



# 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 22

12Noon NA Meeting  
5:45pm Holy Eucharist

### TUESDAY 23

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

### WEDNESDAY 24

12Noon NA Meeting  
3:00pm Christmas Pageant/Eucharist  
5:00pm Christmas Pageant/Eucharist  
7:00pm Jazz Mass  
8:30pm Solemn High Mass  
10:30pm Christmas Concert  
11:00pm Midnight Mass

### THURSDAY 25 CHRISTMAS DAY

10:00am Christmas Day Eucharist

### FRIDAY 26 OFFICE CLOSED

### SATURDAY 27

### SUNDAY 28

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Sunday School  
11:15am Holy Eucharist  
12:45pm Holy Eucharist

The Office will be Closed  
from Noon on  
Wednesday, December 24  
until  
Monday, December 29

### 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 December 28, 2014 *The First Sunday after Christmas Day*

Isaiah 61:10-62:3  
Psalm 147 or 147:13-21  
Galatians 3:23-25;4:4-7  
John 1:1-18

## TODAY @ TRINITY—DECEMBER 21, 2014

### Activities at 10:15am

### Newcomers' Group — Room C

#### **The group will discuss Resources for Next Steps.**

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

We will join the Parenting Matters group in the Assembly Area with The Rev. Kathryn Hopner.

Stay tuned for our Epiphany series on *Living a Complaint Free life!*

Contact is Amy Dierlam at dnarock@pacbell.net

### Parenting Matters — Assembly Area

Please join the Rev. Kathy Hopner on the third Sunday of each month during the Sunday School hour to explore together the issues parents face today.

### Later Today

### Greening the Cathedral

#### **TODAY at 1:00pm**

Please join us to "green" the Cathedral. Wear comfortable clothes and bring gloves and garden shears to help build the garlands. A soup supper will be provided.

### Growing in Faith: Small Groups to Explore our Faith Journeys

#### **TODAY, 3:00-5:00pm in the Cathedral**

These meetings are for those who want to take part in small group faith sharing. If you are interested or even a bit curious, come and check it out. Contact Jerry Paré (930-8032 or jpare111452@gmail.com) for more information.

### This Week

There is NO Wednesday, 9:00am service on Christmas Eve, December 24.

### Christmas at Trinity Cathedral

**Christmas Eve at 3:00 pm** – Christmas Pageant and Family Eucharist: Music sung by the Cathedral Choristers including "Pat-a-pan" arranged by Mark Burrows and "O Holy Night" arranged by Jay Althouse.

**Christmas Eve at 5:00 pm** – Christmas Pageant and Family Eucharist: Music sung by the Celebration Choir including "Jesus Child" by John Rutter, and "The Wood of the Cradle" by Francis Patrick O'Brien.

**Christmas Eve at 7:00 pm** – Christmas Jazz Mass: Music by the Celebration Choir with the John Paris Jazz trio.

**Christmas Eve at 8:30 pm** – Solemn High Mass: Music by the Cathedral Choir including "The Snow Lay on the Ground" by Leo Sowerby.

**Christmas Eve at 10:30 pm** – "Gaudete!": A Festive Christmas Concert by the Cathedral Choir with music by John Rutter, Leo Sowerby and others.

**Christmas Eve at 11:00 pm** – Festive Holy Eucharist ("Midnight Mass"): Music by the Cathedral Choir including the "German Mass" by Franz Schubert, and "O Magnum Mysterium" by Francis Poulenc.

**Christmas Day at 10:00 am** – Holy Baptism and Christmas Eucharist: Simple service with Christmas Carols with cantor Jay Leach, and organist Nancy Metzger.

## The Christmas Holidays Can Be Painful

The joy of Christmas can turn into a time of painful loneliness and emptiness for those who have suffered a loss or who are going through a difficult time. But help is available. Our Stephen Ministers are ready to provide confidential, one-on-one care. They will listen, encourage, pray with and for you, and support you through the holidays and as long as your need persists. If you or someone you know is hurting, find out more about Stephen Ministry by talking with one of our Stephen Minister Leaders: Rev. Canon Lynell Walker, Cherie Chamness, Dana Chamness, Carolyn Konrad, Lucia Hicks, Carolyn Meyer, Doss Miller, Walt Wiley and Susan Wilson.

Our Stephen Ministers are there to care!

## Coming Up

### The Capitol Deanery One-Day Retreat On Mindful Eating

When: Saturday, January 17, 9:30 am to 3 pm  
Cost: Free  
Where: St. Francis Episcopal Church, 11430 Fair Oaks Boulevard, Fair Oaks, CA 95628

Come learn about MINDFUL EATING via Prayer, Meditation, discussion, and FREE Healthy Snacks. Sample a taste of the Living Compass Health and Wellness Program.

Living Compass has helped thousands of people to improve their health and wellness. To learn more, go to [www.livingcompass.org](http://www.livingcompass.org)

At this One-Day Retreat you will be encouraged to: Invite God to Help With Your Goals to "Eat Better" or to "Eat Healthily" and to learn to savor the flavors without guilt!

Please bring your own lunch. We'll provide snacks and water. Please bring a friend!

Co-Leaders: Susan Wahlstrom, RN, Deacon Aileen Aidnik, RN, and the Rev. Anne Dryden McKeever

Questions? Contact Rev. Anne at 530-908-3616 [amckeever@wavecable.com](mailto:amckeever@wavecable.com)

## Ongoing

### Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—[pamela@trinitycathedral.org](mailto:pamela@trinitycathedral.org)

### Writing Group –Thursdays, 4:30pm.

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](mailto:jgillam@wavecable.com).

### Trinity Men's Group Breakfast

2nd Saturday at 9am in the Great Hall. Contact: Chris Sanft - [chris@sanft.org](mailto:chris@sanft.org)

### Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year**, 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. Contacts are Nancy Earl [nancy.c.earl@gmail.com](mailto:nancy.c.earl@gmail.com) or Shelley Mydans [smydans@gmail.com](mailto:smydans@gmail.com).

## THURSDAY NIGHT AT THE CATHEDRAL

### **No TNAC on Christmas Day or New Year's Day**

Dinner and classes resume on  
January 8.

Contact is the  
Rev. Pamela Anderson  
([pamela@trinitycathedral.org](mailto:pamela@trinitycathedral.org))

### 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 BOOKSHOP

### **MERRY CHRISTMAS!**

Store hours are:

Tu-Th:11:00am - 5:00pm; Sun: 8:30am - 1:00pm

Contact us at 916-442-9194 or  
[bookshop3@gmail.com](mailto:bookshop3@gmail.com)

### **Altar 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 'Flowers' on the memo line) to:**

**Trinity Cathedral Flowers, 2620 Capitol Ave,  
Sacramento, 95816**

Date requested \_\_\_\_\_ (allow 2 weeks for processing).

In Thanksgiving for: \_\_\_\_\_

In Memory of: \_\_\_\_\_

From: \_\_\_\_\_ Phone# \_\_\_\_\_