



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 30 MEMORIAL DAY

TUESDAY 31

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

WEDNESDAY JUNE 1

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

THURSDAY 2

12Noon NA Meeting
12Noon Centering Prayer
12Noon Lunch Bunch
2:30pm Writing Group
6:00pm Compline
7:15pm Celebration Choir Rehearsal

FRIDAY 3

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 4

SUNDAY 5

7:30am Holy Eucharist
9:00am Holy Eucharist
9:00am Family Service
10:15am Veteran's Meeting
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 June 5, 2016 The Third Sunday after Pentecost

1 Kings 17:8-16 (17-24)
Psalm 146
Galatians 1:11-24
Luke 7:11-17

TODAY @ TRINITY – MAY 29, 2016

“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

Activities at 10:15am

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

Newcomers' Group - Room C

A new group begins today with Introductions.

If you have questions about the Newcomers' Group contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513 or 916-203-7586

Family Promise Returns to Trinity TODAY through 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.

This Week

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.

See “More This Week” on the back page

More This Week

The Writing Group...

is changing to Summer hours,
2:30 - 4:00pm,
beginning Thursday, June 2.

Next Sunday

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.

First Sunday Family Service

at 9:00am in the Great Hall

Veterans Meeting

Sunday, June 5 at 10:15am in Room A

Attention all Veterans! Bring your coffee and munchies and join us.

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

Coming Up

It's Graduation Sunday!

On Sunday, June 12th, at the 9:00 a.m. service we will honor our graduates! If you, or someone in your family is graduating from high school or college, please call Rev. Kathy Hopner (916-616-1052) or the church office (916-446-2513) and let us know your name and high school or degree. We'll also recognize all our children who have completed this school year.

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, 2:30pm

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

Voices of Faith

begins

Thursday, July 7

Watch this space for
the line-up.

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 review 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.

Contact Information: If you have moved or changed your phone number or email address please contact Randie Strike at 916-446-2513 or by e-mail at randie.trinity@gmail.com to update your contact information in the church database.

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# _____