



# 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 16

12Noon NA Meeting  
5:30pm T-ACT  
5:45pm Holy Eucharist  
7:00pm Stephen Ministry—All

### TUESDAY 17

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
6:30pm Vestry Meeting

### WEDNESDAY 18

9:00am Holy Eucharist  
10:00am Mom's, Tot's and Pop's  
12Noon NA Meeting  
3:99pm Dementia Caregivers Support  
7:00pm Cathedral Choir Rehearsal

### THURSDAY 19

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

### FRIDAY 20

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 21

### SUNDAY 22 TRINITY SUNDAY

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am *The Soul of Money*  
10:15am Sunday School  
10:15am Newcomer's Group  
10:15am *A Christian Journey*  
10:30am Art Walk and Brunch  
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 15, 2016 *Pentecost*

Acts 2:1-21  
Romans 8:14-17  
John 14:8-17  
Psalm 104:25-35,37

## TODAY @ TRINITY — MAY 15, 2016

### Activities at 10:15am

### Discovery DVD Series - Your Spiritual Journey Conference Room

Join us to watch this DVD on your spiritual journey. We will watch and share afterward. Conference room is upstairs at the top of the

### Newcomers' Group — Room C

**Will Tour the Cathedral. ALL are welcome!**  
**Meet after the 9am service at the Altar Rail**

If you have questions about the Newcomers' Group contact Randie

### 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, grati-

### Next Sunday

Sunday, May 22, is  
Trinity Sunday

### Art Walk and Brunch

Sunday, May 22, 10:30am-1:30pm

Come walk Trinity's Solarium and view some beautiful art, all while enjoying a free brunch. If you are an artist who would like to have a piece displayed (Whether you are in Preschool, or a professional) Please contact Rev. Megan: [megan@trinitycathedral.org](mailto:megan@trinitycathedral.org). Pieces can include paintings, photos, sculptures etc.

### 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.

### Coming Up

### "From Freedom Fighter to Healer"

Presented by Fr. Michael Lapsley  
Sunday, May 29 at 11:15am

Priest and leader of the Institute for Healing Memories, South Africa, and author of *Redeeming the Past: My Journey from Freedom Fighter to Healer*. Come and listen to Fr. Michael Lapsley preach.

**Fr. Lapsley will also discuss the  
Healing of Memories on May 29 from 1:00-2:00pm**  
at Trinity Cathedral

## Church Video

The Stewardship Committee is working to develop and produce a video on Trinity's ministries, programs and services. We are seeking talented individuals who are willing to donate their talent and time to assist us on this project. The work will primarily be meeting periodically to develop messaging and review pictures/videos for production. If interested or if you have any questions, please contact Rod Thomas at 502-558-2497 or email him at rthomas0604@gmail.com.

## Donation Opportunities

### Daughters of the King Ministry

Needed items for Women's Empowerment (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.

## 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

## 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

### 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

### Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—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

### 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

## THURSDAY NIGHT AT THE CATHEDRAL

**Compline: 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,

## 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.

**Contact Information:** If you have moved or changed your phone number or email address please contact Randie Strike at 916-446-2513 or by e-mail at randie.trinity@gmail.com to update your contact information in the church database.

## 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# \_\_\_\_\_