



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 23

12Noon NA Meeting
5:45pm Holy Eucharist
7:00pm Stephen Ministry—TC

TUESDAY 24

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

WEDNESDAY 25

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 26

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

FRIDAY 27

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 28

5:10pm Holy Eucharist

SUNDAY 29

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 29, 2013 19th Sunday after Pentecost

Jeremiah 32:1-3a, 6-15
Psalm 91:1-6, 14-16
1 Timothy 6:6-19
Luke 16:19-31

TODAY @ TRINITY—SEPTEMBER 22, 2013

Healing at all Services

Book Signings

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

Activities at 10:15am

Newcomers' Group—Room C

The group will discuss Ministry Opportunities. 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 be meeting this Sunday to begin the viewing of *The Way*, a movie about the pilgrimage that the Rev. Lynell Walker did this summer. We will watch the movie for several Sundays before Lynell and others will speak about their experience. Join us!

This Week

Choral Evensong

Thursday, September 26, 6:00pm

The Cathedral Choir will sing our first Choral Evensong service for the season. This short music-filled evening service consists of psalms, canticles, scripture readings, and prayers. Using the majestic language of the 1662 Book of Common Prayer, it is a time to let go of the busy-ness of the day, and meet God in a meditative way.

Read One Bible Story a Week

The next edition of *Read One Bible Story a Week* is available in the Trinity Bookshop and in the Welcome Center. This free publication covers selected chapters from the Bible Challenge scripture assigned from August 30 through October 3rd. Read just a little and then ponder some fascinating questions each week.

RECOVERY WEEKEND at Trinity Cathedral

Rev. Anne Gives Thanks

I hope never to recover from the joy I experienced at our first Recovery Weekend at Trinity last week. Our readers and preachers were excellent. Thank you all: Jay Leach, Ric Burwell, Kelly Boutwell, Denise Hedrick, Ruth Fitch, Franklin Munroe, Lynette Munroe, and Ron McCormack. Thanks, too, to Susan Wahlstrom, RN, director of our Diocesan Partners in Health Ministries, for her presence and financial support so we could offer so many brochures from 12-Step programs and the Recovery Ministries of the Episcopal Church.

We hope to make our Recovery Weekend an annual event, so we seek your feedback. Which service did you attend last weekend? What went well? What could we do differently? Did you drink from the grape juice chalice? Would you like a grape juice chalice offered at every Sunday service? Would you like to become involved in Trinity's on-going Recovery Ministry? Please send your comments to amckeeper@wavecable.com.or leave a message at 530-908-3616.

Coming Up

Trinity Women's Fall Retreat

Wisdom of the Self: Meditation and Yoga Retreat: October 5, 9:30-3:30, Assembly Area

Please sign up in the Cathedral Bookshop for our Fall Women's Retreat led by Rev. Anne's 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. 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.

Worship Committee Hosts Ministry Fair

Sunday, October 13th, 8:30-11:30am

Have you ever been interested in learning how you can participate in our worship? On October 13 there will be representatives from each worship group and they will be glad to answer any questions you may have about participating in any of these ministries. Worship is at the heart of our life together and we invite you to come and learn more by participating in the ministries that help shape our faith.

Floyd School

Secret Pals

We are looking for 5 more Secret Pals for the teachers and staff at Leataata Floyd School. During the school year a Secret Pal sends notes of encouragement; small gifts reflecting what they wrote on their information sheets for them, their class or the school. A sign-up sheet is available at the Welcome Center or call Mary Hustler at 916-501-9148 or email to maryhustler@msn.com.

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!

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

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 26, 2013

Choral Evensong—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).

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# _____