



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 7 OFFICE CLOSED: LABOR DAY

TUESDAY 8

12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:30pm Finance Committee
7:00pm Acolyte Practice

WEDNESDAY 9

9:00am Holy Eucharist
10:00am Moms, Pops and Tots
12Noon NA Meeting

THURSDAY 10

12Noon NA Meeting
12Noon Lunch Bunch
12Noon Centering Prayer
4:30pm Writing Group
6:00pm Compline
6:15pm TNAC Dinner
7:00pm TNAC Classes
7:15pm Celebration Choir Rehearsal

FRIDAY 11

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 12

9:00am Trinity Men's Breakfast

SUNDAY 13 FAMILY PROMISE BEGINS

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Newcomers Group
10:15am Crochet/Knitting Group
10:15am 30/40's and Beyond
10:15am Sunday School
11:15am Holy Eucharist
12:45pm Holy Eucharist

The Office will be closed on
Monday, September 7
in observance of Labor Day

We Need Ushers!

At the 9:00 and 11:15am services. Please contact Kevin Donohue at 396-9731 or kfdsac@att.net or Randie Strike at 203-7586 or randie.trinity@gmail.com

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 September 13, 2015 *The Sixteenth Sunday after Pentecost*

Proverbs 1:20-33
Psalm 19
James 3:1-12
Mark 8:27-38

TODAY @ TRINITY—SEPTEMBER 6, 2015

The Library is open in the Elevator Alcove

Give yourself a present by checking out a book from the Cathedral Library this morning between 8:30 and 11:30. There are also books for little children.

First Sunday Family Service Today at 9:00am in the Great Hall

Activities at 10:15am

Newcomers' Group – Room C

The group will discuss Resources for Next Steps.

If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513.

Veterans Meeting – Assembly Area

Attention all Veterans! Bring your coffee and munchies and join us to help plan our Veterans Day Celebration on November 8.

This Week

Trinity Men's Group Breakfast
Saturday, September 12 at 9am in the Great Hall
Contact: Chris Sanft - chris@sanft.org

Next Sunday

Family Promise: September 13-20

We need folks who can prepare dinner, or help serve the families and clean up, or stay overnight to ensure that the families are comfortable and safe. When the families depart we need people to load the cots onto the Family Promise trailer and launder the bedding and return it to the Cathedral before the next host week.

Interested? Please sign up on the Family Promise poster in the office hallway just outside of the door to the Great Hall, or contact Eleanor Taniguchi at ehtaniguchi@gmail.com or call/text 916-708-4295.

Crochet / Knitting Group

Sunday, September 13, 10:15 in the 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.



A Gift for Listening

If you can give one hour once a week to meet with someone who's going through a difficult time, then you may be the perfect candidate to be a Stephen Minister.

Training begins October 5th. If you would like to learn more about this dynamic ministry, please see Cherie Chamness in the Bookshop between services on Sundays, call 916-442-9194 or email Susan Wilson at snbwilson@gmail.com.

Coming Up

Tuesday Morning Group

with Susan Hotchkiss

Begins Tuesday, September 15, 10:00 - 11:30am

On August 6, 1965, President Lyndon Johnson signed the voting rights, making poll taxes and literacy tests as prerequisites to vote unconstitutional. Anne Moody's *Coming of Age in Mississippi* chronicles her journey as a young girl and as a woman in the thick of the Civil Rights movement in the South. The book is available for purchase in the Cathedral Bookstore.

Trinity Cathedral Speaker Series

Dewitt Jones, a National Geographic photographer, will be speaking at the Cathedral on Friday, October 2nd at 7pm. He will share an inspirational talk entitled "Celebrate What's Right with the World." Tickets for that event are \$12 and can be purchased in the Cathedral Bookshop. The following day on **Saturday, October 3rd, Dewitt will lead a camera phone photography workshop at 10am.** The cost for this event is \$20 and can be purchased in the Cathedral Bookshop. Bring a friend and come join the fun!

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

Kitchen Help

Our Thursday Night at the Cathedral (TNAC) series is beginning on Thursday, September 10th with classes beginning at 7pm. At 6pm a dinner is served in the Great Hall for \$7. Vaughn Wolff is the head cook on these evenings and could use some extra help getting the meal prepared from 3pm onwards. If this sounds of interest to you, please contact him at ve-wolff@yahoo.com. Additionally, he needs some extra help in the kitchen on Friday, October 2nd for the Dewitt Jones reception from 3pm onwards as well. Thanks everyone!

Ongoing

Veterans Swapping Stories

The first Sunday at 10:15am in the Assembly Area. We will be planning events and swapping stories.

Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—pamela@trinitycathedral.org

Writing Group – Thursdays, 4:30pm

Writing prompts are offered, we write, then share our writing or not.

Contact: June Gillam - jgillam@wavecable.com

Trinity Men's Group Breakfast

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

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year** at 12:30pm. Contact: Rev. Kathy Hopner at 930-8027

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 at 6:00pm

Dinner and classes resume on September 10

TNAC CLASSES beginning September 10

Holy Wholly One, Behold Me, Wholly One

Facilitated by Morey Lloyd

Most of the science of philosophy has taught us that God is omnipotent- all powerful, omniscient- all knowing and omnipresent. Much of the theology of tradition tells us that God is Holy - in the vision of Isaiah: Holy Holy Holy. The Holy One is usually defined with a separate and exclusive nature. We will look at a revelation of the Divine as not exclusive but rather as the All Inclusive One. We will learn how to love, and be loved by, a Whole God with a Whole heart and how to love a Whole neighbor as the Whole self is loved.

Coming of Age in Mississippi

Facilitated by Susan Hotchkiss

On August 6, 1965, President Lyndon Johnson signed the voting rights, making poll taxes and literacy tests as prerequisites to vote unconstitutional. Anne Moody's *Coming of Age in Mississippi* chronicles her journey as a young girl and as a woman in the thick of the Civil Rights movement in the South.

Mental Health 101

Facilitated by Shireen Miles and team

September 10: Debunking the Myths about Mental Illness

Ann Arneill-Py, who is a new Trinity Cathedral member, will kick off our six-part series on mental health. Ann is the former Executive Director of the California Mental Health Planning Council, which has oversight of the public mental health system and advocates for persons with serious mental illness. She has worked in the public mental health system at the state level for 26 years. She has a PhD in psychology from UC Davis.

Her presentation will focus on debunking myths that people have about mental illness. It will include a discussion about the stigma associated with mental illness, the prevalence of mental illness, types of mental illnesses and their impacts, types of treatments, homelessness in Sacramento and some of its causes, and access to treatment through private insurance.

Pope Francis and the Environment

Facilitated by TREE members

Discussion of Pope Francis' Encyclical Letter (*Laudato Si*) TREE (Trinity Respecting Earth and Environment) members will be studying and discussing Pope Francis' Encyclical Letter (*Laudato Si*). The Pope touches on every major environmental and economic issue facing humanity today thoughtfully and compassionately. His Encyclical Letter deserves to be taken seriously and, more importantly, acted on.

Secret Pals

We are looking for Secret Pals for the teachers and staff at Leataata Floyd School. Each teacher and staff person fills out an information sheet about themselves and the work they do at the school. The Secret Pal (parishioner) is encouraged to send little notes of encouragement, to remember his or her birthday, special holidays, and help with supplies that might be needed.

A sign-up sheet will be available in The Great Hall or, contact me at 916-715-6942 or mmhust@hotmail.com with any questions.

The teachers will be back to school September 3.

Thank You for your support of the teachers and staff at Leataata Floyd School.

~~Mary Hustler