



# 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 13 OFFICE CLOSED

### TUESDAY 14

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
6:30pm Finance Committee  
7:00pm Acolyte Practice

### WEDNESDAY 15

9:00am Holy Eucharist  
10:00am Moms, Pops and Tots  
10:30am Dementia Caregivers Support  
12Noon NA Meeting  
6:00pm Wednesday Community Dinner  
7:00pm Cathedral Choir Rehearsal

### THURSDAY 16

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

### FRIDAY 17

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 18

5:00pm Jazz Mass  
6:00pm Fall Parish Dinner

### SUNDAY 19

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Sunday School  
10:15am Parenting Matters  
10:15am Newcomer's Group  
10:15am Introduction to the Church  
11:15am Holy Eucharist  
11:15am Youth Confirmation Class  
11:15am Choristers Rehearsal  
12:45pm Holy Eucharist  
1:00pm Integrity Meeting

## 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 19, 2014 Nineteenth Sunday after Pentecost

Exodus 33:12-23  
Psalm 99  
1 Thessalonians 1:1-10  
Matthew 22:15-22

## TODAY @ TRINITY—OCTOBER 12, 2014

### Flu Shot Clinic

**Sutter Health is having a Flu Shot Clinic at Trinity Cathedral TODAY, 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).

### Activities at 10:15am

### Newcomers' Group — Room C

**The group will discuss Resources for Next Steps.**

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 Episcopal Church — Room A

This week is a Question & Answer class focusing on Scripture and Worship (Chapters of 2 and 3 of Welcome to the Episcopal Church). Whether or not you have been in the class previously, feel free to join us in Room A after the 9:00 AM Service. Contact Jerry Pare' (930-8032 or jpare111452@gmail.com for more information.

### 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

### 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.

## This Week

**Office Closed for Columbus Day  
on Monday, October 13**

### Annual Fall Dinner opens with a Jazz Mass

**Saturday, October 18:  
Jazz Mass at 5:00pm; Dinner at 6:00pm**

Preceding our annual Fall dinner the Celebration Choir will present a special Jazz Mass to warm things up. The choir will be joined by perennial favorite Jim Martinez and his Jazz Praise group. Included in the service will be a new jazz mass setting by English composer Bob Chilcott, the "Little Jazz Mass." Set for full choir with a jazz ensemble, the words are the traditional Latin Mass text, but with very untraditional music. The Jazz Mass will take place in the Cathedral at 5:00 pm, with dinner following at 6:00. Please join us for a lively celebration!

## Next Sunday

### Parenting Matters

**Sunday, October 19, at 10:15 in the Assembly Area**

Growing strong, healthy and faith filled families is challenging and complex in this world we live in; yet it is the most vital thing we can do! Please join me on the third Sunday of each month during the Sunday School hour, 10:15 - 11:15, as we explore together the issues parents face today. From The Terrible Twos to Surviving the High School years we'll look at a different topic each month, share successes, and explore resources. - Rev. Kathy Hopner

See "More Next Sunday" on the Back

## More Next Sunday

### Integrity Meeting

**Sunday, October 19, 1 - 2:30 pm**

Integrity's mission: To inspire and equip the Episcopal Church, its dioceses, congregations and members to proclaim and embody God's all-inclusive love for LGBTQ persons and those who love them. ALL ARE WELCOME: Integrity's activities are always open to all, including our much-appreciated straight allies.

Sandwiches will be served. So we can get an accurate count on the food, please RSVP to shireenmiles@comcast.net or call 203-5595.

The Rev. Dr. Pamela Anderson, Director of Adult Spiritual Formation, will join us at this meeting. The program will include an informal update on Integrity's local and national projects, and the opportunity to plan for the November Diocesan Convention in which there will be a resolution related to marriage, and discuss a possible Thursday Night at the Cathedral series for the spring of 2015.

### PFLAG Annual Service of Remembrance

**Sunday, October 19, 4:00 pm**

Westminster Presbyterian Church, 13th & N Streets

**The Rev. Megan Anderson is the homilist.**

In memory of our brothers and sisters who have suffered violent deaths through murder or suicide because they were (or perceived to be) gay, lesbian, bisexual, transgender, queer or intersex

Please join us as we remember their lives with love, bear witness to the atrocity of their deaths and affirm together that hatred and violence must end.

This service will embrace a variety of spiritual expressions including the Jewish, Christian, Buddhist, Muslim and Hindu traditions and we will honor the names of over 750 people (and the countless others whose names are not known to us) who died at the hands of hatred, ignorance and fear.

In 1999, the first Service of Remembrance was held at Trinity Episcopal Cathedral and again in 2008.

Visit <http://www.pflagsacramento.org/annual-service-of-remembrance>

## 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 we are today as spiritual Americans.

**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.

## Altar Flower Donation

***A nice way to give thanks or to remember loved ones.***

**Send your request and contribution (make check payable to "Trinity Cathedral" with 'Flowers' on the memo line) to:**  
**Trinity Cathedral Flowers, 2620 Capitol Ave,**  
**Sacramento, 95816**

Date requested \_\_\_\_\_ (allow 2 weeks for processing).

In Thanksgiving for: \_\_\_\_\_

In Memory of: \_\_\_\_\_

From: \_\_\_\_\_ Phone# \_\_\_\_\_