



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 12

12Noon NA Meeting
5:45pm Holy Eucharist
7:00pm Stephen Ministry - TC

TUESDAY 13

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

WEDNESDAY 14

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

THURSDAY 15

12Noon NA Meeting
12Noon Centering Prayer
12Noon Lunch Bunch
3:00pm Writing Group
6:00pm Compline
6:15pm TNAC Dinner
6:30pm Finance Committee
7:00pm TNAC Classes
7:15pm Celebration Choir Rehearsal

FRIDAY 16

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 17

7:30pm Festival of Nine Lessons and Carols

SUNDAY 18 HEALING SUNDAY

7:30am Holy Eucharist w/healing
9:00am Holy Eucharist w/healing
10:15am Sunday School
10:15am An Advent Adventure
10:15am Newcomer's Group
10:15am Sunday Morning Journey
11:15am Holy Eucharist w/healing
12Noon Greening of the Church
12:45pm Holy Eucharist w/healing
2:00pm Yoga in the Cathedral
3:30pm Journey with Jesus
4:30pm Advent Dinner Church



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 December 18, 2016 *The Fourth Sunday of Advent*

Isaiah 7:10-16
Romans 1:1-7
Matthew 1:18-25
Psalm 80:1-7, 16-18

TODAY @ TRINITY — DECEMBER 11, 2016

The Library is open in the Elevator Alcove.

Activities at 10:15am

An Advent Adventure - Room A

Facilitated by Morey Lloyd

December 11: An Advent Tribute to Leonard Cohen: Hallelujah

How a Jewish poet encapsulates the Hopes and Fears of all the years, in our life time and since the beginning of Time. From Creation to tomorrow we have been prepared for this Day and this Time. Facilitated by Morey Lloyd.

Newcomers' Group - Room C

The group will discuss Ministry Opportunities.

Contact is Randie Strike: randie.trinity@gmail.com; 916-446-2513

Living Well Through Advent - Conference Room

All are welcome to join us! Beginning today and through the rest of Advent we will use a booklet from Living Compass called *Practicing Simplicity With All Your Heart, Soul, Strength and Mind*. Contact is Amy Dierlam at dnarock@pacbell.net

Crochet / Knitting Group - Great Hall

Please join us for a crochet/knitting gathering. There will be help for people who want to learn to crochet and/or knit.

Later Today

Free Yoga In the Cathedral

Today and every Sunday at 2pm through December!

The classes will be accessible to a variety of levels, ages, and abilities. Free will cash donations accepted to support the wonderful Solefire Yoga Instructors partnering with us to make this offering possible. If you have questions, contact Rev. Megan: Megan@trinitycathedral.org

JOURNEY WITH JESUS - Assembly Area

TODAY from 3:30 to 5:30 PM.

Bible Study, preparation for adult baptism and confirmation, fellowship and prayer. Now is the time to join! Contact Jerry Paré for more information (jpare@trinitycathedral.org; 916-930-8032)

This Week

Prayer Night at the Cathedral

Wednesday, December 14, 7pm, Conference Room

Join us for an evening where participants have a chance to experience different approaches to prayer and ask questions.

Build for Unity: Raising the Wall

Saturday, December 17 at 9:00am
1043 Neal Road, Sacramento, CA 95838

All are welcome to join, celebrate, and watch this special moment in the Build for Unity project as interfaith volunteer representatives come together to raise the first set of walls on the two Habitat Greater Sacramento Build for Unity homes.

A Festival of Nine Lessons and Carols

Saturday, December 17 at 7:30 pm

Please join the Cathedral Choir and Choristers as we tell the story of Christmas, from humankind's fall from Grace, to the redemption through his son, Jesus. Included will be music by David Willcocks, John Rutter, Herbert Howells, and others. A freewill offering will benefit the River City Food Bank.

Next Sunday

Healing Services

December 18

7:30, 9:00, 11:15 and 12:45 Services

An Advent Adventure

**The Comings and the Goings of the music of Bob Dylan
Sunday, December 18, 10:15am in Room A**

Poetry prepares us for the Coming One. The Song and Dance man leads us to the perfect Trinity of Hope: Peace, Joy & Love. Facilitated by Morey Lloyd.

Potluck church presents:

Hope in the darkness

Sunday, December 18th at 5pm

Dessert Potluck in the Great Hall

All are welcome for a quiet Advent service with prayer, song, community, and sweet treats. In this season of waiting and darkness, all are invited to bring a printed copy of a prayer or poem that brings them hope, along with a dessert to share.

CATHEDRAL BOOKSHOP

Christmas has arrived in the Bookshop!
Visit our card and gift selections soon!

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

Interfaith Homeless Memorial Service

Monday, December 19, 7:00pm at Trinity Cathedral

A service to remember our homeless neighbors who died in 2016. Among others reflections will be done by Mayor Steinberg, Rabbi Alfi and representatives from the American Muslim Voice Foundation, Lakota Lower Brule Tribe, ACT, the Catholic Diocese of Sacramento and the Western Center on Law and Poverty.

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

THURSDAY NIGHT AT THE CATHEDRAL

6:00 pm - Compline

6:15 pm - Dinner (\$7)

7:00 pm - Class

We will have one large class and that will take place in the Assembly Area.

- The theme for December 15 is: Sting: A Winter's Night

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

Christmas Services at the Cathedral

⇒ **Christmas Eve at 3:00 pm**

Christmas Pageant and Family Eucharist *
Music sung by the Cathedral Choristers

⇒ **Christmas Eve at 5:00 pm**

Christmas Pageant and Family Eucharist *
Music sung by the Celebration Choir

⇒ **Christmas Eve at 8:00 pm**

Solemn High Mass - Rite I with incense
Music by the Cathedral Choir

⇒ **Christmas Eve at 10:30 pm - "Christmas Day"**

A Festive Christmas Concert by the Cathedral Choir

⇒ **Christmas Eve at 11:00 pm**

Festive Holy Eucharist ("Midnight Mass") with incense
Music by the Cathedral Choir

⇒ **Christmas Day at 10:00 am**

Holy Baptism and Christmas Eucharist
Simple service with Christmas Carols.

A reception will follow each service.

Please bring finger foods to share.

* Childcare is available during the service.

Christmas Flower Donation

***A nice way to give thanks or
to remember loved ones.***

Send your request and contribution (make check payable to
"Trinity Cathedral" with 'Christmas Flowers' on the memo line) to:
Trinity Cathedral Flowers, 2620 Capitol Ave, Sacramento, 95816

**Deadline is December 19 for inclusion in
the Christmas programs.**

In Thanksgiving for: _____

In Memory of: _____

From: _____ Phone# _____