



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 22

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 23

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

WEDNESDAY 24

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

THURSDAY 25

12Noon NA Meeting
12Noon Centering Prayer
12Noon Lunch Bunch
3:00pm Writing Group
6:00pm Ascension Day Evensong
6:15pm TNAC Dinner
7:00pm TNAC Classes
7:15pm Celebration Choir Rehearsal

FRIDAY 26

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 27

SUNDAY 28

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

The Office will be closed on Monday, May 29 in observance of Memorial Day

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 28, 2017
Seventh Sunday of Easter

Acts 1:6-14
1 Peter 4:12-14; 5:6-11
John 17:1-11
Psalm 68:1-10, 33-36

TODAY @ TRINITY – MAY 21, 2017

Activities at 10:15am

Newcomers' Group

The group will NOT meet today. A new group will begin on May 28 with Introductions.

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

EfM informational meeting - 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. There you can hear all about this very interesting and thought provoking program from mentors, current participants and alumni. Hope to see you there.

Episcopal Youth Fellowship

We are taking a trip to San Francisco to visit St. Gregory of Nyssa Episcopal Church, and Grace Cathedral.

This Week

The Cathedral Bookshop...

...will be closed Tuesday, May 23 to attend the Clergy Conference. We'll be fully staffed on Wednesday and Thursday.

Ascension Day Evensong

Thursday, May 25 at 6:00pm

Our annual Ascension Day service sung by the Cathedral Choir will include music by Charles Wood, Arthur Baynon, and J.S. Bach. Please come and enjoy the beautiful music and fellowship.



Writing Group

Meets on Thursdays, 3:00-4:30pm in the Conference Room

Trinity Cathedral has a small, but active group of thoughtful people who like to explore the stream of consciousness opportunity of writing whatever comes to mind in a quiet, safe environment. What we write may be read aloud if we choose to do so, confidentially and without critique. We are not a creative writing class. No obvious talent or credentials are required. Anyone can write and everyone is welcome. And all will be appreciated and edified by their participation. Come check us out. It's never too late or too early to start this adventure in telling your story. Any questions can be directed to June Gillam at email gorillagirlink@gmail.com or Bruce Roy at barsinsac@comcast.net. Come write with us.

Hosts needed!

Help celebrate the ordinations of Donna Arellano and David Rickert by hosting one of the receptions following the mid-day services on June 10 and 24. Please sign up at the Welcome Center or email Trinity.hospitality2620@gmail.com with the date you can assist.

Thank you!

Coming Up

Speaking in Tongues

The Feast of Pentecost is one of the most important days of the Christian year. This year Pentecost is celebrated on **June 4th**. We hear the story from Acts: "Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability." 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.

Sign up at the Welcome Center or contact Elizabeth Kenealey at superverger@yahoo.com. or 916 761-9184

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.

(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 sier-racanon@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 is \$65 per person. Send checks made out to: DAVLO Tours, 6298 So. Land Park Dr., Sacramento 95831. Deadline is July 10 for payment.

For more information, contact Kevin Sanders at: kevinlsanders50@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 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 Iganation 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

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

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