empowerment.org/)) graduates setting up households:

- 4 twin bed frames,
- 2 full bed frames,
- 1 queen bed frame,
- 5 dressers,
- curtains and curtain rods.

Please contact Carolyn Conrad at 916-359-3016.

**DOK is also in need of your scrap material.** We are doing a project to support people when they have an emotional need and need to be uplifted. Soft material is the best. Flannels, soft cottons, any material that would be soft against the skin.

Thank you in advance for your assistance. Please take any material to the office and mark it for DOK.

## Ongoing

### Traveling Bible Study and Spirituality Group

Every Sunday at 5pm young adults gather at fun locations around Sacramento for fellowship and conversation on the Bible and spirituality. If you would like to be added to the email list contact Rev. Megan at [megan@trinitycathedral.org](mailto:megan@trinitycathedral.org)

### Veterans Swapping Stories

The first Sunday at 10:15am in the Assembly Area. 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, 4:30pm

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)

## THURSDAY NIGHT AT THE CATHEDRAL

**Evensong: 6:00pm**

**Dinner: 6:15pm**

**Classes: 7:00pm**

**Dog Whistle Politics:** As a congregation, we just finished a series of "Sacred Conversations for Racial Justice." This had a tremendous impact on our community. As a continuation of this conversation, Deacon Steve Skiffington and Deacon Tina Campbell will lead a book study on Ian Haney López' book entitled *Dog Whistle Politics*. Dog-whistle politics is political messaging employing coded language that appears to mean one thing to the general population but has a different meaning for a targeted subgroup. The analogy is to a dog whistle, whose high-frequency whistle is heard by dogs but inaudible to humans. This class will discuss racist policies in American through the lens of code words.

**The Soul of Money:** *The Soul of Money* is an enjoyable, inspiring book inviting us to live our lives with gratitude and a sense of sufficiency. We are constantly fed messages of scarcity and insufficiency. Lynne Twist uses moving stories from her life and her work to look at the power money has over our lives. While focusing on our relationship with money, this book is really inviting us to live all of our lives with more joy, gratitude and connection to one another. Pamela Anderson, Vaughn Wolff and Bruce Roy will be leading a book study on this in the Conference Room.

## CATHEDRAL BOOKSHOP

**Come in and see our selection of  
Mother's Day Cards**

Store hours are:

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

Contact us at 916-442-9194 or  
[bookshop3@gmail.com](mailto:bookshop3@gmail.com)

## Trinity Name Tags

It is helpful for Newcomers and visitors if we all wear our name tag. Order your name tag at the Welcome Center for \$2.00 each.

## **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# \_\_\_\_\_