



# 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 10

12Noon NA Meeting  
5:45pm Holy Eucharist

### TUESDAY 11

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
7:00pm Acolyte Practice  
7:00pm Stewardship Committee

### WEDNESDAY 12

10:00am Mom's, Tot's and Pop's  
12Noon NA Meeting  
12:10pm Holy Eucharist  
7:00pm Cathedral Choir Rehearsal  
**7:00pm Movie Night at the Cathedral**

### THURSDAY 13

12Noon NA Meeting  
12Noon Centering Prayer  
12Noon Lunch Bunch  
3:00pm Writing Group  
6:00pm Compline  
6:15pm TNAC Dinner  
7:00pm TNAC Classes  
7:15am Celebration Choir Rehearsal

### FRIDAY 14

9:00am Holy Eucharist  
12Noon NA Meeting  
**7:30pm Gala Organ Recital**

### SATURDAY 15

**10:00am Wellness Retreat**

### SUNDAY 16

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Sunday School  
10:15am Newcomer's Group  
10:15am Sunday Morning Journey  
10:15am Finding Peace and Joy  
11:15am Holy Eucharist  
12:45pm Holy Eucharist  
3:00pm Small Group Bible Study  
**3:00pm LGBT Service of Remembrance**

## TODAY @ TRINITY – OCTOBER 9, 2016

### Activities at 10:15am

#### Newcomers' Group - Room C

**The group will discuss Ministry Opportunities.**

If you have questions about the Newcomers' Group contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513 or 916-203-7586

#### Sunday Morning Journey - Conference Room

The group is watching the Discovery DVD Series - *Your Spiritual Journey* developed by the Episcopal Diocese of Texas. This series provides an array of topics dealing with the church and our spiritual journeys. All are welcome! Come join us any Sunday morning. Contact Amy Dierlam at dnarock@pacbell.net if you have questions.

#### Finding Peace and Joy in Troubled Times - Room A

Christianity invites us to live our lives free of fear and judgment. Ideally, we can be grounded in Christ's peace even when the world around us is falling apart. Dean Baker will be teaching a series of classes that will explore aspects of the Christian worldview and Christian spiritual practices that can help us connect more closely to the love of God so we can live in peace with greater joy and wonder.

#### Crochet / Knitting Group - 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.

### Later Today

#### Small Group Bible Study - 3-5pm in Room I

We will focus on one of the Sunday readings, usually the Gospel. Our intention is to let God's Word speak to us through a study method called *Lectio Divina*. Contact Kelly Mieske at 916-719-8149 for more information.

### This Week

#### Movie Discussion Night at the Cathedral

**Wednesday, October 12 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.

#### Gala Organ Recital with Bruce Neswick

**Friday, October 14 at 7:30pm**

To recognize the completion of the Cathedral Organ Restoration and the Canon Grant S. Carey antiphonal organ, we will have a Gala Organ Recital with concert organist Bruce Neswick. One of America's premiere organists, Bruce is Canon for Music at Trinity Cathedral in Portland, Oregon. He has previously been Director of Music at The Cathedral of St John-the-Divine in New York City, and St Philips Cathedral in Atlanta. His program will include music by Bach, Dupre, Sowerby, Franck, and Distler, and will conclude with an improvisation on a submitted theme. Tickets are \$25 general and \$18 for students & seniors (60+), and may be purchased in advance at the Cathedral Bookshop, or at the door. We are pleased to welcome him to Trinity Cathedral!

#### Spiritual Practices and Wellness Day Retreat

**When: Saturday, October 15, 12:00pm-5:00pm**

**Where:** The Cathedral Assembly Area

**Cost:** \$10 (Lunch included). Cash or check at the door. No one will be turned away for lack of funds.

**Please RSVP to Rev. Megan by Monday October 10th: [megan@trinitycathedral.org](mailto:megan@trinitycathedral.org)**

This day retreat will focus on spiritual practices and self care. The program is ideal for all ages and backgrounds. Throughout the day, participants will explore what balance means in their professional, social, and spiritual life. Each segment of the day will be rooted in exploring different spiritual practices. From meditation, to art, to play, to song, there will be something for everyone. Ample socializing time and lunch will be provided as well.

## CATHEDRAL BOOKSHOP

Come see our display of items from Beach Treasures, Bill and Jackie McGrath's artistic renderings of things from the sea.

Store hours are:

Tu-Th: 11:00am - 5:00pm;

Sun: 8:30am - 1:00pm

Contact us at 916-442-9194 or [bookshop3@gmail.com](mailto: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.

**Prayer Box in the Narthex:** Daughters of the King will hold your request in prayer daily for at least one month.

### Lessons for October 16, 2016

*The Twenty-Second Sunday after Pentecost*

Jeremiah 31:27-34  
Psalm 119:97-104  
2 Timothy 3:14-4:5  
Luke 18:1-8

## Coming Up

### 18<sup>th</sup> Annual LGBT Service of Remembrance

Please join us on **Sunday, October 16, 2016, at 4 pm** at Trinity Cathedral to remember those who have suffered violent deaths through murder or suicide due to their sexual orientation, gender identity or gender expression. This year's service will feature music by the Sacramento Gay Men's Chorus and our guest speaker will be Mayor Elect Darrell Steinberg.

For more information or if you wish to assist in this service, please contact Kathleen Montgomery at ladyiris49@gmail.com or Rod Thomas at rthomas0604@gmail.com.

### Worship Ministry Fair

**Sunday, October 23, 8:30am-1:00pm**

We will be recruiting for Liturgy Ministers including Altar Guild and Flower Committee, Lectors, Intercessors, Ushers, and Eucharistic Ministers and Visitors. Commissioning of Worship Ministers will be at the 7:30, 9:00 and 11:15am services.

### Pumpkin Night at Trinity

**Sunday, October 23, 4:30-6:30pm**

Everything is provided, we will eat, carve, and end by lighting our pumpkins in the church while listening to scary organ music! Cost is \$5 per person or \$12 per family - this includes a small to medium pumpkin.

## Ongoing

### Traveling Bible Study and Spirituality Group

Every Sunday at 5pm young adults gather at fun locations around Sacramento for fellowship and conversation on the Bible and spirituality. Contact Rev. Megan at megan@trinitycathedral.org if you'd like to join our group.

### Veterans Swapping Stories

The first Sunday at 10:15am in Room A. 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, 3:00pm

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

### 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

## THURSDAY NIGHT AT THE CATHEDRAL

**Compline: 6:00pm**  
**Dinner: 6:15pm (\$7)**

**Classes: 7:00pm**

**Morey Lloyd facilitates: The Song of Solomon Exposed** Take a tour of the most controversial book in Hebrew Scriptures. A book in the Wisdom tradition without Wisdom teachings. A book in Holy Scripture without the mention of the Name of the Lord. A book of Erotic poetry without moral lessons. No prayers, no introduction and no explanation! "Oh, I wish to be kissed with the kisses of his mouth!", thus begins our journey. Together let us peruse the passion and the pleasure of unadulterated desire for the meaning of life, liberty and the pursuit. Six weekly sessions using only the Biblical texts: Hebrew, Greek, Latin and the English versions. Drop-ins always welcomed.

**Susan Hotchkiss facilitates: Heirs to the Forgotten Kingdoms: Journeys Into the Disappearing Religions of the Middle East** by Gerard Russell: In this book, former British and UN diplomat Gerard Russell introduces the world to seven little known religions of the Middle East, writes their histories, participates in ancient rituals as well as discusses modern threats to their continuing existence. Not only is reading this timely, it will be fascinating to learn about these peoples, their religions and their cultures. The book is available in the Cathedral Bookshop.

### New TNAC class begins Thursday, October 13

**Donna Arellano facilitates: Bridging the Political Divide** Do you want to dialog with those who have different views than you on the hot topics of the day, but you just don't know how? **Join us on October 13 and 20** as we participate in the online course *Bridging the Political Divide* with Parker Palmer, presented by ChurchNext.tv. From the course description: "Learn how to walk through our divisive political climate with grace and peace. Author and activist Parker J. Palmer shares inspirational and practical knowledge on how Christians might approach deep political division." There will be a lively discussion after each week's viewing.

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

### 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.

## 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# \_\_\_\_\_**



### 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.

