



# 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 30

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

### TUESDAY OCTOBER 1

12Noon NA Meeting  
12:10pm Holy Eucharist  
5:00pm Prayer & Pastoral Care Committee  
6:00pm Centering Prayer  
6:15pm Ministry Team/Newcomers Potluck  
7:00pm Ministry Team Meetings

### WEDNESDAY 2

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

### THURSDAY 3

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 4

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 5

9:30am Trinity Women's Retreat  
5:10pm Holy Eucharist

### SUNDAY 6

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  
3:00pm Blessing of the Animals  
6:00pm Strathdee Benefit Concert

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

### Lessons for October 6, 2013 20th Sunday after Pentecost

Lamentations 1:1-6  
Psalm 137  
2 Timothy 1:1-14  
Luke 17:5-10

## TODAY @ TRINITY—SEPTEMBER 29, 2013

### 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—Conference Room

The group will be meeting this Sunday to continue viewing *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

### Movie Discussion Night at the Cathedral

**Wednesday, October 2 at 7pm, Conference Room**

Join us for a provocative discussion based on a 20 minute video that seeks to challenge and strengthen our faith. All are welcome.

### 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 is Rev. Anne at amckeeper@wavecable.com.

### Camp Noel Porter's 60th Anniversary GALA

**Saturday, October 5 - Doors open 5:30, Dinner 6:30**

St. Michael's Episcopal Church, 2140 Mission Ave, Carmichael  
Tickets \$100.00 per person

Please join us for this benefit GALA. The evening will include a silent auction, wonderful food, lively entertainment and information about the awesome ministry that is Camp Noel Porter. You can call Camp Noel Porter at 530-583-3014 or visit [www.campnoelporter.org](http://www.campnoelporter.org).

## Next Sunday

### Blessing of the Animals

**Sunday, October 6 at 3:00pm**

You're invited to bring your pet, a picture of your pet, or favorite stuffed animal to Trinity Cathedral's blessing of the animals. All pets are welcome, from ant farms to elephants.

It would be appreciated if you would bring dog food, cat food or cat litter to the Cathedral on October 6th to be donated to the Front Street animal shelter. This shelter provides food and veterinary services for the pets of the needy. The shelter also provides a safe place for lost and injured animals and arranges their adoptions.

### Jim and Jean Strathdee Concert

**A Benefit for Family Promise**

**Sunday, October 6 at 6:00pm at Trinity Cathedral**

Suggested Donation: \$10

Trinity's Children's Choir will be singing.

## Coming Up

### The Fall Stewardship Dinner

**Saturday, October 12, 2013, 5:30 to 7:00 pm**

Dean Baker and the Vestry of Trinity Cathedral invite you to an evening of THANK YOUs for your past generosity. Sign-up sheets are in the Great Hall.

### 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

### The Back Snack Program

Needs donations of tuna, oatmeal in individual packets, small cans of fruit, top ramen, power bars, and macaroni and cheese. You can leave your donations in the barrel under the stairs near the office.

### Secret Pals

We are looking for few 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, October 3, 2013**

**Candlelight Compline—6:00pm**

**Dinner—6:15pm (\$7 donation)**

**Classes—7:00pm**

**Classes—7 to 8:30 p.m.**

**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. The other TNAC classes attend Dean Baker's classes.

### Trinity Name Tags

If you need or would like a name tag, they can be ordered at the Welcome Center for \$2.00 each. Name tags help us all to get to know each other. It is helpful for Newcomers and visitors if we all wear our name tag.

### Help Family Promise

Donate your used ink cartridges and old cell phones to Family Promise. Just drop them off at the office. Like many non-profit groups, Family Promise is struggling to keep going. Your donations help them to meet some of their monthly costs. Every little bit helps. Contact is Sally Smith—sally1369@comcast.net

### CATHEDRAL BOOKSHOP

Many thanks, Geina Waddell,  
for enormously expanding our  
used jewelry section.

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# \_\_\_\_\_