



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 26 MEMORIAL DAY
OFFICE CLOSED**

TUESDAY 27

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

WEDNESDAY 28

9:00am Holy Eucharist
10:00am Moms, Pops and Tots
12Noon NA Meeting
6:00pm Wednesday Community Dinner
7:00pm Handbell Choir Rehearsal

THURSDAY 29

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

FRIDAY 30

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 31

11:00am Strauch Memorial Service

SUNDAY JUNE 1 LIBRARY OPEN

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am 30/40's and Beyond
10:15am Newcomers Class
11:15am Holy Eucharist
11:15am Choristers Rehearsal
12:45pm Holy Eucharist

Office Closed for
Memorial Day on
Monday, May 26

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 June 1, 2014
Seventh Sunday of Easter

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

TODAY @ TRINITY—MAY 25, 2014

Activities at 10:15am

Pastor Florence Kaweesa, a Presbyterian minister for the Harvest Time Church in Uganda, Africa, recently hosted The Rev. Dr. Pamela Anderson for their Mega Women's Conference. Pastor Florence is here visiting Pamela and attending a preaching conference that Pamela is hosting. Today at 10:15am, Pastor Florence will share her insights regarding her ministry with her congregation and the hundreds of orphans that she and her husband are looking after. They are in the midst of building a school which will house and educate 1000 orphans. It is a challenging task and a challenging ministry when there are limited resources, labor and funds and little support from their Ugandan government. Come learn about the history of Uganda, the political wars during the 60's-80's and how this country is trying to heal and how Florence and her husband are doing their part to bring healing and ministry to their hurting part of the world. This will be a fascinating conversation that you won't want to miss! **Join us in Room A.**

Newcomers' Group – Room C

The group will view and discuss the video *Welcome to the Episcopal Church*.

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 or 916-203-7586

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

Assembly Area – 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.

Next Sunday

Communion Sunday - June 1 at 9:00am

We are so excited - please join us for a special 9:00 service on Sunday, June 1st! Eucharist is at the center of our life as Episcopalians! Not only do we remember Christ's life, death, and resurrection with this sacrament, it also embodies who we are called to be in the world. Our second through fifth grade Sunday School classes will be doing a special unit of the Eucharist. After learning about this sacrament, the second and third graders will take communion together, and the fourth and fifth grade class will join them. The fourth and fifth graders will be exploring this sacrament so that fifth graders who wish to, may become Eucharistic ministers and serve at our Third Sunday and special family services. The fifth graders will serve as Eucharistic ministers at this service, and receive their Bibles.

SURPRISE!

Sunday, June 1 at 1:00pm

YOU are invited to a surprise gathering hosted in the Great Hall. Food and fun for all!

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. The cost is \$175. Contact: Canon Walker at 446-2513.

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.

Deanery Summer Retreat: August 22-24

Co-Leaders are The Rev. Anne McKeever, Susan Wahlstrom, RN, and The Very Rev. Ray Hess. The retreat will be at Mercy Center in Auburn. The theme is *Come to the Water* using materials from *Living Compass*. The cost is \$135 for two nights and six meals. Space for the retreat is limited. Reserve your spot by contacting: Laura Simkins—ldsimkins@comcast.net; 916-944-3426

Floyd School

Please send any clothing your children 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.

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. Put all donations in the tubs labeled "Floyd School" at the top of the stairs.

Give to River City Food Bank

If you regularly shop at Save Mart, Smart Foods, Food-Max, 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 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.

Ongoing

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. Contact: June Gillam - 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.

Thursday Night at the Cathedral

6:00pm—Compline

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.

Father's Day and Graduation cards now available.

Store hours are:

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

Sun: 8:30am - 1:00pm

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

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