



# 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 15

12Noon NA Meeting  
5:30pm T-ACT  
5:45pm Holy Eucharist  
7:00pm Stephen Ministry—ALL

### TUESDAY 16

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
6:30pm Vestry Meeting

### WEDNESDAY 17

9:00am Holy Eucharist  
10:00am Moms, Pops and Tots  
10:30am Dementia Support Group  
12Noon NA Meeting  
6:00pm Wednesday Community Dinner  
6:30pm TREE  
7:00pm Cathedral Choir Rehearsal  
7:00pm Handbell Choir Rehearsal

### THURSDAY 18

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

### FRIDAY 19

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 20

### SUNDAY 21

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Sunday School  
10:15am Parenting Matters  
10:15am Newcomer's Group  
10:15am Introduction to the Church  
11:15am Holy Eucharist w/Baptism  
11:15am Choristers Rehearsal  
12:45pm Holy Eucharist

## TODAY @ TRINITY—SEPTEMBER 14, 2014

### Activities at 10:15am

#### Newcomers' Group — Room C

**A new group begins with Introductions.**

Everyone is welcome to be with us, especially Newcomers and visitors. If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513 or 916-203-7586

#### Introduction to the Church — Room A

The text, *Welcome to the Episcopal Church*, is available in the Cathedral Bookshop. Although much of the course will focus on the Episcopal church, it will start with a history of the whole church. The schedule is available at the Welcome Center. Contact Jerry Paré (930-8032 or jpare@trinitycathedral.org) if you have questions.

#### 30/40s and Beyond — Conference Room

We will be watching the movie *The Peaceful Warrior* which is loosely based on the book *The Way of the Peaceful Warrior* by Dan Millman. *The Peaceful Warrior* chronicles his life as a college gymnast who had everything he could ever want, until an injury changed his life forever. The book and movie have led to a movement in peaceful warrior thinking and living. Questions? Contact Amy Dierlam - dnrack@pacbell.net

#### Organ Restoration Presentation — Cathedral

Trinity has begun an exciting campaign to restore and enhance its exquisite Reuter organ. **On Sunday, September 14, at 10:15am in the Cathedral**, Canon David Link will present a live demonstration of the need for the project and describe the vision for the future of the instrument. You are invited and encouraged to attend.

#### Crochet / Knitting Group — Great Hall

Please join this crochet/knitting gathering. They will help people who want to learn to crochet and/or knit. Contact either: Tina Irby, (714) 267-5214 or Dorothy Malcolm, (916) 441-5305.

#### Adult Ministry Information Table — Great Hall

Immediately following the 9am service, there will be an Adult Ministries table in the Great Hall where folks can explore which classes/programs they would be interested in attending, as well as a tutorial on Trinity's website on how they can obtain further information on what Adult Ministries has to offer.

### Later Today

#### EYF Potluck and Meeting — Assembly Area at 12:30

It's a new program year! Time to dream and plan...We have some exciting plans for this year, and would love to hear your dreams and ideas! Please join us at 12:30 for a pot luck lunch and meeting for all youth and their parents in grades 6<sup>th</sup> - 12<sup>th</sup> in the Assembly Area. Please bring a salad to share.

### This Week

#### Men's Retreat at Lake Tahoe

September 19th-21st at the Presbyterian Conference Center at Zephyr Point. Cost ranges from \$159-\$299, depending on accommodations, includes Friday dinner through Sunday breakfast. Contact is the Rev. Pamela Anderson—Pamela@trinitycathedral.org

### Next Sunday

#### Parenting Matters

Growing strong, healthy and faith filled families is challenging and complex in this world we live in; yet it is the most vital thing we can do! Please join me on the third Sunday of each month during the Sunday School hour, 10:15 - 11:15, as we explore together the issues parents face today. From The Terrible Twos to Surviving the High School years we'll look at a different topic each month, share successes, and explore resources. - Rev. Kathy Hopner

### CATHEDRAL BOOKSHOP

#### **It's Pumpkin Time in the 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

#### **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.

#### **Lessons for September 21, 2014** *Fifteenth Sunday after Pentecost*

Exodus 16:2-15  
Psalm 105:1-6, 37-45  
Philippians 1:21-30  
Matthew 20:1-16

## New Picture Directory

Sign up to get your picture taken at the table in the Great Hall after each service or on-line using the Quick Link on the right side of Trinity's home page (trinitycathedral.org). You will receive one FREE 8x10 picture and a copy of the new directory if you have your picture taken. Pictures are scheduled to be taken in September and early October. If you have questions contact Randie Strike at 916-203-7586 or email: randie.trinity@gmail.com.

## Coming Up

### Family Promise is Coming Sept. 28th!

Trinity will host FP families the week of **September 28**. There are many ways you can help. When our guests arrive, we need volunteers to welcome and spend time with the families, cook, serve and clean up after supper and stay the night. You decide the type and extent of your commitment. Look for the sign-up sheet in the Great Hall. For more information contact Eleanor Taniguchi at ehtaniguchi@gmail.com or Deacon Steve Skiffington at deaconskiff@gmail.com.

### Camp Noel Porter Annual Fall Gala

**Saturday, October 11**

Doors Open 5:30pm, Dinner 6:30pm  
St. Michael's Episcopal Church  
2140 Mission Ave, Carmichael, CA

Find the light within! Join us for our **Light up the Night** Gala. The evening includes a Live and Silent Auction, catered dinner, the latest from Camp Noel Porter and fun, lot's of fun! RSVP for Child Care - Space is Limited.

Tickets, table sponsor, gold, silver and bronze donors, please visit [www.campnoelporter.org](http://www.campnoelporter.org) or call 530- 583-3014.

### Flu Shot Clinic

**Sutter Health is having a Flu Shot Clinic at Trinity Cathedral Sunday, October 12; 8:30 - 11.** Costs of the flu shots are either \$30 or \$45 (depending upon the type of vaccine you opt for). Pneumonia shots are also available (\$75).

## Ongoing

### Lunch Bunch – Thursdays, Noon

We are discussing the book *Strength for the Journey*. Contact is Pastor Pamela—[pamela@trinitycathedral.org](mailto:pamela@trinitycathedral.org)

### Writing Group –Thursdays, 4:30pm.

Anyone who would like to write in an informal setting is welcome to drop in. Writing prompts are offered, we write for 20 minutes, then share what emerges or not, as the spirit moves. Contact: June Gillam - [jgillam@wavecable.com](mailto:jgillam@wavecable.com).

### Trinity Men's Group Breakfast

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

### Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year**, 12:30-2:30pm, in the Assembly Area for lunch, program and activities. For more information contact Rev. Kathy Hopner at 930-8027

### Centering Prayer

**Tuesdays, 6-7pm in the East Transept**  
**Thursdays, Noon—1:00 in the East Transept**

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contacts are Nancy Earl [nancy.c.earl@gmail.com](mailto:nancy.c.earl@gmail.com) or Shelley Mydans [smydans@gmail.com](mailto:smydans@gmail.com).

## Thursday Night at the Cathedral

**6:00pm—Compline**

**6:15pm—Dinner (\$7)**

**7:00pm—Classes**

### **Bible and Book of Common Prayer Challenge**

Facilitators: Rhonda Canby and the Rev. Randy Knutson  
The goal is to read one chapter in the New Testament, one Psalm, and one of the prayers in the Book of Common Prayer each day for one year to anchor each day in scripture, and to become familiar with the beauty of the prayers in the Prayer Book.

### **Tool Pouch for Living**

Presenter: Vaughn Wolff

"Come explore Lessons in Christian Metaphysics for 12 evenings that will help us understand and adapt our habits of thinking so we can experience life with more joy, greater health and confidence in the ever present Christ. We will be using Dr. Frederick Bailes, *Basic Principles of the Science of Mind, Twelve Lesson Home Study Course*.

### **God In America — A PBS documentary**

Presenter: Susan Hotchkiss

We will watch this great history of the relationship between religion and the United States. Then on the alternate weeks we will discuss events and people involved in shaping who we are today as spiritual Americans.

### **Embracing an Alternative Orthodoxy: Richard Rohr on the Legacy of St. Francis**

Presenter: Canon Lynell Walker

Richard Rohr's exploration of what we hold to be the anchors of the Christian faith through the lens of the life and teachings of St. Francis. Rohr is always teaching us to live beyond possibility yet does so by drawing on our rich tradition. All materials will be provided.

### **Ruth-less Religion**

Presenter: Morey Lloyd

This short three act play in the Book of Ruth reveals a reformation within the Scriptures to upset even the staunchest believer by demonstrating the true nature of the Eternal One. Here we find the redeeming inclusiveness of the promise of life lived to its fullness. Drama overshadows the Dogma of what it means to love the neighbor. Life becomes a witness to the Acts of God.

**Friends of St. Paul's:** The oldest church in Sacramento is celebrating its 165th Anniversary Sunday, October 5, 4pm, with a service of Evensong celebrated by Bishop Beisner and a dedication of our 15th Street doors. St. Paul's main doors have long been out of use because of tree root damage. The steps have now been repaired and the doors renewed. We can now open wide the original doors of historic St. Paul's, located at the corner of 15th and J Streets in downtown Sacramento. A reception will follow Evensong. All are welcome to join in our celebration.

## 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# \_\_\_\_\_