



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 28

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 29

10:00am Coming of Age in Mississippi
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer

WEDNESDAY 30

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

THURSDAY OCTOBER 1

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

FRIDAY 2

9:00am Holy Eucharist
12Noon NA Meeting
7:00pm Dewitt Jones Lecture

SATURDAY 3

9:00am Dewitt Jones Photo Workshop

SUNDAY 4

7:30am Holy Eucharist
9:00am Holy Eucharist
9:00am Family Service/Blessing of Animals
10:15am Newcomers Group
10:15am 30/40's and Beyond
10:15am Sunday School
10:15am The Soul of Money
10:15am Veterans Meeting
11:15am Holy Eucharist
12:45pm Holy Eucharist

TODAY @ TRINITY—SEPTEMBER 27, 2015

Activities at 10:15am

Newcomers' Group — Room C

The group will view and discuss a video.

If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513.

30/40's and Beyond — Conference Room

We will continue discussing *Transforming Questions*, which invites faithful questioning for those new to the Christian faith and longtime members. We will explore, through God's Word, our own faith journey and continue to ask the questions that stir within us. This study is produced by Forward Movement and each participant will have their own guidebook to reference and reflect in. Questions? contact Amy Dierlam - dnarock@pacbell.net.

The Soul of Money — Room A

Based on Lynne Twist's book, *The Soul of Money*. Bud Swank will be leading most sessions, with Vaughn Wolff and Susan Van Dyke tag teaming for certain sessions.

Want to know about more this class? Consider the book's subtitle: *Reclaiming the Wealth of Our Inner Resources*. The book is available in our bookstore, and is recommended for those who want to gain the most from this enlightening topic. However, reading the book isn't necessary to participate in the class.

A Walk on the Wild Side — Assembly Area

Parenting Matters for parents of Teens & Young Adults

Please join us TODAY and the fourth Sunday of each month as we discuss a variety of issues concerning the joys and challenges of raising teens and young adults!

Later Today

Episcopal Youth Fellowship

Welcoming all youth in grades 6th through 12th!

Sunday, September 27

Capital Episcopal Youth Network Fall Gathering

We will not meet at 12:30 today – instead we'll join the youth from local Episcopal Churches for games and activities, and we'll plan our year together at **St. Michael's Episcopal Church in Carmichael from 4 – 6 p.m.**

This Week

Trinity Cathedral Speaker Series

Dewitt Jones, a National Geographic photographer, will be speaking at the Cathedral on Friday, October 2nd at 7pm. He will share an inspirational talk entitled "Celebrate What's Right with the World." Tickets for that event are \$12 and can be purchased in the Cathedral Bookshop. The following day on **Saturday, October 3rd, Dewitt will lead a camera phone photography workshop at 10am.** The cost for this event is \$20 and can be purchased in the Cathedral Bookshop.

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

Parking on Sundays for those with disabilities is provided behind the Great Hall.

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

Lessons for October 4, 2015

The Feast of St. Francis

Jeremiah 22:13-16

Psalm 148:7-14

Galatians 6:14-18

Matthew 11:25-30

TREE (Trinity Respecting Earth and Environment)

TREE members voted to donate \$250 to the Bishop's Discretionary Fund for the victims of the Valley and Butte Fires. We will earmark the check for the Fire Victims. TREE invites anyone who wishes to donate to this cause to come by the TREE table and drop off your donation. We will see that it reaches the Bishop's office.

Also—TREE's discussion group for the Pope's Encyclical was lively and interesting last Thursday at the TNAC class. We even wrote poems and will publish in the next TREE tip. Come and join the gathering this Thursday at 7 pm in the Conference Room.

Next Sunday

Trinity Cathedral Celebrates
The Feast of St. Francis with
**The Blessing of the Animals
Sunday, October 4 at 9:00am
in the Great Hall**

Bring your pet to be blessed and
a donation of pet food to help
Sacramento Pet Food Bank

Veterans Meeting

Sunday, October 4, 10:15am in the Assembly Area

Attention all Veterans! We meet the first Sunday of the month. Bring your coffee and munchies and join us to help plan our Veterans Day Celebration on November 8.

Coming Up

You are invited!
Please join us for our annual

Fall Dinner

Saturday, October 10th 5pm to 8pm
in the Great Hall

Hosted by the Vestry
Sign up for a table in the Great Hall!

CALLING ALL MEN!!!!

Men's Retreat: Friday, October 16 and Saturday, October 17 at the Community of the Great Community near Foresthill. We are encouraging you to come, share, and enjoy under the direction of Dean Baker! The cost is \$95.00 to cover lodging, Friday dinner at 6:00pm, breakfast and lunch. Please bring your own liquid refreshments. Activities include hiking and swimming in the pool. You can register in the Bookshop. If you have any questions please call Dana Chamness at 930-8038. Looking forward to seeing you there!

The Potluck Dinner Church Ministry...

... will hold a fundraising bake sale on **Sunday, October 18 during the coffee hours.** Come and indulge in delicious cookies, candies, cupcakes and whatever else we might be bringing to the table. This event will help us fund the wonderful activities we are planning including the **Day of the Dead service and potluck taking place on Sunday November 1.**

Ongoing

Veterans Swapping Stories

The first Sunday at 10:15am in the Assembly Area. We will be planning events and swapping stories.

Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—pamela@trinitycathedral.org

Writing Group – Thursdays, 4:30pm

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

Trinity Men's Group Breakfast

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

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year** at 12:30pm. Contact: Rev. Kathy Hopner at 930-8027

Centering Prayer – East Transept

Tues., 6-7pm; Thurs., Noon—1:00

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

THURSDAY NIGHT AT THE CATHEDRAL

6:00 - Compline; 6:15 - Dinner; 7:00 - Classes

TNAC CLASSES

Holy Wholly One, Behold Me, Wholly One

Facilitated by Morey Lloyd

Most of the science of philosophy has taught us that God is omnipotent- all powerful, omniscient- all knowing and omnipresent. Much of the theology of tradition tells us that God is Holy - in the vision of Isaiah: Holy Holy Holy. The Holy One is usually defined with a separate and exclusive nature. We will look at a revelation of the Divine as not exclusive but rather as the All Inclusive One. We will learn how to love, and be loved by, a Whole God with a Whole heart and how to love a Whole neighbor as the Whole self is loved.

Coming of Age in Mississippi

Facilitated by Susan Hotchkiss

On August 6, 1965, President Lyndon Johnson signed the voting rights, making poll taxes and literacy tests as prerequisites to vote unconstitutional. Anne Moody's *Coming of Age in Mississippi* chronicles her journey as a young girl and as a woman in the thick of the Civil Rights movement in the South.

Mental Health 101

Facilitated by Shireen Miles and team

This series will delve into the complex issues related to mental health. We will share information about the local system of support, the places where glaring gaps exist, and our county's plans to augment services.

OCTOBER 1 - Family & Friends

Lawrence Liseno, who is a member of the Board of Directors of the local chapter of the National Alliance on Mental Illness (NAMI Sacramento) will share a first-hand story of why and how he discovered NAMI and how NAMI benefited him. Using a Socratic method of presentation, he will bring the group to an even higher level of awareness as they consider sound mental health practices. The group helps members understand that mental illness is not a character flaw, it's a physical brain illness triggered by heredity or sometimes severe trauma. And family members can learn coping skills, the vagaries of mental disorders, community professional resources and sundry benefits of banding together by participating in NAMI educational courses and support groups. NAMI does not offer professional treatment; it offers something just as important: stories and examples of how family and consumers can reach and maintain consistent recovery from mental illness. In short, this key support organization offers hope.

Pope Francis and the Environment

Facilitated by TREE members

Discussion of Pope Francis' Encyclical Letter (*Laudato Si*) TREE (Trinity Respecting Earth and Environment) members will be studying and discussing Pope Francis' Encyclical Letter (*Laudato Si*). The Pope touches on every major environmental and economic issue facing humanity today thoughtfully and compassionately. His Encyclical Letter deserves to be taken seriously and, more importantly, acted on.

Family Promise

A moment of reflection as we close the 2015 chapter of Family Promise here at Trinity Cathedral. You helped shelter eleven families, which was comprised of thirty-three children! Many of you help provide a meal, donated sheets and other items. While still others spent hours doing laundry, hauling the trailer and entertaining the young guests. This ministry would not be possible if not for the support of parishioners.

We heard this past Sunday from the Gospel reading... Mark 9: "Whoever wants to be first must be last of all and servant of all." Then he took a little child and put it among them; and taking it in his arms, he said to them, "Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me." Instantly I was reminded of tender angels in need of a place to lay their heads.

Thank you again, Eleanor & MeriAngel