



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 9

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 10

10:00am Tuesday Morning Group
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
7:00pm Acolyte Practice

WEDNESDAY 11

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

THURSDAY 12

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 13

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 14

10:00am Women's/Men's Potluck Brunch
1:00pm Pat Hill's Memorial Service

SUNDAY 15

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 15, 2017 *Nineteenth Sunday after Pentecost*

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

TODAY @ TRINITY – OCTOBER 8, 2017

Activities at 10:15am

Newcomers' Group

Meets at 10:15 in Conference Room

The group will discuss Ministry Opportunities. 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, 723 S Street
Gallery Hours: 11:30am-7:00pm, Tuesday, Wednesday and Thursday.

A reception will be held Friday, October 6 from 6-9 p.m. There will be a panel discussion on Wednesday, October 11 at 7:00pm, 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.

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.

Women's and Men's Fellowship

Saturday, October 14, 10:00am in the Assembly Area

Coffee, and Social Breakfast and a report on the Great Hall. Our speaker will be Barb Chandler who was instrumental in helping to seed an INTEGRITY USA Chapter at Trinity that reached throughout our diocese. She will be giving a short talk on the history of this part of the struggle for equal rights and inclusion here at Trinity. INTEGRITY provided leadership and support as well as fellowship and political action for the LGBT community, and for the whole parish. While we may have thought these battles were won and done, shockingly this is not the case as equality and inclusion are once again under attack. History seems all too often to be a case of two steps forward and one step backwards. Only we can't afford this backwards step, this return to the "Good Ol' Days," which were not so good for a whole lot of people. Come and share with us on Saturday morning!

More This Week

Pat Hill

Trinity Cathedral is saddened to learn of the passing of Pat Hill. Her memorial service will be at the Cathedral on **Saturday, October 14th at 1pm**

Coming Up

Documentary on Thomas Merton

Monday, November 6 at 7:00pm

A free showing of a film on the lasting impact of Thomas Merton's life will be presented at Trinity Cathedral. The filmmaker, Morgan C. Atkinson will be on hand to share thoughts and answer questions after the showing.



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 or call her on her cell phone at 916-203-7586. Thank you



Trinity Name Tags

It is helpful for Newcomers and visitors if we all wear our name tag. Order your name tag at the Welcome Center for \$2.00 each.

Contact Information:

If you have moved or changed your phone number or email address please contact Randie Strike at 916-446-2513 or by e-mail at randie.trinity@gmail.com to update your contact information in the church database.

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 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 or 916/446-2513

Ongoing

Prayer & Healing Fellowship

1st Saturday, 10am, Conference Room
Contact Elba White at elbawhite@yahoo.com

Trinity Men's Breakfast

2nd Saturday at 10am in the ASSEMBLY AREA. Contact: Chris Sanft - chris@sanft.org

Women's Fellowship - 2nd Saturday 10am ASSEMBLY AREA Coffee and Continental
Contact: Susan Bush - sbush333@gmail.com

Tuesday Morning Group – Tuesdays, 10am

Contact: Susan Hotchkiss-susan_hotchkiss1@hotmail.com

Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—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

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 or 916-930-8032.

Centering Prayer

Tues., 6-7pm and Thurs., 12:10pm—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

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