



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 SEPTEMBER 16

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 17

12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:30pm Vestry Meeting
7:00pm Hospitality Committee

WEDNESDAY 18

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

THURSDAY 19

12Noon NA Meeting
12Noon Lunch Bunch
1:00pm Centering Prayer
4:30pm Writing Group
6:00pm Candlelight Compline
6:15pm TNAC Dinner
7:00pm TNAC Classes
7:00pm Celebration Choir Rehearsal

FRIDAY 20

9:00am Holy Eucharist
12Noon NA Meeting
6:00pm Labyrinth Walking

SATURDAY 21

5:10pm Holy Eucharist

SUNDAY 22 HEALING SUNDAY

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Newcomers' Group
10:15am Intro. to the Old Testament
10:15am 30/40's and Beyond
11:15am Holy Eucharist
11:15am Choristers Rehearsal
12:45am Holy Eucharist

Pastoral Emergencies:

Call the office: 446-2513
Evenings, weekends & holidays: 214-0382

Prayer Box in the Narthex: Daughters of the King will hold your request in prayer daily for at least one month.

Parking for people with disabilities is provided on Sundays. Enter on Trinity Cathedral Lane and park behind the Great Hall.

Lessons for September 22, 2013 18th Sunday after Pentecost

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

TODAY @ TRINITY—SEPTEMBER 15, 2013

Family Service TODAY — 9am in the Great Hall

Recovery Sunday

TODAY at All Services

At Trinity we celebrate sobriety. Come hear our preachers, all Trinity parishioners in recovery, share their perspectives on recovery and sobriety at all our services today.

There will be information tables in the solarium between services. We will have resources for The Recovery Ministry of the Episcopal Church and several 12-step programs.

Activities at 10:15am

Newcomers' Group—Room C

The group will view and discuss the video Welcome to the Episcopal Church. 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.

Introduction to the Old Testament—Room A

Sunday, September 15 – October 27 at 10:15am

Besides the Bible, Donald Griggs' *The Bible from Scratch: The Old Testament for Beginners*, available in the bookstore, is the main resource. Jerry Paré will lead the class. This class is a good opportunity to get some of your basic questions about the Old Testament answered.

30/40s and Beyond—Assembly Area

The group will resume meeting TODAY from 10:15am-11:10am. We will reconnect and discuss what we would like to do this Fall for our Sunday morning gatherings. Join us!

This Week

Walk the Labyrinth

Friday, September 20, 6:00-8:00pm in the Great Hall

For more information please contact Rhonda Canby at rcanby@msn.com

Next Sunday

Healing at all Services

Book Signings

Authors Beatrice Bailey and Victoria Loustalot, will be signing their books in the Bookshop between 10am and 1pm.

Calling All Bread Bakers

We bake homemade bread for Communion/Eucharist at Trinity Cathedral. Currently, we are looking for more Bread Bakers. If you would like to join this ministry sign up at the Welcome Center any Sunday Morning or call the church office at 916-446-2513. There are special instructions regarding the size and shape of the bread and there are several recipes. We will make sure you have the instructions and the recipes. Depending on the number of bakers we sometimes only bake bread every 3 months or so. Thank you.

~~ Phyllis Hummingbird, Bread Baking Coordinator.

Coming Up

Trinity Women's Fall Retreat

Wisdom of the Self: Trinity Women's Meditation and Yoga Retreat October 5th

Please sign up now in the Cathedral Bookshop for our Fall Women's Retreat, Saturday, October 5th, from 9:30 am to 3:30 pm, in the Assembly Area, led by Rev. Anne's beloved Yoga instructor, Karen Klussendorf. For just \$25 you'll be treated to an introduction to Chakras, Yoga suitable for all levels, meditation and relaxation techniques, time for writing/sharing, luncheon and chocolate. Join us to rest, recharge and reflect. A few scholarships are available. Please contact Rev. Anne at amckeeper@wavecable.com or 530-908-3616 if you'd like to help and/or receive a scholarship.

Sacramento C.R.O.P. Hunger Walk

Ending Hunger One Step at a Time!!

Sunday, October 13, 2013

Join Trinity Cathedral's Walking for Hunger Team and Help CROP STOP HUNGER. For more information see Marion Welch at the table in the Great Hall.

Family & Youth Ministries

Computer needed: Our youth program is in need of a fairly recent laptop with wireless capability and Microsoft Office (no older than 2007) for Julia, our LEVN (Lutheran Episcopal Volunteer Network) volunteer who will be assisting as we develop our programs. If you know of anyone who is upgrading to a newer model, and would like to make a donation to the church, please contact Rev. Kathy Hopner at 930-8027. Thank you!

Volunteers Needed for Sunday School!

Trinity has amazing children who need a little of your time and attention. Our Sunday School program is dedicated to providing a safe, welcoming place where our children can grow in their faith. To make this possible, we need two adults – either a teacher and an aide, or co-teachers – in each classroom. Can you give an hour once or twice a month from 10:15 – 11:15? You will be amazed at how working with our children not only feeds their spirit; it will feed yours, too! Please prayerfully consider this opportunity. If you would like to volunteer, or have any questions, please call Rev. Kathy Hopner at 930-8027. Thank you!

Ongoing

Lunch Bunch

Thursdays, noon to 1:30pm in the Assembly Area

Bring your Bible for our discussion of the Bible Challenge readings. Newcomers are welcome. Contact is Rev. Anne—amckeeper@wavecable.com

Thursday Writing Group...

The Writing Group meets on Thursdays from 4:30 to 6:00 p.m. in the Conference Room. Newcomers are always welcome. We write to a prompt and then share what we choose to share with the other participants. Contact is Rev. Anne—amckeeper@wavecable.com

NOTE: The group will NOT meet on September 19.

Centering Prayer

Tuesdays, 6-7pm in the East Transept

Thursdays, 1:00-2:00pm in the East Transept

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contact Nancy Earl nancy.c.earl@gmail.com, Sally Smith sally1369@comcast.net or Shelley Mydans smydans@gmail.com for further information. All are welcome.

Thursday Night at the Cathedral

Thursday, September 19, 2013

Candlelight Compline—6:00pm

Dinner—6:15pm (\$7 donation)

Classes—7:00pm

Classes—7 to 8:30 p.m.

- Randy Knutson and Rhonda Canby present the **Bible Challenge**, through January 2, 2014. It's never too late to start reading the Bible—a little bit every day, with Sundays off – and then to discuss the readings with a group of cheery, open-minded folks. (Conference Room.)
- Vaughn Wolff presents **The Sermon on the Mount** by Emmet Fox, in the Cathedral Bookshop.
- Rev. Anne McKeever presents **THE BIBLE: An Eight Hour DVD Series** produced by the History Channel. We will read together short passages of Holy Scripture and then view and discuss how the History Channel makes scripture come to life. (Assembly Area). **The class will not meet September 19.**

Dean Brian Baker presents the OLD TESTAMENT on October 3 and December 5. Dean Baker teaches about the Old Testament books of the Bible we're reading for the Bible Challenge. Most TNAC classes attend Dean Baker's classes.

CATHEDRAL BOOKSHOP

Beatrice Bailey ("Farewell, My Friend") and Victoria Loustalot ("This is How You Say Goodbye") will be signing their books in the Bookshop between 10 am and 1 pm on **Sunday, September 22.**

Regular store hours are: Tu-Th:11:00am - 5:00pm;
Fri: 11:00am - 2:00pm; Sun: 8:30am - 1:00pm
Contact us at 916-442-9194

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# _____