



# 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 22

12Noon NA Meeting  
5:45pm Holy Eucharist  
6:30pm Fellowship on the Go

### TUESDAY 23

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

### WEDNESDAY 24

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

### THURSDAY 25

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 26

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 27

#### SUNDAY 28 FAMILY PROMISE WEEK

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

## TODAY @ TRINITY—SEPTEMBER 21, 2014

### 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

#### 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@trinitycathederal.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 - dnarock@pacbell.net

#### Parenting Matters — Assembly Area

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

## This Week

#### Fellowship On the Go

**Monday, September 22, 6:30pm in the Courtyard**

Join us for a family and furry friendly walk with Jesus.

## Next Sunday

#### Healing at all Services

#### Family Promise Week Begins

#### SOS!!

Family Promise is just over a week away September 28-October 5, and the week is mostly blank-HELP is needed for all volunteer slots!! Please check your calendars and sign up on the poster in the hall next to the book store. It is a most rewarding ministry!!

For more information contact Eleanor Taniguchi at ehtaniguchi@gmail.com or Deacon Steve Skiffington at deacon-skiff@gmail.com.

### 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 28, 2014** *Sixteenth Sunday after Pentecost*

Exodus 17:1-7  
Psalm 78:1-4, 12-16  
Philippians 2:1-13  
Matthew 21:23-32

#### New Picture Directory

If you have questions about having your picture in the New Directory see Randie Strike or call her at 916-203-7586.

## Coming Up

### Board Game Night

**Friday, October 3, 6:30-8:30pm**

Bring yourself, a friend, a game, and snacks and we will provide the hall and hilarity! Join in the fun!

**Friends of St. Paul's:** The oldest church in Sacramento is celebrating its 165th Anniversary **Sunday, October 5, 4pm**, with a service of Evening Prayer 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 Evening Prayer. All are welcome to join in our celebration.

### 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 - [jgilam@wavecable.com](mailto:jgilam@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.

## 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.

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