



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 14

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 15

10:00am Coming of Age in Mississippi
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:30pm Vestry Meeting

WEDNESDAY 16

9:00am Holy Eucharist
10:00am Moms, Pops and Tots
12Noon NA Meeting
3:00pm Dementia Caregiver Support Group
7:00pm Cathedral Choir Rehearsal

THURSDAY 17

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 18

9:00am Holy Eucharist
12Noon NA Meeting
2:00pm Ralph Bonds Memorial Service

SATURDAY 19

SUNDAY 20

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

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 20, 2015 *The Seventeenth Sunday after Pentecost*

Proverbs 31:10-31
Psalm 1
James 3:13-4:3, 7-8a
Mark 9:30-37

TODAY @ TRINITY—SEPTEMBER 13, 2015

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.

Activities at 10:15am

Newcomers' Group — Cathedral

The group will Tour the Cathedral. **ALL are welcome!**

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

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.

30/40's and Beyond — Conference Room

Join us as we re-connect, catch up with each other and look at a variety of programs/studies to select what we would like to do this Fall on Sunday mornings. ALL ages welcome! Contact: Amy Dierlam at dnarock@pacbell.net

The Soul of Money — Room A

Two years ago we offered a popular class based on Lynne Twist's book, *The Soul of Money*. Now we're offering a reprise. *The Soul of Money* class begins Sunday, September 13 at 10:15 in Classroom A. It's not just a repeat, as fresh material will be included each week.

Bud Swank will be leading most sessions, with Vaughn Wolff and Susan Van Dyke tag teaming for certain sessions.

Want to know about more this class? Consider the book's subtitle: *Reclaiming the Wealth of Our Inner Resources*. The book is available in our bookstore, and is recommended for those who want to gain the most from this enlightening topic. However, reading the book isn't necessary to participate in the class.

This Week

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.

Memorial Service for Ralph Bonds

Friday, September 18 at 1:00pm

Coming Up

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!

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

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.

Kitchen Help

Our Thursday Night at the Cathedral (TNAC) series has begun. 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 vewolff@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

6:00 - Compline

6:15 - Dinner

7:00 - Classes

TNAC CLASSES

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

This series will delve into the complex issues related to mental health. We will share information about the local system of support, the places where glaring gaps exist, and our county's plans to augment services.

September 17 - Supporting Our Students: Addressing the Mental Health Needs of Children

Barbara Kronick, L.C.S.W, the Director of Student Support and Health Services for the Sacramento City Unified School District, will provide attendees with information on the estimated scope of need by students in the K-12 educational system, the framework used by SCUSD to identify students in need of mental health services and the resources available to support children and their families. She will also talk about some of the innovative ways that schools have been working with other community partners in recent years to assure the integration of services, and share what has been done by educators to build capacity so that children in crisis can receive mental health "first aid" as early as possible.

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.

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

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.