



# 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

### TUESDAY 13

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

### WEDNESDAY 14

10:00am Mom's, Tot's and Pop's  
12Noon NA Meeting  
12:10pm Holy Eucharist  
7:00pm Cathedral Choir Rehearsal

### THURSDAY 15

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

### FRIDAY 16

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 17

11:00pm Sue Pendleton Memorial Service

### SUNDAY 18 FAMILY PROMISE WEEK

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Newcomer's Group  
11:15am Holy Eucharist w/Baptism  
12:45pm Holy Eucharist  
3:00pm Small Group Bible Study

Learn more about  
Fellowship Groups  
in the Great Hall.

### 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 18, 2016 The Eighteenth Sunday after Pentecost

Jeremiah 8:18-9:1  
Psalm 79:1-9  
1 Timothy 2:1-7  
Luke 16:1-13

## TODAY @ TRINITY — SEPTEMBER 11, 2016

### Adult Spiritual Formation Ministry Fair in the Great Hall

The Library is open in the Elevator Alcove

### Activities at 10:15am

#### Newcomers' Group - Cathedral

**The Group will Tour the Cathedral - ALL are welcome to join us**

If you have questions about the Newcomers' Group contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513 or 916-203-7586

#### Sunday Morning Journey - Conference Room

(Formerly the 30/40's and Beyond)

The group will start up with the Discovery DVD Series - *Your Spiritual Journey* developed by the Episcopal Diocese of Texas. This series provides an array of topics dealing with the church and our spiritual journeys. Each Sunday we will watch one or two of the segments followed by discussion. Scripture readings and thought provoking questions are provided to continue pondering the topic throughout the week.

All are welcome! Come join us any Sunday morning. Contact Amy Dierlam at dnarock@pacbell.net if you have questions.

#### Finding Peace and Joy in Troubled Times - Room A

Facilitated by Dean Baker.

#### 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

#### Small Group Bible Study - 3-5pm in Room C

We will focus on one of the Sunday readings, usually the Gospel. Our intention is to let God's Word speak to us through a study method called *Lectio Divina*." Contact Kelly Mieske at 916-719-8149 for more information.

Memorial Service for Lee Roberson  
TODAY at 3:00pm

### This Week

#### Story Listening Experience and Training

**Saturday September 17th 10am-12pm, Assembly Area**  
**All are Welcome to this free event**

One of the simplest yet profound ways we can minister to each other and our neighbors is through practicing presence and deep listening. A Minister friend of mine often says "we are called to listen each other into wholeness." And what a gift of ministry that is. Each of us has a story that the world would be greater for knowing. And each of us has the capacity to listen to others and provide strength and energy for the story teller. Over the next year, the Cathedral will offer experiences for more and more parishioners to share powerful stories of their life and ministry in the world. We trust that these stories will be great tools for all of us to grow closer to Christ and our call in the world. I hope you will join me for a morning of story listening experiences and training that will help all of us strengthen our skills and presence for this journey.

Memorial Service for Sue Pendleton  
Saturday, September 17 at 11:00am

## Next Sunday

### Young Adult Group Fall Welcome Lunch

**Sunday, September 18, 12:45pm, Conference Room**

Young adults are invited to this meet and greet lunch gathering. Please RSVP to Rev. Megan at [megan@trinitycathedral.org](mailto:megan@trinitycathedral.org)

### Family Promise Returns September 18-24

We are again blessed to host the homeless families of Family Promise Sacramento. As the families come in each day at 5 p.m., we need hosts to greet and serve them dinner, folks to prepare or buy dinner, and overnight hosts to make sure they are comfortable and safe and who can set out a simple breakfast for them in the morning. At the end of our host week, we need volunteers to help break down the cots and load them in the Family Promise trailer, launder the bedding, and haul the trailer to the next host church. You only need volunteer for one evening during the week. If you wish to drop off a dinner at the kitchen with instructions on how to prepare the food, that works too! Please sign up at the Family Promise poster hanging in the Great Hall, or contact Eleanor Taniguchi, Family Promise Coordinator: [ehtaniguchi@gmail.com](mailto:ehtaniguchi@gmail.com) or text 916-708-4295

## Coming Up

### Memorial Service for Ann Braxton

Sunday, September 25 at 3:00pm

### Spiritual Practices and Wellness Day Retreat

When: Saturday, October 15, 12:00pm-5:00pm

Where: The Cathedral Assembly Area

Who: All ages and backgrounds are welcome!

Cost: \$10 (Lunch included). Cash or check at the door please. No one will be turned away for lack of funds.

Please RSVP to Rev. Megan by Monday October 10th: [megan@trinitycathedral.org](mailto:megan@trinitycathedral.org)

This day retreat will focus on spiritual practices and self care. The program is ideal for all ages and backgrounds. Throughout the day, participants will explore what balance means in their professional, social, and spiritual life. Each segment of the day will be rooted in exploring different spiritual practices. From meditation, to art, to play, to song, there will be something for everyone. Ample socializing time and lunch will be provided as well. Please be in touch if you have any questions. I hope to see you there!

**Contact Information:** If you have moved or changed your phone number or email address please contact Randie Strike at 916-446-2513 or by e-mail at [randie.trinity@gmail.com](mailto:randie.trinity@gmail.com) to update your contact information in the church database.

### Secret Pals

We are looking for 35 people to be a Secret Pal for the teachers and staff at Leataata Floyd School. Each teacher and staff person will fill out an information sheet about them self 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, help with supplies that might be needed and other support.

A sign-up sheet will be available in the Great Hall or you can call me to sign up at 916-715-6942 or email me at [mmhust@hotmail.com](mailto:mmhust@hotmail.com). If you have any questions about the program I will be in the Great Hall the next several Sundays or please call or email me.

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

## THURSDAY NIGHT AT THE CATHEDRAL

**Compline: 6:00pm**

**Dinner: 6:15pm**

**Classes: 7:00pm**

**Andre Jensen facilitates: For the Jesus and Buddha: The Parallel Sayings** This class will reflect on the affinities between Christianity and Buddhism as revealed in Marcus Borg's beautiful compilation of text and illustration. We'll discuss how close the parallels are, where differences between them seem most significant, and how our consideration of them enhances our understanding of our own faith. These conversations are sure to be thought provoking.

**Morey Lloyd facilitates: The Song of Solomon Exposed** Take a tour of the most controversial book in Hebrew Scriptures. A book in the Wisdom tradition without Wisdom teachings. A book in Holy Scripture without the mention of the Name of the Lord. A book of Erotic poetry without moral lessons. No prayers, no introduction and no explanation! "Oh, I wish to be kissed with the kisses of his mouth!", thus begins our journey. Together let us peruse the passion and the pleasure of unadulterated desire for the meaning of life, liberty and the pursuit. Six weekly sessions using only the Biblical texts: Hebrew, Greek, Latin and the English versions. Drop-ins always welcomed.

**Susan Hotchkiss facilitates: Heirs to the Forgotten Kingdoms: Journeys Into the Disappearing Religions of the Middle East** by Gerard Russell: In this book, former British and UN diplomat Gerard Russell introduces the world to seven little known religions of the Middle East, writes their histories, participates in ancient rituals as well as discusses modern threats to their continuing existence. Not only is reading this timely, it will be fascinating to learn about these peoples, their religions and their cultures. The book is available in the Cathedral Bookshop.

For more information about Adult Spiritual Formation at Trinity Episcopal Cathedral, please contact:  
The Rev. Dr. Pamela Anderson:  
[Pamela@trinitycathedral.org](mailto:Pamela@trinitycathedral.org) or 916/446-2513

## Ongoing

### Traveling Bible Study and Spirituality Group

Every Sunday at 5pm young adults gather at fun locations around Sacramento for fellowship and conversation on the Bible and spirituality. If you would like to be added to the email list contact Rev. Megan at [megan@trinitycathedral.org](mailto:megan@trinitycathedral.org)

### Veterans Swapping Stories

The first Sunday at 10:15am in Room A. 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](mailto:chris@sanft.org)

### Lunch Bunch – Thursdays, Noon

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

### Writing Group – Thursdays, 3:00pm

Writing prompts are offered, we write, then share our writing or not. Contact: June at [jgillam@wavecable.com](mailto: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](mailto:nancy.c.earl@gmail.com)

### 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