



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 6

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

TUESDAY 7

12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:15pm Ministry Team Dinner
7:00pm Ministry Team Meetings
7:00pm Handbell Choir Rehearsal

WEDNESDAY 8

9:00am Holy Eucharist
10:00am Moms, Pops & Tots
12Noon NA Meeting
7:00pm Cathedral Choir Rehearsal

THURSDAY 9

12Noon NA Meeting
12Noon Lunch Bunch
4:30pm Creative Writing Group
5:45pm Holy Eucharist
6:15pm Community Dinner
7:00pm TNAC Classes
7:00pm Celebration Choir Rehearsal

FRIDAY 10

9:00am Holy Eucharist
12Noon NA Meeting
7:30pm Sac. Baroque Soloists Concert

SATURDAY 11

9:00am Trinity Men's Breakfast
11:00am Daughters of the King
5:10pm Holy Eucharist

SUNDAY 12

7:30am Holy Eucharist
9:00am Holy Eucharist
9:00am Journey with Jesus
10:15am Sunday School
10:15am Practical Christianity w/Dean Baker
10:15am Newcomers Group
11:15am Holy Eucharist
11:15am Journey with Jesus
12:45am Holy Eucharist
5:00pm EYF Dinner

Pastoral Emergencies:

Call the office: 446-2513
Evenings, weekends & holidays: 214-0382

LARGE PRINT lessons and announcement sheets are available from an Usher.

Parking for people with disabilities is provided on Sundays. Enter on Trinity Cathedral Lane and park behind the Great Hall.

Lessons for February 12, 2012 6 Epiphany

2 Kings 5:1-14
1 Corinthians 9:24-27
Mark 1:40-45
Psalm 30

TODAY @ TRINITY—FEBRUARY 5, 2012

The Trinity Library is open today

This is a short month so you can choose a book for quick reading. Look among the fiction titles.

Super Bowl Pizza Today! Pick-up your pre-ordered pizza in the Great Hall. Lots more pizzas are available for sale.

Trinity Lenten Faire

Come to the Great Hall today to discover new ways to experience Lent this year. Trinity ministry groups will display ideas for making your Lenten season special with creative options for service, prayer, study, self-reflection and even (gasp!) fun.

Palm Crosses

There is a basket in the Narthex for collection of your prior years Palm Crosses. These will be burnt and used for Ash Wednesday.

Journey With Jesus—Conference Room

TODAY! 9:00-10:15AM or 11:15 AM – 12:30 PM; Conference Room

Join our **Sunday morning Bible Study!** We will continue to work our way through Mark's gospel. We will visit Simon Peter's home and journey with Jesus. We will discuss what this passage means to each of us. What is the "so what?" of this passage for you? You are invited to join either group: the one at 9 AM or the one at 11:15 AM. Both are in the Conference Room. These meetings are also for those who seek baptism, confirmation or formal reception into the Episcopal Church. Stop by our table at **The Lenten Faire** or contact Jerry Paré (446-2513; jpare@trinitycathedral.org) for more information.

Classes for Youth & Adults at 10:15am

Sunday School - see posters for room locations

Newcomers' Group – Room C

The group will discuss *Living with Change*.

New to Trinity Cathedral? We hope you can be a part of this Newcomers' Group. The sessions allow you to connect with others and learn more about offerings for you here at Trinity Cathedral. Come and learn about life at the Cathedral and opportunities for ministry. Contact Randi Strike: randiestrike@gmail.com.

Practical Christianity – Cathedral

Dean Baker continues his Practical Christianity series.

30/40s and Beyond Group

We will join Dean Baker's classes in the Cathedral today and next Sunday.

This Week

Ministry Team Dinner and Meetings

Tuesday, February 7:

- Dinner, hosted by a ministry team, at 6:15pm
- Meetings at 7:00pm

The Sacramento Baroque Soloists

Friday, February 10 at 7:30 pm

The Sacramento Baroque Soloists will perform selections from the baroque chamber, the music delighting the ear with the intertwining sweetness of two violins, the lyrical expressiveness of Purcell songs, and the rich darkness of two cellos. The program will include trio sonatas by Corelli and Vivaldi, Uccellini's Bergamasca, "Sonnerie de Saint Genevieve" by Marais, songs of Purcell, and Cello Sonatas by Vivaldi and Barriere. Tickets are available in the Bookshop: \$25 general, \$15 seniors and students, children ten and under free.

Trinity Men's Breakfast

Saturday, February 11, 9:00am in the Great Hall.

10 Spaces Still Available for the...

Trinity Women's Retreat

February 10, 11, 12 at the Mercy Center in Auburn

Come join us for Practical Tools for Living a Christ Centered Life with retreat co-leaders Canon Lynell Walker and Rev. Anne McKeever. The cost of \$165 includes two nights lodging and four meals. **Register today in the Cathedral Bookshop.**

Next Sunday

Cathedral Bookshop Valentine's Sale

Sunday, February 12 at 10:15am in the Great Hall

Remember those you love with jewelry, a card, books or other lovely gifts available through the Bookshop. Come and see and buy something wonderful for the loves in your life!

Thursday Night at the Cathedral

**5:45pm Eucharist; 6:15 Community Dinner
Epiphany Series Classes — 7:00—8:30pm**

Mark, My Words

A 6-Week Series on the Gospel of Mark

Morey Lloyd, M.Div., Facilitator—Classroom F

Knowing that we have a purpose is one thing, knowing what that mission is, is another!

February 9: The Uniqueness of Mark

Exploring the Road Less Traveled By M. Scott Peck

Libby Kovacs, PhD, Facilitator—Classroom A

Scott Peck invites us to travel toward spiritual growth. Join me in developing the structure and process that will support and encourage us along the way as we travel through the challenging experiences of life, love, and our relationship with God.

February 9: Part II continued - The Discipline of Love

St. Benedict's Toolbox By Rev. Dr. Jane Tomaine

The Rev. Anne McKeever, Facilitator—Conference Room

How can the teachings of a sixth century monk guide our lives today? As the author explains, "the Rule of Benedict can help us to be more mindful, more faith-filled, and more joyous because Benedict gives us specific ways to live with Christ in our heart."

Welcome to the Episcopal Church!

Canons Carey & Walker, Facilitators—Assembly Area

This six week series will take us on a journey that explores the rich history of our Anglican tradition. Where did we come from? What events shaped our liturgical life? What makes The Episcopal Church in the USA unique within the Anglican Communion?

February 9: The Call to Mission

Ongoing

Centering Prayer is a method of contemplation that helps to quiet the mind and participate in God's presence. It is a receptive form of prayer – a kind of resting in God. There is a **Centering Prayer group that meets every Tuesday evening from 6-7pm in the East Transept of the Cathedral.** All are welcome.

Thursday Lunch Bunch

Bring a Sack Lunch - **Thursdays, Noon to 1pm** in the Assembly Area

Uppity Women of the Bible is a four volume DVD-based series featuring Hebrew Bible professor Dr. Lisa Wolfe. Combining careful scholarship with humor and fresh insights, Dr. Wolfe presents a lively, thoughtful discussion of *Ruth, The Song of Songs, Esther* and *Judith*. Each session ends with discussion questions so that participants can understand, debate, and explore the issues raised by the stories of these often misunderstood Biblical women.

Creative Writing Group

Thursdays, 4:30 pm—Conference Room

Come join others as together we paint with words, texture, plot, and emotion. Come discover the joyful play of working with language. The class guidelines are that all write, all may/may not share what they have written, and all must keep confident that which is shared in the class. Each afternoon is a unit in itself. Drop-in participants are always welcome.

Coming Up

Sign up For an Annual Dinner Table

Sign up sheets are in the Great Hall for this year's annual dinner on **Sunday February 19** at 5:30PM. This is followed by the Annual Meeting at 7:00PM. The annual meeting is where the budget for 2012 is presented, the Dean gives a "State of the Cathedral" presentation, we elect new vestry members and delegates to the diocesan convention, and...DEAN'S AWARDS are presented.

Movie Night

Wednesday, February 15, 7pm - Conference Room

All are invited to join us for "Movie Night" at the Cathedral. Each session explores some provocative aspect of our faith and tradition. The videos are about 20 minutes, followed by discussion. Contact Randie Strike for more information: randiestrike@gmail.com

Seeking Young Adults Seeking Confirmation

Young adults aged 15-22 are invited to join one of two paths toward Confirmation by Bishop Beisner.

Path A, beginning February 19th, culminates in Confirmation at the Easter Vigil on April 7th.

Path B, beginning April 15th, culminates in Confirmation on May 26th.

Classes will be held upstairs in Classroom E from 10-11:30 a.m.

Please contact Rev. Anne at amckeever@wavecable.com if you want to explore the promises of our Baptismal Covenant in your own life.

Shrove Tuesday Dinner

Tuesday, February 21, 5:30pm —7:00pm

The Trinity Men's Group is hosting this dinner of traditional English pancakes and Mardi Gras Red Beans and Rice. Tickets are available: \$5 each or \$12 family.

From the Health Ministry...

Studies show that taking a vitamin D supplement can reduce the risk of falling in elderly persons by 20%. Falls can be devastating in the elderly, and many Americans of all ages are thought to be vitamin D deficient—even some who live in sunny climates.

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# _____