



# 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 15

12Noon NA Meeting  
5:45pm Holy Eucharist

### TUESDAY 16

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

### WEDNESDAY 17

10:00am Moms, Tots and Pops  
12Noon NA Meeting  
12:10pm Holy Eucharist  
3:00pm Dementia Caregiver Support Group  
7:00pm Cathedral Choir Rehearsal

### THURSDAY 18

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 19

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 20

### SUNDAY 21

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Sunday School  
10:15am EfM Informational Meeting  
10:15am Loving When We Disagree Bible Study  
10:15am Newcomer's Group  
11:15am Holy Eucharist  
12:45pm Holy Eucharist

### 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 21, 2017 Sixth Sunday of Easter

Acts 17:22-31  
1 Peter 3:13-22  
John 14:15-21  
Psalm 66:7-18

## TODAY @ TRINITY – MAY 14, 2017

**The Library is open in the Elevator Alcove.**

### Activities at 10:15am

#### Newcomers' Group - Cathedral

**The group will Tour the Cathedral. ALL are welcome!**

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

#### 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 - dnarock@pacbell.net

#### Crochet / Knitting Group - 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.

#### Episcopal Youth Fellowship

As this is Mother's Day, EYF will not meet during our usual time. Instead we will meet from 10:15 - 11:30. We'll walk over to River City Food Bank to work there. All youth in grades 6th - 12th are welcome to join us.

### Family Promise week begins today.

## This Week

#### 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.

## Next Sunday

#### Education for Ministry informational meeting

##### **Sunday May 21, 2017 10:15-11:00 in Room A**

If you have heard Trinity people speak of Education for Ministry or EfM and have wondered what it's all about, come to this informational meeting on Sunday May 21 at 10:15 in Room A. There you can hear all about this very interesting and thought provoking program from mentors, current participants and alumni. Hope to see you there.

### 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

## Coming Up

### Clearing the vessel:

An introduction to reclaiming and restoring your true divinity through food

**Sunday, June 25, 10:15am, Conference Room**

The depth of your spiritual connection is impacted by the food you eat. Come learn to eat purifying foods that detox the body and bring clarity of mind for a deeper divine path. Discussions will include practical how-to, tools, tricks, and resources. Melanie Bright will facilitate this class.

### Cambridge University Choir Concert

**Tuesday, July 18 at 7:30pm**

The Chapel Choir of the Selwyn College, Cambridge, England, will appear in concert at Trinity Cathedral on Tuesday, July 18th at 7:30 pm. We are very excited to host this fine choir in their first west coast tour. The choir is conducted by Sarah MacDonald, who is the first woman to hold the post of Director of Music at an Oxbridge chapel!

Many of you will remember the last Cambridge chapel choir to sing here (Trinity College), which was perhaps the finest choral singing we've experienced in our Cathedral (which is saying something!). We anticipate this concert to be equally thrilling, so mark the date on your calendar, and plan to join us. (NOTE: we will be providing home-stay accommodations for the members of the choir in their visit to Sacramento. If you are interested in hosting any of the members of the choir, please contact Canon David Link [sierracanon@gmail.com](mailto:sierracanon@gmail.com))

### 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.

Cost of event \$65 per person.

Tour provider: DAVLO Tours of Sacramento. Phone 916-422-6330; [davlotours@aol.com](mailto:davlotours@aol.com)

Please send checks only made out to: DAVLO Tours, 6298 So. Land Park Drive, Sacramento 95831.

Deadline is July 10 for payment.

For more information, contact Kevin Sanders at: [kevinsanders50@gmail.com](mailto:kevinsanders50@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 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](mailto:Pamela@trinitycathedral.org) or 916/446-2513

## 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.

## 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](mailto: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](mailto:chris@sanft.org)

### Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—[pamela@trinitycathedral.org](mailto: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](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)

### 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