



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 19

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 20

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

WEDNESDAY 21

9:00am Holy Eucharist
10:00am Moms, Pops and Tots
10:30am Dementia Caregiver Support Grp.
12Noon NA Meeting
6:00pm Wednesday Community Dinner
6:30pm TREE
7:00pm Handbell Choir Rehearsal
7:00pm Cathedral Choir Rehearsal

THURSDAY 22

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

FRIDAY 23

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 24

SUNDAY 25

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am 30/40's and Beyond
10:15am Newcomers Class
10:15am The Lord's Prayer
11:15am Holy Eucharist
11:15am Choristers Rehearsal
12:30pm EYF
12:45pm Holy Eucharist
3:00pm Growing in Faith

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 25, 2014 Sixth Sunday of Easter

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

TODAY @ TRINITY—MAY 18, 2014

Family Service TODAY – 9am in the Great Hall

Activities at 10:15am

Newcomers' Group – Room C

A new group begins with Introductions today in Room C.

Everyone is welcome to be with us, especially Newcomers and visitors. If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513.

30/40s and Beyond – Conference Room

We will continue watching the movie-*The Bible* from the Discovery Channel. All ages are welcome! Contact is Amy Dierlam—dnarock@pacbell.net

The Lord's Prayer for Study, Discussion and Practice: An Emmet Fox Tract

May 8 and 25 in Room A
Vaughn Wolff, Facilitator

Emmet Fox wrote *A Sermon On The Mount* which is still a bestseller today. This book helps to bring reason and practicality to spiritual principles that when applied to life's situations help us to solve our daily problems. Join us for a deeper experience of the one prayer that unites all Christians and that brings us into harmony with the entire creation of God.

This Week

Ending Homelessness in the Sacramento Region: Progress and Next Steps for the Faith Community and Our Allies **Monday, May 19 in the Great Hall, Trinity Cathedral**

Free Dinner at 5:30pm — Program begins at 6:15pm
RSVP by May 18 to shireenmiles@comcast.net

Speakers from Safe Ground, Sacramento Regional Coalition to End Homelessness and Sacramento Housing Alliance

Choral Evensong pays tribute to Peter Hallock

Our final choral evensong service for the season will take place on **Thursday, May 22nd at 6:00 pm**. We pay tribute to the late Peter Hallock with several of his compositions being included in the service.

Introit: Show us your mercy, O Lord - Peter Hallock

John Sanders responses

Psalm 65 - Garrett chant

Canticles: John Ireland in F

Anthem: Whom should we love like thee? Hallock

Closing responses- Hallock

Please join the Cathedral Choir for this lovely short service, as we pay homage to one of the giants of Twentieth-century church music!

Toiletries for St. Matthew's

It has happened more than once...in I come with a large bag of toiletries from Trinity, and then "Wow! Thanks so much, we had nothing left to give people...you came just in time."

Yes, it is a little thing, but all those little soaps, toothbrushes and shampoo's matter a great deal to those who come to St. Matthew's for such basic supplies.

Thanks to all of you who bring them to give. It is a joyful thing to bring them for their use. In giving we receive. ~~~ Carol Savoie

Coming Up

Trinity's Women's Retreat

June 13-15

The theme of this year's Women's Retreat is "A Time to Heal". Many of us struggle to find balance in our lives. Our bodies, minds and spirits suffer as the pace and chaos of life pulls us away from being centered in Christ. The purpose of this retreat is to help us re-find our heartbeat and to catch some peace! Registration forms are available in the Cathedral Bookstore. After May 11 the charge is \$175. Contact Canon Walker if you have questions.

Take Me Out To the Ballgame

Mark your calendars for **Saturday, June 28th** for Trinity Night at the Rivercats. The Cats will be playing the Las Vegas 51's (NY Mets AAA). In addition our own youth choir along with choirs conducted by Kami Davis will open the game by singing the National Anthem. Our seats, located behind third base, are \$20. We are reserving tickets NOW so please pay in advance by making your checks out to Trinity Cathedral with "Rivercats" on the memo line.

Floyd School

As your children change from cool weather clothing to summer clothing, please send any clothing they have outgrown to the **Clothes Closet** at Floyd School. Families there are eager to give a second life to those donations! We take all children's sizes - infant to size 16. Bring your donations to the tubs labeled "Floyd School" at the top of the stairs.

The **Back Snack Program** is in need of both peanut butter and tuna so that our supplies can last until the end of the school year. Please drop these off in the same tubs labeled "Floyd School".

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

Lunch Bunch—Thursdays at Noon

Canon Walker is facilitating a study of the book *Radical Forgiveness* by Brian Zahnd (available in the Cathedral Bookstore.) We meet in the Assembly Area.

Writing Group—Thursdays at 4:30pm...

...until June, July and August when the group will meet from 2:30-4:00. Anyone who would like to write in an informal setting is welcome to drop in. Writing prompts are offered, we write for 20 minutes, then share what emerges or not, as the spirit moves. For information, please contact June Gillam at jgillam@wavecable.com. We meet in the Conference Room

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month, 12:30-2:30pm, in the Assembly Area for lunch, program and activities. For more information contact Rev. Kathy Hopner at 930-8027

Centering Prayer

Tuesdays, 6-7pm in the East Transept

Thursdays, Noon—1:00 in the East Transept

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contact Nancy Earl nancy.c.earl@gmail.com, Sally Smith sally1369@comcast.net or Shelley Mydans smydans@gmail.com for further information. All are welcome.

Thursday Night at the Cathedral

6:00pm—Choral Evensong

6:30pm—Dinner (\$7)

7:00pm—Classes

Bible and Book of Common Prayer Challenge

The goal is to read one chapter in the New Testament, one Psalm, and one of the prayers in the Book of Common Prayer each day for one year to anchor each day in scripture, and to become familiar with the beauty of the prayers in the Prayer Book. **Rhonda Canby** is the facilitator for this TNAC class.

The Resurrection of Jesus

We will gather to explore the meaning and the implications of the Resurrection of Jesus. In this text, two of today's most important and popular New Testament scholars--John Dominic Crossan and N.T. Wright--air their very different understandings of the many historical realities and theological meanings of this singular event that separates Christianity from other faith traditions. The **Rev. Canon Tina Campbell** and The **Rev. Canon Lynell Walker**, are the co-facilitators of this class.

The Life of Muhammad

If you have an interest in learning about Muhammad and how Islam began, please join us for a five-week class on the life of Muhammad. We will view parts of the PBS documentary each week and discuss what we have learned---and there is much to learn. **Susan Hotchkiss** is the facilitator for this class.

The Laws of the Spirit by Dan Millman

The Laws of Spirit opens with the story of Dan Millman's encounter with a sage in the wooded hills near his home. Through stories, tests, and experiences in the wild, the sage challenges Millman to examine 12 core principles that underlie human existence: balance, choice, process, presence, compassion, faith, expectation, integrity, action, cycles, surrender, and unity. The book shows how these keys - at the heart of every religion, culture, and moral system - can lead to a deeper sense of meaning, connection, and harmony with the world. It also shows readers how these principles can transform relationships, careers, finance, and health. **Vaughn Wolff** is the facilitator for this class.

The Art of Hosting Conversations That Matter

Learn how to host meaningful conversations that range from personal to large groups, and recognize the Spirit's presence in our midst. Discover and explore practices that enable courageous leadership in the midst of uncertainty and complex challenges. Empower the reality that everyone is a leader to facilitate change. The **Rev. Megan Anderson** and The **Rev. Kathy Hopner** are the co-facilitators of this class.

CATHEDRAL BOOKSHOP

New collection of necklaces and Anglican Rosaries from artist James Beene.

Store hours are:

Tu-Th: 11:00am - 5:00pm;

Sun: 8:30am - 1:00pm

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

Give to River City Food Bank

EVERY TIME YOU SHOP

If you regularly shop at Save Mart, Smart Foods, FoodMax, or Lucky for groceries you can present your S.H.A.R.E.S. card and RCFB will receive a few cents on each purchase. At the last report Eileen said they received over \$400 on the last check and which was for a quarter of the year. S.H.A.R.E.S. CARDS ARE AVAILABLE AT THE WELCOME CENTER ON SUNDAYS or AT THE OFFICE ON WEEKDAYS Contact is Annette Braddon-Walker, at 456-2613.