



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 6

12Noon NA Meeting
5:45pm Holy Eucharist
6:30pm Fellowship Dog Walk

TUESDAY 7

12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:15pm Ministry Team Dinner
7:00pm Ministry Team Meetings

WEDNESDAY 8

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

THURSDAY 9

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

FRIDAY 10

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 11

9:00am Trinity Men's Breakfast
11:00am Daughters of the King
1:00pm Nancy Bunch Memorial Service

SUNDAY 12 FLU SHOT CLINIC

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Newcomer's Group
10:15am Introduction to the Church
10:15am Crochet/Knitting Group
11:15am Holy Eucharist
11:15am Choristers Rehearsal
12:45pm Holy Eucharist

CATHEDRAL BOOKSHOP

It's Pumpkin Time in the 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 12, 2014 Eighteenth Sunday after Pentecost

Exodus 32:1-14
Psalm 106:1-6, 19-23
Philippians 4:1-9
Matthew 22:1-14

TODAY @ TRINITY—OCTOBER 5, 2014

The Library is open in the Elevator Alcove

Family Service TODAY – 9am in the Great Hall

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 or 916-203-7586

Introduction to the Church

Introduction to the Episcopal Church **will not meet this Sunday** at 10:15. The course will resume October 12 with a Question & Answer class focused on Scripture & Worship. All are welcome! Contact is Jerry Paré (930-8032 or jpare@trinitycathedral.org).

30/40s and Beyond – Conference Room

We continue watching the movie *The Peaceful Warrior* which is loosely based on the book *The Way of the Peaceful Warrior* by Dan Millman. The book and movie have led to a movement in peaceful warrior thinking and living. Questions? Contact Amy Dierlam - dnarock@pacbell.net

Later Today

Youth Confirmation Classes

Begins today at 11:15am in Room F upstairs.

These classes offer a chance to explore what we believe and what we don't, what it means to be a Christian and a part of a faith community, and what it means to be a person of faith in this world. **Classes meet twice a month from 11:15 – 12:30** until the Easter Vigil service when the confirmation is held. Please contact Rev. Kathy Hopner or Rev. Megan Anderson if you'd like more information.

Blessing of the Animals

TODAY 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. After the service there will be refreshments. Please bring a human treat to share.

If you are able, please bring a dog or cat food donation for the Sacramento Pet Food Bank.

Friends of St. Paul's: The oldest church in Sacramento is celebrating its 165th Anniversary **TODAY at 4pm**, with a service of Evening Prayer celebrated by Bishop Beisner and a dedication of our 15th Street doors. St. Paul's is located at the corner of 15th and J Streets in downtown Sacramento. A reception will follow Evening Prayer. All are welcome to join in our celebration.

This Week

Fellowship Dog Walk

Monday, October 6, 6:30pm in the Courtyard

Join us for a family and furry friendly walk with Jesus.

Movie Discussion Night at the Cathedral

Wednesday, October 8 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.

See "More This Week" on the Back

More This Week

Choral Evensong

Thursday, October 9 at 6:00 pm

Choral Evensong with the Cathedral Choir. Our first service of choral evensong for the season will feature music by Leo Sowerby and Philip Radcliffe. Evensong is a lovely way to clear the busy-ness of our day, as we prepare for the night ahead.

Cathedral Choristers Performance

Thursday, October 9, 7:00pm, at Cathedral of the Blessed Sacrament

They will be performing for the fourth year in a row at the Interfaith Night of Choral Music and the Spoken Word. Dr. Derek Keller, the Trinity Cathedral tenor choral scholar will be a featured soloist with the Choristers. Attendance to the concert is free.

B'Nai Israel Synagogue

of Sacramento, has invited Trinity Cathedral to join them for one of their Shabbat services during their Sukkoth holiday. We are wanting to strengthen our interfaith dialogue and this is a really fun and great way to do this. B'Nai Israel is located at 3600 Riverside Blvd., Sacramento 95818. The service begins at **7:30pm on Friday, October 10th**. Come for a great evening where this can be a blessing to your life and the larger community. If you have any questions, contact Rev. Dr. Pamela Anderson at pamela@trinitycathedral.org. See you then!

Next Sunday

Flu Shot Clinic

Sutter Health is having a Flu Shot Clinic at Trinity Cathedral Sunday, October 12; 8:30 - 11. Costs of the flu shots are either \$30 or \$45 (depending upon the type of vaccine you opt for). Pneumonia shots are also available (\$75).

Crochet / Knitting Group

Sunday, October 12 at 10:15am

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

Ongoing

Lunch Bunch – Thursdays, Noon

We are discussing the book *Strength for the Journey*. Contact is Pastor Pamela—pamela@trinitycathedral.org

Writing Group –Thursdays, 4:30pm.

Anyone who would like to write in an informal setting is welcome to drop in. Writing prompts are offered, we write for 20 minutes, then share what emerges or not, as the spirit moves.

Contact: June Gillam - 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**, 12:30-2:30pm, in the Assembly Area for lunch, program and activities. For more information contact Rev. Kathy Hopner at 930-8027

Centering Prayer

**Tuesdays, 6-7pm in the East Transept
Thursdays, Noon—1:00 in the East Transept**

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contacts are Nancy Earl nancy.c.earl@gmail.com or Shelley Mydans smydans@gmail.com.

Thursday Night at the Cathedral

6:00pm—Compline

6:15pm—Dinner (\$7)

7:00pm—Classes

Bible and Book of Common Prayer Challenge

Facilitators: Rhonda Canby and the Rev. Randy Knutson
The goal is to read one chapter in the New Testament, one Psalm, and one of the prayers in the Book of Common Prayer each day for one year to anchor each day in scripture, and to become familiar with the beauty of the prayers in the Prayer Book.

Tool Pouch for Living

Presenter: Vaughn Wolff

"Come explore Lessons in Christian Metaphysics for 12 evenings that will help us understand and adapt our habits of thinking so we can experience life with more joy, greater health and confidence in the ever present Christ. We will be using Dr. Frederick Bailes, *Basic Principles of the Science of Mind, Twelve Lesson Home Study Course*.

God In America – A PBS documentary

Presenter: Susan Hotchkiss

We will watch this great history of the relationship between religion and the United States. Then on the alternate weeks we will discuss events and people involved in shaping who were are today as spiritual Americans.

Embracing an Alternative Orthodoxy: Richard Rohr on the Legacy of St. Francis

Presenter: Canon Lynell Walker

Richard Rohr's exploration of what we hold to be the anchors of the Christian faith through the lens of the life and teachings of St. Francis. Rohr is always teaching us to live beyond possibility yet does so by drawing on our rich tradition. All materials will be provided.

Ruth-less Religion

Presenter: Morey Lloyd

This short three act play in the Book of Ruth reveals a reformation within the Scriptures to upset even the staunchest believer by demonstrating the true nature of the Eternal One. Here we find the redeeming inclusiveness of the promise of life lived to its fullness. Drama overshadows the Dogma of what it means to love the neighbor. Life becomes a witness to the Acts of God.

Begins October 16th

Mystics Then and Now

Presenter: Susan Van Dyke

This session will focus on offerings from psalms, poetry and prayer. Individuals highlighted may include Hildegard of Bingen, Rumi, Hafiz, W.B. Yeats. Pierre Teilhard de Chardin, David Whyte and Mary Oliver. This will be an experiential adventure for all. Three books will provide background, but no purchase of any is required. We may spend some time with the book, *Strength for the Journey* by Renee Miller. All are invited to come "taste and see." Questions? Please contact Susan at svandyke59701@gmail.com



T-ACT Phone Banking on Tuesday Nights

Please join other members of our congregation in phone banking in Room C at Trinity, starting at 5:30 pm every Tuesday evening between now and the November 4 election. Members of various churches throughout our community are calling low-frequency voters to remind them to vote. You will be trained to give voters a few facts about Proposition 47, which reclassifies specific non-violent crimes as misdemeanors. This ballot measure would save law enforcement resources for serious crimes and redirect \$2.1 million in savings to rehabilitation of lower level offenders, mental health and drug treatment and the school systems in California. In the past 20 years, California has built 22 prisons and only one university. But building more prisons hasn't solved the problem of crime; some of us believe it is time to take a new tack. For more information, call Shireen Miles at 203-5595.