



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 18

12Noon NA Meeting
5:30pm T-ACT
5:45pm Holy Eucharist

TUESDAY 19

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

WEDNESDAY 20

9:00am Holy Eucharist
10:00am Moms, Pops and Tots
12Noon NA Meeting
2:30pm Dementia Support Group
7:00pm Cathedral Choir Rehearsal

THURSDAY 21

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

FRIDAY 22

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 23

SUNDAY 24

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Parenting Matters: Teens
10:15am Newcomer's Group
10:15am 30/40's and Beyond
11:15am Holy Eucharist
12:45pm Holy Eucharist

CATHEDRAL

BOOKSHOP

Help! Help! Help!
Our used jewelry section
needs replenishment!

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

Contact us at 916-442-9194 or
bookshop3@gmail.com

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 24, 2015 *The Day of Pentecost*

Acts 2:1-21; Psalm 104: 25-35,37;
Romans 8:22-27; John 15:26-27;16:4b-15
Preacher is the Rev. Megan Anderson

TODAY @ TRINITY—MAY 17, 2015

Activities at 10:15am

Newcomers' Group — Cathedral

The current group will be received today. A new group begins next Sunday in Room C.

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

30/40's and Beyond — Conference Room

We will meet and watch Bishop Yvette Flunder's presentation from last Friday night. We will start promptly at 10:15, so join us in the conference room upstairs. ALL ages welcome! Contact: Amy Dierlam at dnarock@pacbell.net

Crochet / Knitting Group — Elevator Alcove

We will now meet on the 3rd Sunday in the elevator alcove. Join us today for a crochet/knitting gathering. They will help people who want to learn to crochet and/or knit.

Parenting Matters: for parents and grandparents of infants through 5th graders — Assembly Area

Please join the Rev. Kathy Hopner on the third Sunday of each month during the Sunday School hour to explore together the issues parents of face today.

This Week

Clothing Swap

Tuesday, May 19, 5:00-8:00pm in the Great Hall

The Trinity Young Adult Group is hosting a clothing swap on **Tuesday, May 19th**. Bring at least 5 items of your gently used, clean clothing, shoes, and accessories and a \$5 suggested donation. Drop off your items, then start shopping! Clothing for all ages, sizes, and genders welcome. Money raised will be donated to the Arthritis Foundation and the Leukemia and Lymphoma Foundation. Extra clothing and accessories will be donated to the SPCA Thrift Store to help our furry friends.

Alzheimer's/Dementia Family Caregiver Support Group

Wednesday, May 20, 2:30-4:00pm, in the Conference Room

This support groups continues to meet on the third Wednesday of every month but is now meeting from 2:30-4:00 p.m. upstairs.

If you are caring for a family member or friend who has Alzheimer's or another dementia, you are at increased risk for stress and health problems. Taking care of yourself through learning about and taking advantage of services that can provide you support and respite is essential. Attending a caregiver support group is one way family caregivers can care for themselves. The group will use materials provided by the Alzheimer's Association and will be facilitated by Jackie McGrath, a volunteer with the Alzheimer's Association and a former caregiver for her parents who had dementia. For more information contact Jackie (jackiewmcgrath@gmail.com, 712-6561).

Next Sunday

Pentecost — Speaking in Tongues

Sunday, May 24

We will once again share the reading of scripture in "foreign languages". One verse from The Acts of the Apostles is read in as many languages as we have people to share them. If you speak another language, please share that gift with our Cathedral family. It is always great fun to hear this same verse over and over in languages that we do not know, but still share.

Beginning this Sunday, May 17, we will have a sign up sheet at the Welcome Center or you may contact Elizabeth Kenealey at superverger@yahoo.com

Coming Up

Come and Celebrate Canon Link's Anniversary! Friday, May 29 at 7:00pm

You are invited to share in a special celebration of Canon David Link's 30th anniversary as the director of music at Trinity. Please join the Cathedral Choir, the Celebration Choir and the Cathedral Choristers in congratulating David on this milestone for building and sustaining one of the finest church music programs in Northern California. Let's all wish him Godspeed before he leaves on a well-deserved sabbatical this summer. Refreshments will be provided, and the three choirs will give David a big musical send-off. Please honor David with your prayers and your presence.

Radical Hands on Healing

Saturday, May 30 in the Cathedral

Transept Ministers: 9am -12pm;

Community at large: 9:30-12pm

Clergy - Rev. Lynell Walker; Lay Leader - Elba White

All who are interested in healing ministry are invited and heartily encouraged to come and participate in this workshop based on Biblical truths. This workshop will present information on the spine and the physical effects of injury and deterioration, allow time for practice and prayers by all participants, and led by our clergy have a time for worship. Call Elba White at 684-4015 for more information.

Sacramento Pride

Saturday, June 6

Please join us! Trinity once again will be participating by holding a pre-parade Eucharist service, marching in the parade and hosting an informational booth. **The Eucharist service starts a 10:30 am at 3rd Street and Crocker Park. The parade starts at 11 am and our booth will run from 11 am until 5 pm.** Pride festivities will be on the Capitol Mall. The cost is \$10 per person. Children 5 and under get in free. For further information, please email Rod Thomas at rthomas0604@gmail.com or call 502-558-2497.

Women's Retreat

June 12-14 at Mercy Center in Auburn

The cost is \$185 and you can pay for your registration in the Bookshop. The retreat's theme is "The Emmaus Journey". Invite a friend and come join the fun! **Please contact Pastor Pamela at pamela@trinitycathedral.org if you are in need of partial financial assistance.**



Ongoing

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 Gillam - jgillam@wavecable.com.

Trinity Men's Group Breakfast

2nd Saturday at 9am in the Great Hall. Contact: Chris Sanft - chris@sanft.org

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year** at 12:30pm. Contact: Rev. Kathy Hopner at 930-8027

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

6:00pm—Compline

6:15pm—Dinner (\$7)

7:00pm—Small Groups

Small Group:

Radical Inclusion small group discussion - After hearing Yvette Flunder speak on this subject, come and participate in a small group discussion about Creating, Sustaining, Celebrating and Preaching to Community. Facilitator is Pamela Anderson.

Classes:

- Facilitator - Vaughn Wolff: **Finding Faith Hope and Love.** This will be an exercise in listening and sharing our stories with an emphasis on spiritual awareness and the evidence of God working in us, in our environments and in the world. Learning how to be at Peace in spite of Adversity is the demonstration of spirit. Coming to a place of confidence that everything matters to God where we find Good in everything we see, hear, touch, feel, know and think, is the homecoming we all seek; and then we are equipped with the Light of Christ to walk back down into the dark places to bring the Light of Faith Hope and Love to those who are weary with the heaviness of a troubled life.
- Facilitator - Susan Hotchkiss: **Holy Women, Holy Men Celebrating the Saints.** This wonderful resource contains lives of men and women who have served God and humanity from ancient history to more current times. We will discuss the make up of the book and delve into the historic context that put these people in the places and times God needed them to be.

More Coming Up

Jesus Stories - A Vacation Bible School

June 15th - 19th

8:00 a.m. - 12:30 p.m.

For children ages 4 through 4th grade

At St. Michael's Episcopal Church in Carmichael

Cost: \$25.00

Registration will begin May 14th!

Please contact Rev. Kathy Hopner at 930-8027 or khopner@trinitycathedral.org for more information.

Cathedral Flower Donation

A nice way to give thanks or to remember loved ones.

Send your request and contribution (make check payable to

"Trinity Cathedral" with "Flowers" on the memo line) to:

Trinity Cathedral Flowers, 2620 Capitol Ave,
Sacramento, 95816

Date requested _____ (allow 2 weeks for processing).

In Thanksgiving for: _____

In Memory of: _____

From: _____ Phone# _____