



# 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 23

12Noon NA Meeting  
5:45pm Holy Eucharist

### TUESDAY 24

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
7:00pm Stewardship Committee

### WEDNESDAY 25

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

### THURSDAY 26

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 27

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 28

### SUNDAY 29

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am *The Soul of Money*  
10:15am Sunday School  
10:15am Newcomer's Group  
11:15am Holy Eucharist  
12:45pm Holy Eucharist

The Office will be Closed  
Monday, May 30  
in observance of  
Memorial Day

### 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 29, 2016 Second Sunday after Pentecost

1 Kings 18:20-21, (22-29), 30-39  
Psalm 96  
Galatians 1:1-12  
Luke 7:1-10

## TODAY @ TRINITY – MAY 22, 2016

### Activities at 10:15am

**Camp Galilee:** Camp Noel Porter, is unable to open this year, so we welcome Stuart Campbell, executive director of Camp Galilee, the new location to provide a great summer camp experience for our children and youth this year. Camp Galilee is located on Lake Tahoe. Stuart will be available to meet families, share some information about camp, and answer any questions.

### 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 steps. Questions? contact Amy Dierlam [dnarock@pacbell.net](mailto:dnarock@pacbell.net)

### Newcomers' Group

**New members will be recognized at the 11:15am service today. A new group begins next Sunday, May 29, in Room C**

If you have questions about the Newcomers' Group contact Randie Strike at email [randie.trinity@gmail.com](mailto:randie.trinity@gmail.com) or 916-446-2513 or 916-

### Art Walk and Brunch

Today from 10:30am-1:30pm

Come walk Trinity's Solarium and view some beautiful art, all while enjoying a free brunch.

This event is brought to you by The Potluck Dinner Church

### Book Study with Dean Baker – Room C

*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, gratitude and connection to one another. — *Dean Baker*

### EfM Informational Meeting - Assembly Area

Today at 10:15am

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 Pfof) on how to sign up or come to this meeting.

## This Week

### Families Uniting for Safety and Justice in Sacramento

Thursday, May 26, 7-8:30 pm at National Shrine of Our Lady Of Guadalupe, 711 T Street, Sacramento

For more information please contact Gabby Trejo, [gabby@sacact.org](mailto:gabby@sacact.org)

## Next Sunday

### "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**

## Coming Up

### Small Group Bible Study Starts June 5

Small Group Bible studies will start on June 5 from 3 - 5PM in the Conference Room. We will focus on one of the readings of that Sunday, usually the Gospel. Our intention is to let God's Word speak to us through a study method called *Lectio Divina*." Contact Kelly Mieske at 916-719-8149 for more information.

### 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 re-view 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.

### Family Promise Returns to Trinity May 29-June 4, 2016

Trinity will be hosting the homeless families of Family Promise Sacramento for a week, beginning Sunday, May 29 and running thru June 4. We need volunteers to bring or prepare dinner at the Great Hall, serve as evening hosts and clean up afterwards, and spend the night at the Hall to make sure the families are safe and comfortable. We also need people to help set up the cots on the Sunday they arrive, and to help take down and load the cots onto the trailer and wash the bedding on the Sunday they leave. **This particular week will be especially difficult as I am out of town for a family emergency and can't be at Trinity to help out.** While MeriAngel Enriquez, co-coordinator for the ministry, and Deacon Steve Skiffington will be at Trinity to run things during host week, they will need lots of help and support. Please consider signing up for an hour or two on one evening that week, or bring your sleeping bag and spend the night. The volunteer sign up poster is up in the Great Hall. Questions, concerns? Contact me at ehtaniguchi@gmail.com or text/voice mail 916-708-4295. ---Eleanor Taniguchi, Coordinator, Family Promise @Trinity Cathedral.

## 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 Room A. 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,

## More Coming Up

### Sacramento Pride

The annual Sacramento Pride will be on Saturday, June 4, on the Capitol Mall. Trinity will be participating in the parade and will host an informational booth. Please contact Steve Skiffington, Megan Anderson or Rod Thomas, if you wish to participate or assist in this event. We will be hosting a pre-parade communion service starting at 10:30 in the parade assembly area at 3rd and N Streets. The parade is free and entrance to the festival is \$10 per person. Children ages 5 and under get in free.

### 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.

### **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#** \_\_\_\_\_