



Be Fed

at Trinity Episcopal Cathedral

A growing community making disciples who love and serve Christ and His world

The Very Rev. Brian Baker says Trinity Episcopal Cathedral exists to feed a spiritual hunger, so people can be their best selves and make our community a better place to live.
PHOTO BY ANNE STOKES



Feeding the Spiritually Hungry

Trinity Episcopal Cathedral welcomes everyone

by Kate Gonzales

The Very Rev. Brian Baker, Dean of Trinity Episcopal Cathedral in Sacramento, has quite a few robes to choose from on Sundays, everything from regal purple ones for Lent and pure white frocks for Easter. He also has the golden lamé one with a light-up cross on the back that he wore to Burning Man.

In 2015, Rev. Baker attended the eight-day art and music festival in the Nevada desert better known for self-expression than for hosting priests. The humorous sermon about his experience (which has been viewed online more than 32,000 times) is certainly unique, and Rev. Baker leads a church that is anything but ordinary.

Trinity Episcopal Cathedral views the ancient traditions of the Christian faith through a modern lens. It welcomes everyone who wants to experience the beauty and awe of God and exists to meet their spiritual needs.

“People are hungry to connect with an authentic community,” Rev. Baker says. “Hungry to make a difference in the world; to live a life that has meaning and purpose and touches other people.”

The Episcopal Church is an independent, U.S. branch of the Anglican Church, bridging the rituals of the Catholic tradition with the ideals of Protestantism. The church’s values are deeply rooted in inclusiveness.

“For me, the kingdom of heaven includes all of God’s children, and we are enriched by a diversity of voices and perspectives in the congregation,” Rev. Baker says. “For me the congregation is stronger when it includes the diversity of the human family.”

Spiritual hunger isn’t limited to a demographic. Single young adults, families with children, all races, economic statuses and sexual orientations find a spiritual community at Trinity.

“We’re all misfit toys,” Rev. Baker says with a laugh. “[We] come together to love one another in our unique misfit-ness.”

And the thing that unites us all is brokenness.

“Everyone is broken in some way,” Rev. Baker says.

Struggle is a common thread running through the human condition and it’s one of the reasons parishioners gather for worship. Rituals such as Communion, praying and singing help us find wholeness through God’s love. These rituals, which have been practiced for 2,000 years, connect people with God and community.

That connection compels parishioners to take God’s love from the church out into the world through social justice work. The church embraces the homeless population, offering shelter for people experiencing homelessness and a free, warm meal each Wednesday.

“The teachings of Jesus compel us to care,” Rev. Baker says. “They compel us to do something, to act, to make a difference.”

Baker remembers one couple who spent their first date serving their homeless neighbors at Trinity’s Wednesday night dinner.

“We want to be a place where people are transformed and are able to live their best selves,” he says.

A growing
community
making disciples
who love and serve
Christ and His
World.

Trinity Episcopal Cathedral
Mission Statement

A SNEAK PEEK AT SUNDAY WORSHIP

At Trinity Episcopal Cathedral, actions speak louder than words. Each Sunday and throughout the week, parishioners gather to engage in the rituals that are at the heart of connecting with God. Take a chance and join us! Here is what you can expect during our typical Sunday service:

Music: Both traditional and non-traditional musical styles are offered.

Movement: Worshippers stand, sit and kneel throughout the service — what Rev. Baker calls “church aerobics.”

Sermon: The clergy presents a poignant and relevant (and often humorous) sermon.

Holy Communion: Bread and wine are blessed, and every worshipper is welcome to take Communion.

See the back page for a full schedule of services.



Coming Full Circle

Man finds acceptance, community at Trinity Episcopal Cathedral

by Kate Gonzales

After a long spiritual journey, Michael Donnoe has returned to the church where he was baptized as a baby — and he couldn't feel more at home.

Donnoe, a lifelong Sacramento resident, came out as gay when he was 16. Coming out to his family in the early 1990s was easy; coming out to society was not. He faced harassment at school and got the message that many places would not welcome him because he was gay, especially the church.

"I walked away from what I wanted to believe in my heart, which was that I was loved and accepted," Donnoe says. "I turned my back on Christianity."

But he did not completely abandon religion, and eventually his quest for faith led him to Buddhism. The religion resonated with him, and he considered becoming a monk. However, he continued to face homophobia and felt he could not be his true, full self.

"I still had to come out again and again," Donnoe remembers. "I wanted to be loved and accepted for being gay."

But it was not homophobia that led to him leaving Buddhism; it was his grandmother's death in 2010.

"I found that Buddhism didn't have the language for me to express my grief ... [or] the tools for me to be able to say goodbye," he says.

He realized he wanted to return to his Christian roots. After attending the Transgender Day of Remembrance hosted by Trinity Episcopal Cathedral in 2014, Donnoe saw how open and accepting the church is. He attended Sunday service the next day.

"I no longer had the option to believe that I was hated, or to believe that I wasn't accepted," he says.

Finally finding his spiritual home, Donnoe jumped right in, asking the Very Rev. Dr. Brian Baker how he could make an impact. He had an interest in helping the city's homeless population, so he co-managed Safe Ground Pilgrimage - Sacramento, an outreach ministry that acts as a first responder to offer shelter and address the needs of people experiencing homelessness. He is also developing a monthly Homeless Youth Drop-In Center, and helped knit hats, socks and scarves to keep homeless people warm.

"I wanted to be loved and accepted for being gay."

Michael Donnoe
Parishioner at Trinity
Episcopal Cathedral

The church takes a come-as-you-are approach, warmly welcoming folks who are struggling mentally or emotionally. When Donnoe shares Communion with a parishioner going through hard times, he knows that person's struggle is his. He sees the experience as emblematic of the church's stance that we are all loved equally in the eyes of Jesus.

"There are people who are struggling to make it in the door ... and Trinity is, for them and for all of us, a beacon of healing, of hope and refuge."



A CHURCH DEFINED BY UNITY

Trinity Episcopal Cathedral is a place where everyone, from all walks of life, is welcomed to worship and experience God's love.

Parishioners like Jessie Orgambide take comfort in knowing the church is rooted in unity rather than division.

"We treat everyone as God's

children and we don't make special exceptions," she says. "Everyone is welcome."

In 1976, the church made a historic decision to ordain women as priests. In 2003, the Rt. Rev. Gene Robinson became the first openly gay bishop of the church.

The makeup of the church

reflects this progress. Clergy on staff at Trinity include women and members of the LGBTQ community. People come from a wide variety of professions, and the congregation includes those who are homeless and those going through trying times emotionally, mentally or economically. All are embraced.

Seeking a faith that was accepting of all people, Michael Donnoe has found his spiritual home at Trinity Episcopal Cathedral.

PHOTO BY ANNE STOKES



Susan Hotchkiss says Trinity Episcopal Cathedral gave her time and space to heal following the deaths of her daughter and son. And when she needed more, she found an abundance of kindness from the church.

PHOTO BY ANNE STOKES



Made Whole Again

Finding comfort and strength at Trinity Episcopal Cathedral during times of grief

by Anna Quinlan

When Susan Hotchkiss' daughter died in 2011 after an accidental drug overdose, she was devastated. Having previously lost her husband and sister, she was no stranger to grief. This time, though, her path to healing took a turn in a new direction.

"Something inside me told me to go to church," says Hotchkiss. "I needed to fill myself up."

Although she attended church as a child, she hadn't gone often since becoming an adult. But she worried about "standing out" at a smaller church and having to share her story and the grief about her daughter, whose death was attributed to complications with her bipolar disorder. "I didn't like to tell people what had happened, because I didn't like how it made them feel," she says. "Also, I knew if I started talking about it I would totally lose it."

She chose Trinity Episcopal Cathedral because she liked the variety of ministries offered. She quietly attended the church for about nine months, making some friends but generally keeping to herself. "Everybody let me do what I needed to do," she says of those initial months.

In January 2013, though, she received the heartbreaking news that her son, in his battle with alcoholism, would likely not survive.

She reached out to the church, and a priest came to the hospital to give her son his last rites.

"At my son's memorial service they hadn't even known me that long," Hotchkiss says. "One woman asked me what color flowers I wanted, and I was so touched by that. She got the most beautiful rust-colored roses, and I was just so overwhelmed with the kindness and love that was there."

Hotchkiss felt that there was a huge difference between the grieving process she endured after her son passed away compared to when her daughter passed away. She knows there was a reason she ended up at Trinity.

"I believe God knew that the people there would take care of me," she says. "To have that community that takes care of you but at the same time knows when to give you space ... as that feeling grew I felt I could share more."

Hotchkiss has grown increasingly involved at Trinity over the past several years. She hopes

to volunteer with Stephen Ministry, a one-on-one ministry at Trinity that seeks to provide quiet, confidential and compassionate care to someone who is hurting.

As a layperson providing witness to the caring presence of Christ, Hotchkiss hopes she can help others through their grief, just as Trinity helped with hers.

TRAINING FOR LIFE

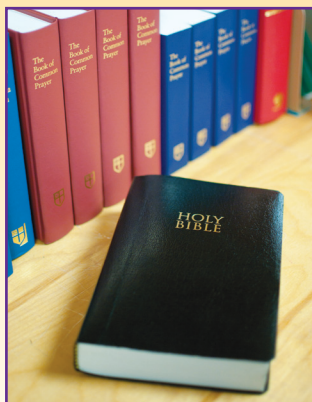
If you've got a marathon coming up, you train for it. And at Trinity Episcopal Cathedral, they believe church should be training for life.

That's why Trinity takes the practice of faith seriously by offering classes and small groups that seek to deepen our understanding and connection to God.

Adult faith formation classes equip parishioners with the knowledge to better know Jesus, themselves and the world through Scripture. Traditional rituals and practices strengthen our spiritual muscles and the church particularly values its Book of Common Prayer. The BCP, as it is affectionately known, offers us prayers written 1,500 years ago that still resonate deeply today.

Knowledge represents another fundamental part of the Episcopal faith: God gave us reason so that we may find truth, based not solely on Scripture but also on what we learn from our experiences.

With classes like Islam 101 and Mental Health 101, and discussion groups that focus on civil rights, Trinity hopes to spark sacred conversations to make real change in the world.



"Something inside me told me to go to church. I needed to fill myself up."

Susan Hotchkiss
Parishioner at Trinity
Episcopal Cathedral

Setting Spiritual Roots

Rituals remind us why we worship

by Michelle Carl



Seven-year-old Brandon Perera, center, participates in the Blessing of the Animals with mother Tania Perera, right, and Rev. Megan Anderson, left. Brandon's parents are pleased with the spiritual upbringing he is receiving. PHOTO COURTESY TRINITY CATHEDRAL

The traditions of the Episcopal faith have captivated 7-year-old Brandon Perera. Even from an early age, Brandon would play dress up as a vergers, one of the laypeople who assist with worship.

"We would laugh because a service could break out at any time of the day. That was his playtime," Brandon's father Peter Perera recalls. "It didn't matter if we had visitors or what, he would put on his outfit, grab his 'verger sticks,' as he called them, and do his thing."

He can't explain why his son is drawn to the ritual aspects of the church, but he's proud because a foundation in faith was important to him and his wife, Tania.

One of the things Trinity strives for is engaging children in the practices of the church in concrete ways, whether by washing stones to explain the washing away of sins or the recitation of prayers.

"We believe profoundly that this repetition and rhythm [of liturgy] forms who we are as Christians. It forms how we live our life," says the Rev. Kathryn Hopner, Director of Children, Youth and Family Ministries.

The church also supports parents in developing faith practices at home. Hopner points to a recent "Lent in a Bag" activity kit she sent home with children, which gave families ways to participate in the Lenten season at home.

The accoutrements of liturgy — linens, stained glass, incense and Communion bread — give worshipers a sensory experience. "You can see it and hear it and taste it and feel it," says the Rev. Canon Lynell Walker, whose role includes setting the liturgy on Sunday.

In an age of constant change, the sameness of liturgy roots us in a tradition that has meant something to people for 2,000 years.

Rev. Walker says the "sameness" of worship provides a holy constant, something you can tether yourself to.

"When life happens, you have a resting place," she says.

Having a foundation of faith was essential for the Pereras when they were told Brandon had cancer as a baby. Fellow church members would come and sit with the parents at the hospital during Brandon's surgeries.

"We literally prayed: 'OK God, it's Your will.' We pretty much left it at that, and to this day we believe God cured him," Perera says.

He's pleased with the spiritual upbringing Trinity has given his children. He mentions a recent text he received from daughter Hannah, 19, saying she was going to hang out at the church near her college campus because she needed "a little Jesus time today."

"You interpret that whatever way you want to, but I can tell there's times when she really leans on her faith."

"We believe profoundly that this repetition and rhythm [of liturgy] forms who we are as Christians. It forms how we live our life."

Rev. Kathryn Hopner
Director of Children, Youth
and Family Ministries

KEEPING THINGS FRESH

As the Missioner for Fresh Expressions, Rev. Megan Anderson is in charge of taking the gifts of the Episcopal tradition and translating them into a current context. Sometimes, that means holding a potluck.

During Trinity's monthly "dinner church," as it is known, members plan a menu around a theme (such as Day of the Dead in November) and come together to enjoy company and reflect on the teachings of Jesus.

"The potluck emerged out of a hunger to worship in new and creative ways," Rev. Anderson says.

The core of Fresh Expressions is meeting people where they are — and for young people that might be a coffeehouse or bar in midtown. Rev. Anderson meets with young people weekly to talk about topics ranging from spiritual practice to relationships and what the Bible says about both.

Another example of making worship accessible is Ashes To Go, which takes the experience of Ash Wednesday into the streets, so people with busy schedules or those who have never heard of the practice can experience the ancient in our modern lives.

For more information on Fresh Expressions activities, email Rev. Megan Anderson at megan@trinitycathedral.org.



Called to Serve

Community Dinner to feed the hungry is a demonstration of God's love

by Michelle Carl



Loren Weatherly listens to a guest at Trinity Episcopal Cathedral's Wednesday Night Community Dinner, which provides a meal and a warm welcome to anyone in need each week. PHOTO BY ANNE STOKES

Loren Weatherly calls for the dinner guests to come up and be served, his soft voice amplified by a microphone. He invites them up, table by table, because he doesn't want them to have to stand in a long line. He hates lines.

"Many of these are men and women who have to stand in lines a lot," he says.

It's the Wednesday Night Community Dinner, an outreach ministry of Trinity Episcopal Cathedral that provides a simple meal and warm welcome each week. On a typical night, around 50 or more mostly homeless individuals come to the church's Great Hall for shepherd's pie, bread and salad, although attendance can easily swell to over 200.

The effort is one of many ministries that align with the church's mission to show God's love in the world through serving the poor, the sick and the hungry.

"We are Christ's hands and feet — he's not here to do the work," says Rev. Steve Skiffington, the deacon in charge of outreach ministries. "We're the people who need to do it."

While the dinner is about feeding the less fortunate in our community, ask any of the volunteers and they'll say giving feeds the soul, too.

Loren felt the call to serve. After retiring from a 40-year career with the state, the 69-year-old wanted to put his skills to use doing something more.

"At first I just thought, what can I do, what can I do ... I can make salads!"

Although he'd never worked with the homeless before, he soon became captain of the weekly dinners, making sure there's enough volunteers and food. But it's more than food. Loren points out that people who are marginalized don't have opportunities to share their story.

"We don't just feed soup and a sandwich, we provide compassionate interaction with another human being," he says.

Loren floats from table to table, discreetly informing the guests that they can take leftovers if they like. Sometimes he sits with them, quietly listening and nodding. He says he quickly realized that the guests were just

"We don't just feed soup and a sandwich, we provide compassionate interaction with another human being."

Loren Weatherly
Captain of the Wednesday
Night Community Dinner

"wonderfully normal" people who just happened to be homeless. A belief in equality is another part of Trinity's creed: respecting the dignity of every human being.

"I've felt very welcomed," says one guest, Abe, who sleeps on the streets of downtown Sacramento. "I think it's a fine example of the way Jesus would like people to be."

Abe has been attending the dinners for a couple of years and says he likes the opportunity to socialize with others, including Trinity's volunteers.

"They're not Christians just on Sundays," he says. "Today's Wednesday."

CORE OUTREACH MINISTRIES

Trinity Episcopal Cathedral shows God's love through efforts that serve the poor, the hungry and the homeless in the larger community.

Family Promise: Supports families without homes by providing temporary housing and employment assistance.

Wednesday Night Community Dinners: A warm welcome and simple meal are provided to anyone in need of food and/or company each Wednesday.

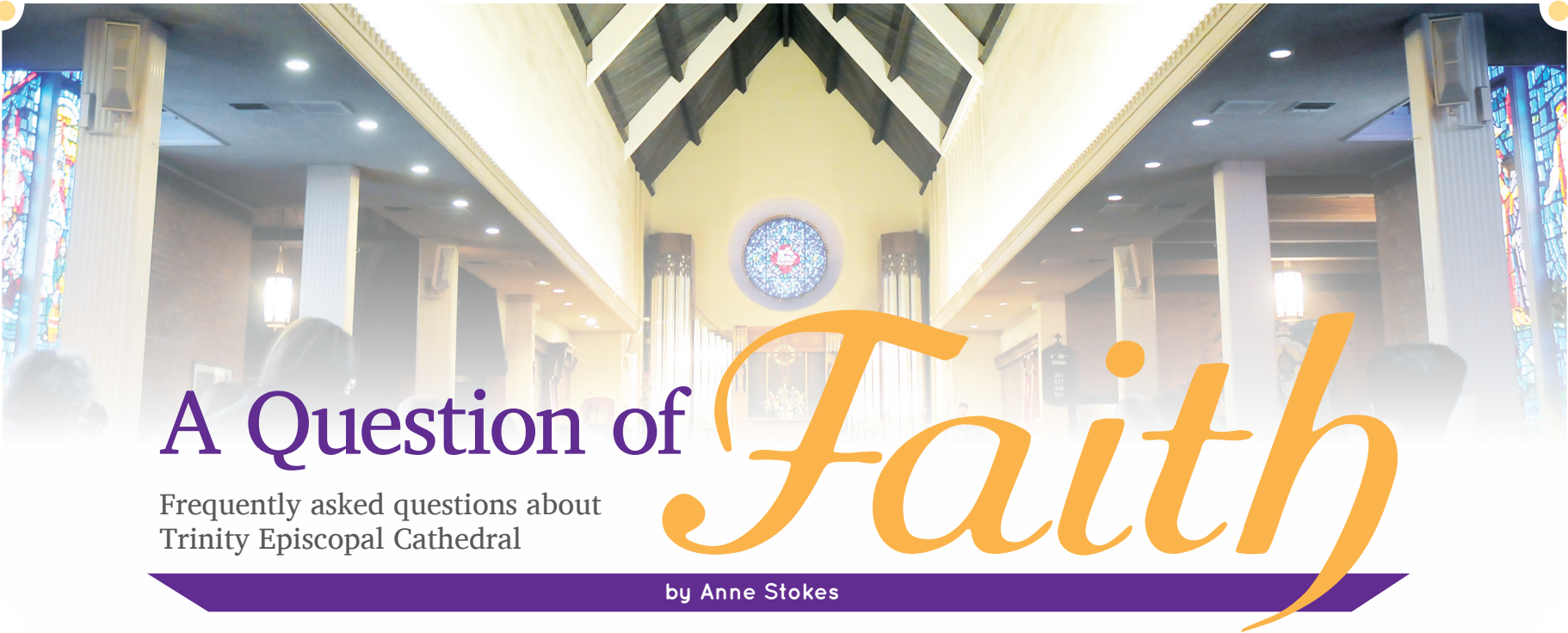
Safe Ground Pilgrimage - Sacramento: Once a month, Trinity provides overnight shelter, safety and meals to those on the streets as part of this multi-church effort.

Floyd Elementary School: Trinity stocks a food and clothes closet, and provides other support to this school where 100 percent of students live below the poverty level.

Sacramento ACT: A faith-based community group that works to affect public policy by identifying local concerns with emphasis on the issues of homelessness and poverty.

River City Food Bank: Trinity provides volunteers and regular financial support for the food bank.





A Question of

Frequently asked questions about
Trinity Episcopal Cathedral

Faith

by Anne Stokes

Whether you're a longtime parishioner or just hearing a religious call for the first time, Trinity welcomes you! But you probably have questions, such as:

Why go to church?

For many people, church is a source of comfort and community. Whether in private prayer or serving the greater good through outreach ministries, it is a place to feed a spiritual hunger that may be missing in other aspects of your life.

Where did the Episcopal Church come from?

The church's beginnings stem from the English Reformation, when King Henry VIII cut papal ties with Rome in the 16th century. By 1558, Queen Elizabeth formally established the independent Church of England. Colonial expansion brought the church to America, where it later became a self-governed branch of the Anglican Church.

What do Episcopalians believe?

If it's not about Love, it's not about God. Episcopalians believe all humans were created in God's image — created to live in loving, holy communion with one another and with God. Jesus came to connect us to God and to show us the path of forgiveness and sacrificial service. Episcopalians also believe that participating in ancient rituals with other Christians helps us grow in our love for God and one another. We come together to be transformed by ritual, prayer and community. We then go into the world to join God in loving the world into wholeness.

What makes Trinity Episcopal Cathedral different from other churches?

At Trinity Episcopal Cathedral, venerable traditions and rites combined with progressive stances on modern issues allow parishioners to worship without having to abandon science and social justice at the door. While other churches' doctrines may seem exclusionary to some, Trinity welcomes worshipers in a nonjudgmental atmosphere that embraces a broad demographic of parishioners. Both men and women can be ordained as deacons, priests and bishops, and today, women make up nearly a third of Episcopal priests. The Episcopal Church has also been a long-time supporter of LGBTQ issues, such as marriage equality, and ordained its first openly gay bishop in 2003.

Trinity welcomes worshipers
in an inclusive and non-
judgmental atmosphere
that embraces a broad
demographic of parishioners.

What if someone is not familiar with the Episcopal Church's rites, rituals or traditions?

That's OK! Religious education is an ongoing process. Even those who have been with the church for decades can find something new to be learned. Need to know when to sing what songs during service? A printed service program will assist with your full participation during worship. Newcomer group meetings are another

good place to get a basic orientation about the goings-on at Trinity as well as learn about worship in the Episcopal Church. Additional adult spiritual formation classes are available for those who wish to explore their own faith and the church's beliefs.

How are new members welcomed?

Whether you're looking to make new connections right from the start or you'd rather pray privately from the sidelines at first, Trinity prides itself on fostering an environment that serves members' needs first.

What does Trinity offer for children and teens?

Trinity offers nursery services, Children's Chapel and Sunday school for children. On the first Sunday of the month, Trinity also offers a family-friendly service to actively and concretely engage children and their families in Episcopal worship. For older children and teens, the Episcopal Youth Fellowship program provides opportunities to serve a variety of ministries while learning what it means to be a part of the Episcopal faith.

How does Trinity connect its parishioners with the community?

At Trinity, church is more than just showing up for an hour on Sundays. Trinity gives its parishioners the opportunity to serve God's will in many different ways. From feeding the emotional needs of someone in crisis to feeding the hungry, the church's volunteers and outreach ministries aim to make the world a better place through acts of compassion.

For more information, please visit
www.trinitycathedral.org or call 916-446-2513.

You Are Welcome

Faith is about more than showing up to church. It's more than words in a book. Faith is a hunger, a basic need. Trinity Episcopal Cathedral strives to meet that need. With a commitment to respecting the dignity of every human being, the church believes in living out faith in the world through service to others in need. Wherever you are on your spiritual journey, whoever you are — Trinity Episcopal Cathedral invites you to feed your spiritual hunger here.

Worship

Sundays

7:30 a.m. Holy Eucharist
Traditional hymns and liturgy

9:00 a.m. Holy Eucharist
Contemporary language and non-traditional music

9:00 a.m. First Sunday of each month
Family service in Great Hall

11:15 a.m. Holy Eucharist
Traditional choir music and contemporary liturgical language

12:45 p.m. Holy Eucharist
Homily, without music

SERVE

Share your unique talents with the church and the community. Whether it's preparing the altar before worship or feeding the hungry, you can show God's love in the world!

Outreach Ministries

Contact Rev. Steve Skiffington at deaconskiff@gmail.com

CONNECT

New to Trinity? New to church? Come to the Newcomers Group and get an appetizer of what it means to be part of Trinity Episcopal Cathedral.

Newcomers Group

10:15 a.m. Sundays, Classroom C
www.trinitycathedral.org/im-new/deans-welcome



TRINITY EPISCOPAL CATHEDRAL

2620 Capitol Ave.
Sacramento, CA 95816

916-446-2513

www.trinitycathedral.org

Produced for Trinity Episcopal Cathedral by
N&R Publications, www.nrpubs.com

