



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 5

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 6

10:00am Coming of Age in Mississippi
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:00pm Ministry Team Dinner
7:00pm Ministry Team Meetings

WEDNESDAY 7

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

THURSDAY 8

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

FRIDAY 9

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 10

9:00am Trinity Men's Breakfast
5:00pm Fall Parish Dinner

SUNDAY 11

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Crochet/Knitting Group
10:15am Newcomers Group
10:15am 30/40's and Beyond
10:15am Sunday School
10:15am The Soul of Money
11:15am Holy Eucharist
12:45pm Holy Eucharist

The Library is open in the Elevator Alcove

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.

Lessons for October 11, 2015
The Twentieth Sunday after Pentecost

Job 23:1-9, 16-17
Psalm 22:1-15
Hebrews 4:12-16
Mark 10:17-31

TODAY @ TRINITY – OCTOBER 4, 2015

TODAY

Trinity Cathedral Celebrates the Feast of St. Francis with
The Blessing of the Animals
during the
Family Service
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

New Diaconal Intern

Hello! I'd like to introduce myself. I am **Donna Arellano**, a Postulant for the Holy Order of the Diaconate (I love saying that!), a 2nd year student at the School for Deacons in Berkeley, and a member of St. Michael's in Carmichael. One of the requirements for Postulants is that we worship at a parish other than our own for 2 years, and I am very excited that I will be attending Trinity Cathedral starting on October 4. Over time, I'll be worshipping at all services. I'm looking forward to getting to know you, and to joining with you in Christian ministry and fun times. My hobbies are camping, reading, animals, and rooting for the Philadelphia Eagles! Please come by and say hi - I'm even friendly to Dallas fans.

Breast Cancer Information

Parishioner Mary Paré, a Breast Cancer Navigator with Sutter Health, will be available at a table in the Great Hall or on the patio TODAY from 8:00 AM - 1:30 PM to provide information on breast cancer: its diagnosis and treatment.

Activities at 10:15am

Newcomers' Group – Room C

The group will discuss Living with Change.

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

Transforming Questions: 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 more about 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.

Veterans Meeting – Assembly Area **Sunday, October 4, 10:15am in the Assembly Area**

Our guest speaker this Sunday is Tonya Nakashima, LCSW, a volunteer from the American Red Cross. She will be discussing Stress and Anger Management, you will receive information on how to approach these challenges and learn skills to manage them. These meetings are not therapy sessions; they are skill-building groups and you do not need to share. This is the first of five workshops and each curriculum runs about 90 minutes, depending on group interaction, so stay tuned.

This Week

First Choral Evensong of the Season

Thursday, October 8 at 6:00pm

Join the Cathedral Choir for our first service of Choral Evensong for the season. This short service is a great way to finish a busy and noise filled day. Please join us, and stay for dinner at 6:30!

Trinity Men's Group Breakfast

Saturday, October 10 at 9am in the Great Hall

Contact: Chris Sanft - chris@sanft.org

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!

Next Sunday

Crochet / Knitting Group

Sunday, October 11, 10:15 in the Great Hall

Please join us for a crochet/knitting gathering. There will be help for people who want to learn to crochet and/or knit.

EYF Meeting for Youth and Parents

Sunday, October 11, 12:30pm – 2:30pm
in the Assembly Area.

Please bring a salad to share!



Coming Up

CALLING ALL MEN!!!!

Men's Retreat: Friday, October 16 and Saturday, October 17 at the Community of the Great Commission 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.**

Day of the Dead

Potluck Dinner Church

Sunday, November 1 at 5:00pm in the Cathedral

Food and fellowship will be shared during this Day of the Dead themed dinner church service. All are welcome, but not required, to bring a dish to share and photos of lost loved ones to fill the Day of the Dead altar.

Canon Carey's 90th Birthday Blast!
Saturday, November 7, 1:00pm to 4:00pm

Service of Daily Prayer will be held at 1:00pm, followed by a reception in the Great Hall.

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, Per Ostlund and Ann Arneill-Py

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 8 - Innovation and Integration: California's Mental Health System

Toby Ewing is the Executive Director of the Mental Health Services Oversight and Accountability Commission. The commission is the body that oversees Prop 63, the Mental Health Services Act. Funded by a one percent tax on millionaires, Prop 63 has generated approximately \$14.4 billion for public mental health programs since it was approved by the voters in 2005. Dr. Ewing has a background in governance reform, government oversight and improving outcomes of public programs. He has worked on a range of public policy issues, including mental health, child welfare, immigrant integration, workforce and education, and veterans projects.

Mr. Ewing's presentation will explore the fundamental investments necessary to make dynamic shifts in public mental health services for Californians. He will describe why risk taking and teaming up with non-traditional partners could be key strategies for change.

"Poets or Mystics? Where is the line?"

Facilitated by Susan Van Dyke

In this class, we'll explore some familiar names such as Mary Oliver and Steven Mitchell as well as some perhaps less well known such as Hafiz and St Catherine of Siena. Group participation will be highly encouraged. Please join us as we explore.

Ongoing

Veterans Swapping Stories

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

Trinity Men's Group Breakfast

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

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

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