



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 8

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

TUESDAY 9

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

WEDNESDAY 10

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

THURSDAY 11

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 12

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 13

9:00am Trinity Men's Breakfast

SUNDAY 14 FAMILY PROMISE BEGINS

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Crochet/Knitting Group
10:15am Sunday School
10:15am Loving When We Disagree Bible Study
10:15am A Wake for Christ's Sake
10:15am Newcomer's Group
11:15am Holy Eucharist
12:45pm Holy Eucharist

The Library will be open in the Elevator Alcove

On Sunday, May 14, 8:30 to 11:30am

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 14, 2017 *Fifth Sunday of Easter*

Acts 7:55-60
1 Peter 2:2-10
John 14:1-14
Psalm 31:1-5, 15-16

TODAY @ TRINITY — MAY 7, 2017

Activities at 10:15am

Newcomers' Group - Room C

The group will discuss Resources for Next Steps.

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

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

We have begun the Bible Study: *First Corinthians: Living Love When We Disagree* by Melissa Spoelestra. During this 6 week study we will explore 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 - dnrack@pacbell.net

A Wake for Christ's Sake: A Passover Sabbath, with Morey Lloyd **Begins today in Room A**

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.

Later Today

Stations of Light Dinner Church

Sunday May 7 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

A Special Night with Peace Train

Sunday, May 7 at 7pm

A freewill offering will be taken to support The Peace Train's humanitarian work in South Africa.

The co-founders of The Peace Train, will come to the Cathedral to sing, dance, recount the moving history of The Peace Train, and discuss its continuing mission today.

In 1992 in South Africa "The Peace Train" project began -- breaking through apartheid's barriers to form a 500-voice, multiracial children's choir. For several years, they sang their way into the hearts, minds and soul of a divided nation amidst a civil war, promoting a peaceful transition to democracy. The group was nominated for the Grammy's "Best World Music Album" and an award-winning documentary, "When Voices Meet," describes its history and success.

This Week

Trinity Men's Group Breakfast

Saturday, May 13, 9:00am in the Great Hall

All Trinity men are invited for a delicious breakfast and a short business meeting. Contact: Chris Sanft - chris@sanft.org

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

Next Sunday

Crochet / Knitting Group

Sunday, May 14 at 10:15am, in the Great Hall

Please join us for a crochet/knitting gathering. There will be help for people who want to learn to crochet and/or knit.

Coming Up

Trinity Hiking Group

Saturday, May 20

We will hike the Lake Clementine Trail in the Auburn State Recreation Area. The trail is an easy hike with panoramic views along the North Fork of the American River. It's 4 miles round trip with an elevation of about 300 feet. Bring plenty of water and snacks/lunch and don't forget your sunscreen. **We'll meet in front of Trinity at 8:00, arrange carpools and leave promptly so we can be on the trail by 9:00.** There is a \$10 parking fee. Contact: Jackie McGrath, 712-6561, jackiewmcgrath@gmail.com. Please let me know you're coming so we don't leave anyone behind.

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.

Tour Guide is David Warren of DAVLO Tours. Phone 916-422-6330; davlotours@aol.com. Details to be finalized soon, cost of event is \$65 per person.

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

Ushers Needed



UPDATED NEEDS

We need:

One usher for the 11:15 AM service on the First Sunday

One usher for the 9 AM service on the Fourth Sunday

Two ushers for the 9 AM service on the 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 203-7586.

THURSDAY NIGHT AT THE CATHEDRAL

6:00 pm - Compline

6:15pm - Dinner

7:00pm - Classes

Immigration 101:

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

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#** _____