



# 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 2

12Noon NA Meeting  
5:45pm Holy Eucharist

### TUESDAY 3

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

### WEDNESDAY 4

12Noon NA Meeting  
12:10pm Holy Eucharist  
7:00pm Cathedral Choir Rehearsal

### THURSDAY 5

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 6

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 7

5:00pm DeGroff/Cheek Wedding

### SUNDAY 8

7:30am Holy Eucharist  
9:00am Holy Eucharist  
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 8, 2017 Eighteenth Sunday after Pentecost

Exodus 20:1-4, 7-9, 12-20  
Psalm 19  
Philippians 3:4b-14  
Matthew 21:33-46

## TODAY @ TRINITY – OCTOBER 1, 2017

### Activities at 10:15am

### Newcomers' Group

#### Meets at 10:15 in Conference Room

The group will discuss Living with Change. 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

### 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

#### 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 plfritsch@hotmail.com

### Movie Discussion Night at the Cathedral

#### Wednesday, October 4, 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.

See "More This Week" on the Back

## More This Week

### Choral Evensong

**Thursday, October 5 at 6:00 pm**

Join us for our first service of Choral Evensong for the season, sung by the Cathedral Choir. Included will be the magnificent setting of the evening canticles by Herbert Howells, written for the choir of St John's College, Cambridge, England.

Choral Evensong, sung to the Book of Common Prayer of 1662, has been sung daily in English Cathedrals for hundreds of years. The Trinity Cathedral Choir continues that tradition on a monthly basis, as scheduled. A service of lessons, music, and prayers, evensong is lovely way to end a hectic and noise-filled day. Please join us!

### 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](http://tinyurl.com/y788aq9r)

### Conversations on Race

**Friday October 13 at 6:30pm**

Dr. Joseph E. Marshall, Jr., will speak at Trinity Cathedral. Dr. Marshall is a lecturer, radio talk show host, community activist and author of "Street Soldier." He is the founder of Alive & Free, an international violence prevention organization headquartered in San Francisco. Dr. Marshall's activism has transformed the lives of thousands of young people. His work in youth violence prevention has earned him many awards including the MacArthur Genius Award, the Children's Defense Fund Leadership Award, the Essence Award, and the Use Your Life Award from Oprah Winfrey.



### Escort Needed

Karl Munz, who is in a wheelchair, has been a member of Trinity Cathedral for many years. Karl needs an escort from the Chateau to the Cathedral and back for the 9 AM service each Sunday. If you can help with this ministry please contact Randie Strike at email [randie.trinity@gmail.com](mailto:randie.trinity@gmail.com) or call her on her cell phone at 916-203-7586. Thank you

## 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**

### **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](mailto: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](mailto:Pamela@trinitycathedral.org) or 916/446-2513

## Ongoing

### Prayer & Healing Fellowship

**1st Saturday, 10am, Conference Room**  
Contact Elba White at [elbawhite@yahoo.com](mailto:elbawhite@yahoo.com)

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

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

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

Coffee and Continental  
Contact: Susan Bush - [sbush333@gmail.com](mailto:sbush333@gmail.com)

### Tuesday Morning Group - **Tuesdays, 10am**

Contact: Susan Hotchkiss-[susan\\_hotchkiss1@hotmail.com](mailto:susan_hotchkiss1@hotmail.com)

### Lunch Bunch - **Thursdays, Noon**

Contact is Pastor Pamela—[pamela@trinitycathedral.org](mailto: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](mailto: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](mailto: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](mailto: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