



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 29 MEMORIAL DAY
OFFICE CLOSED**

TUESDAY 30

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

WEDNESDAY 31

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

THURSDAY 1 JUNE

12Noon NA Meeting
12Noon Centering Prayer
12Noon Lunch Bunch
3:00pm Writing Group
6:00pm Compline
7:15pm Celebration Choir Rehearsal

FRIDAY 2

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 3

SUNDAY 4

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 June 4, 2017
The Feast of Pentecost

Acts 2:1-21
1 Corinthians 12:3b-13
John 20:19-23
Psalm 104:25-35,37

TODAY @ TRINITY – MAY 28, 2017

The Trinity Library.. will be open today from 8:30 to 11:30am. A new library volunteer, Bethany Muhlhauser, will be on the library desk today and every 4th Sunday. Phyllis Ehlert will still have the library open on the 2nd Sunday of each month. Stop by and find a book to check out and read.

Activities at 10:15am

Newcomers' Group - Room C

A new group will begin today 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

This Week

Great Hall Renovation Begins

Our renovation of the Great Hall begins on **Tuesday, May 30, 2017**. This is a multiphase project, starting with replacing the corroded piping running from the kitchen, through the Great Hall, and out to the street.

This is a large project and for our safety there will be times parking in the alley will not be available; parts of the courtyard may not be available; there may not be coffee after a service since our kitchen will be closed. More information on both programs will be provided as the renovation project moves forward.

Questions? Contact Junior Warden, Peter Perera, at taniaandpeter@comcast.net.

Next Sunday

Speaking in Tongues

The Feast of Pentecost is one of the most important days of the Christian year. This year Pentecost is celebrated next Sunday, **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

First Sunday Family Service

Sunday, June 4 at 9:00am in the Great Hall

Please join us for our service followed by brunch as well as arts and crafts!



Have you?

Please let us know if you have included Trinity Cathedral in your estate plan or will. Contact Chris Tzimenatos (916 317-7854, cmtzimenatos@hotmail.com) or Candace Miller (415 305-4349, candaceCmiller@comcast.net) to confirm or update your information.

Coming Up

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.

Housing needed for Cambridge University Choir

We are very excited to be welcoming the Chapel Choir of Selwyn College, Cambridge to Trinity Cathedral for a concert on July 18th. We need to provide overnight housing for the thirty students during their stay in Sacramento, for two nights, July 17 and 18.

Don't miss this opportunity to host students from England's fabled Cambridge University. It is an ideal chance to get to know someone from across the pond. And for each student you host, you'll get a free ticket to their concert!

There is a sign-up sheet in the Great Hall during coffee hour, or you can contact Canon Link in the music office (sierracanon@gmail.com or 916-446-2513 ext. 224). Thank you!

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

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#** _____

THURSDAY NIGHT AT THE CATHEDRAL

6:00 pm - Compline

**Watch this space for information on
Voices of Faith**

Our summer Thursday night offering.

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

Writing Group

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 barinsac@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!

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