



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 25

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 26

10:00am Tuesday Morning Group
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
7:00pm Vestry Meeting

WEDNESDAY 27

10:00am Moms, Tots and Pops
12Noon NA Meeting
12:10pm Holy Eucharist
7:00pm Cathedral Choir Rehearsal

THURSDAY 28

12Noon NA Meeting
12Noon Centering Prayer
12Noon Lunch Bunch
3:00pm Writing Group
6:00pm Compline
6:15pm TNAC Bag Dinner
6:30pm Bereavement Group
7:00pm TNAC Classes
7:15pm Celebration Choir Rehearsal

FRIDAY 29

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 30

5:00pm DeGroff/Cheek Wedding

SUNDAY OCTOBER 1 BISHOPS VISIT

7:30am Holy Eucharist
9:00am Holy Eucharist
9:00am Family Service
10:15am Newcomers
10:15am Holy Health & Wellness Practices
11:15am Holy Eucharist
12:45pm Holy Eucharist
2:00pm Yoga/Journaling in the Cathedral

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

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.

Lessons for October 1, 2017 Seventeenth Sunday after Pentecost

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

TODAY @ TRINITY — SEPTEMBER 24, 2017

Activities at 10:15am

Newcomers' Group

Meets at 10:15 in Conference Room

The group will watch and discuss a video. Contact is Randie Strike:
randie.trinity@gmail.com;916-446-2513

Holy Health and Wellness Practices

Meets at 10:15 in the Assembly Area

Come explore how mindfulness and gratitude practices can tie to our everyday activities. Discover food for your body and soul, and empowerment in community so that you to continue in your call to be an agent of God's love in this chaotic and hurting world. Please do not hesitate to contact Rev. Megan with questions:
megan@trinitycathedral.org

Later Today

Free Yoga in the Cathedral

Today at 2pm

Come explore the link between the body-mind connection through the practice of yoga, meditation, and journaling. Classes will start with either light journaling and/or meditation and be directly followed by a gentle yoga flow. Please bring a mat, towel, and journal.

If you have questions, contact Rev. Megan at
megan@trinitycathedral.org

This Week

Tuesday Morning Group (TMG)

Meets every Tuesday at 10:00am in the Conference Room

The group is discussing Karen Armstrong's *Twelve Steps to a Compassionate Life*. The Cathedral Bookshop has the book and you are encouraged to read it to enhance our discussions. If you have any questions contact Susan Hotchkiss at susan_hotchkiss1@hotmail.com

Coming Up

Trinity Cathedral Christian Art Festival

October 3-26 at Beatnik Studios on R Street

A reception will be held Friday, October 6 from 6-9 p.m. There will be a panel discussion on Wednesday, October 11 that will focus on the purpose of the show, the rationales underlying the pieces which were selected as winners, and the motivation of the various artists in creating the pieces.

The juror for the show is Frank Ordaz, an accomplished fine artist who was featured in The White House under the George W. Bush Administration. At one point in his career he was the artist who created the background paintings for Lucas Productions, notably for *ET* and the *Star Wars* series.

The Rev. Peter Fritsch presents

TWO workshops

Wednesday, October 4th.

9am-12pm: *How God Speaks to Us in Dreams for Healing and Wholeness* - This workshop provides an understanding of how God may be guiding or healing us through our dreams.

1-4pm: *The Fisher King and the Handless Maiden: Recovering the Feeling Function and Creativity in Masculine and Feminine Psychology* - Participants will learn how the Hero/Heroine myths of the Fisher King and The Handless Maiden, 12th Century European motifs, fit together to show the dynamics of transformation that every person can realize to become whole.

Cost: \$40 for each workshop. Register with Peter prior to the workshop by emailing him at pffritsch@hotmail.com

More Coming Up

Plant for the Planet Academy

Saturday, October 7, 9:00am-2:00pm

at Washington Elementary School, 520 18th Street

This free climate change and recovery academy has youth reaching youth about climate change, its impact, and what they can do. The workshop is open to 4th through 12th graders and their parents. Snacks and lunch provided for participants. For more information see Ann Rothschild or another TREE member. Register at tinyurl.com/y788aq9r

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 them self 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 at a table on Sunday or call Mary Hustler at 916-715-6942 or email at mmhust@hotmail.com with any questions.

Small Groups

If you are interested in being a part of small group meal and fellowship groups that meet monthly, please fill out the survey so that we can create groups according to your preferences and interests. SURVEY: goo.gl/3dxXyc If you are having trouble with the electronic form, feel free to stop by the front office and fill out a hard copy. We hope that these groups will create space to get to know one another, have fun, try spiritual practices together, and be open and inviting to friends and neighbors who might be curious about faith and church life. If you have any questions, please contact Rev. Megan at megan@trinitycathedral.org

Cathedral Flower Donation

A nice way to give thanks or to remember loved ones.

**Sign up on the Cathedral Flowers Calendar,
then submit this form and contribution
(make check payable to "Trinity Cathedral"
with 'Flowers' on the memo line) to:**

Trinity Cathedral Flowers, 2620 Capitol Ave, Sacramento, 95816

Note: The adornment during Advent and Lent do not include flowers.

Date requested _____ (allow 3 weeks for processing).

In Thanksgiving for: _____

In Memory of: _____

From: _____ Phone# _____

THURSDAY NIGHT AT THE CATHEDRAL

6:00 pm - Compline

6:15 pm - Fellowship: "Bring Your Own Dinner"

7:00 pm - Classes

TNAC classes

Thursdays at 7:00pm

How to Live as a Christian in This Crazy World

September 14 to October 19 - Assembly Area
Facilitated by TVR Brian Baker

With the breakdown of civility, chaos in our political systems and an increase of explicit racism, we are entering a frightening time of crisis. Dean Baker will lead a six-week conversation that will explore how our faith can both guide and sustain us as we strive for justice and peace and respect the dignity of every human being.

12 Steps to a Compassionate Life

September 14 to November 16 - Bookshop
Facilitated by Susan Hotchkiss

In 2010, Karen Armstrong, a renowned scholar of the world's religions, wrote *Twelve Steps to A Compassionate Life*. The Washington Post stated: "Armstrong lays out a pluralistic and, ultimately, secular way to spread compassion that's easy to believe in." From learning about compassion to loving your enemies, this book is extremely timely for living in the world today. Attendees are encouraged to purchase the book, available in the Cathedral Bookshop.

Journey with Jesus -- Your Journey of Faith

Ongoing, drop-ins are welcome! - Room J
Facilitated by Kelly Mieske and Jerry Paré

Join us in a reflective Bible Study of next week's Gospel passage. Contact Jerry Pare' at jpare@trinitycathedral.org or 916-930-8032.

For more information about Adult Spiritual Formation at Trinity Episcopal Cathedral, please contact:
The Rev. Dr. Pamela Anderson:
Pamela@trinitycathedral.org or 916/446-2513

Ongoing

Trinity Men's Breakfast - **NOTE: Location change.**

2nd Saturday at 9am at IHOP, 30th & N Sts. Contact: Chris Sanft - chris@sanft.org

Women's Fellowship - **2nd Saturday 10-Noon Room F**

Coffee and Continental
Contact: Susan Bush - sbush333@gmail.com

Tuesday Morning Group – Tuesdays, 10am

Contact: Susan Hotchkiss-susan_hotchkiss1@hotmail.com

Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—pamela@trinitycathedral.org

Writing Group – Thursdays, 3:00pm

Writing prompts are offered, we write, then share our writing or not. Contact: June at jgillam@wavecable.com

Journey with Jesus

Thursdays, 7-8:30pm, Conference Room

Join us in a reflective Bible Study of next week's Gospel passage. Contact Jerry Pare' at jpare@trinitycathedral.org or 916-930-8032.

Centering Prayer

Tues., 6-7pm and Thurs., Noon—1:00pm (East Transept)

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

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every Sunday **during the school year** at 10:15am. Contact: Rev. Kathy Hopner at 930-8027