



# 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 OCTOBER 14 OFFICE CLOSED COLUMBUS DAY

5:45pm Holy Eucharist

### TUESDAY 15

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
6:30pm Ministry Council  
6:30pm Vestry Meeting

### WEDNESDAY 16

9:00am Holy Eucharist  
10:00am Moms, Pops and Tots  
12Noon NA Meeting  
6:00pm Wednesday Community Dinner  
6:30pm TREE  
7:00pm Handbell Choir  
7:00pm Cathedral Choir Rehearsal  
7:00pm Prayer Night at the Cathedral

### THURSDAY 17

12Noon NA Meeting  
12Noon Lunch Bunch  
1:00pm Centering Prayer  
4:30pm Writing Group  
6:00pm Candlelight Compline  
6:15pm TNAC Dinner  
7:00pm TNAC Classes  
7:00pm Celebration Choir Rehearsal

### FRIDAY 18

9:00am Holy Eucharist  
12Noon NA Meeting  
6:00pm Labyrinth Walk

### SATURDAY 19

5:10pm Holy Eucharist

### SUNDAY 20

7:30am Holy Eucharist  
9:00am Holy Eucharist  
9:00pm Family Service  
10:15am Newcomers' Group  
10:15am Intro. to the Old Testament  
10:15am 30/40's and Beyond  
11:15am Holy Eucharist  
11:15am Choristers Rehearsal  
12:45am Holy Eucharist

### 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.

**Parking on Sundays for those with disabilities** is provided behind the Great Hall.

### Lessons for October 20, 2013 22nd Sunday after Pentecost

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

## TODAY @ TRINITY—OCTOBER 13, 2013

### Worship Ministry Fair

**TODAY, 8:30-11:30am**

Have you ever been interested in learning how you can participate in our worship? Today there will be representatives from each worship group and who will be glad to answer any questions you may have about participating in any of these ministries. Worship is at the heart of our life together and we invite you to come and learn more by participating in the ministries that help shape our faith.

### 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.

### Introduction to the Old Testament—Room A

**Through Sunday October 27 at 10:15am**

Besides the Bible, Donald Griggs' *The Bible from Scratch: The Old Testament for Beginners*, available in the bookstore, is the main resource. Jerry Paré will lead the class. This class is a good opportunity to get some of your basic questions about the Old Testament answered.

### 30/40s and Beyond—Conference Room

This Sunday we will continue watching the movie *The Way*.

### Later Today

### Sacramento C.R.O.P. Hunger Walk

**Sunday, October 13, 2013**

**Meet on the West Steps of the State Capitol  
Registration: 1:00 p.m., Walk: 1:30 p.m.**

Join Trinity Cathedral's Walking for Hunger Team and Help CROP STOP HUNGER.

### This Week

### Prayer Night at the Cathedral

**Wednesday, October 16 at 7pm, Conference Room**

Join us for an evening where participants have a chance to experience different approaches to prayer and ask questions.

### Walk the Labyrinth

**Friday, October 18, 6:00-8:00pm in the Great Hall**

For more information please contact Rhonda Canby at rcanby@msn.com

### CATHEDRAL BOOKSHOP

**Mark your calendars!**

**Christmas cards, Advent candles, Advent wreathes and calendars will be available on Sunday, October 20.**

Regular store hours are: Tu-Th:11:00am - 5:00pm;  
Fri: 11:00am - 2:00pm; Sun: 8:30am - 1:00pm  
Contact us at 916-442-9194

## Coming Up

Save the Date:

**Saturday, October 26th 10:00-3:00pm**

### Chanting your Heart Song

A Retreat Day with ANA HERNÁNDEZ

Come spend a day hosted by Ana Hernández; composer, multi-instrumentalist, author, and workshop leader. The purpose of our time together will be both to reflect at length on the nature of sound as prayer (In the beginning was the sound) and to discern new ways to open our hearts.

\$20 with lunch included (No one will be turned away for lack of funds)

Pre-register in the Cathedral Bookshop or RSVP to: [megan@trinitycathedral.org](mailto:megan@trinitycathedral.org)

Learn: [anahermusic.tumblr.com](http://anahermusic.tumblr.com)

Listen: [soundcloud.com/anahermusic](http://soundcloud.com/anahermusic)

### Read One Bible Story a Week, October Edition, Now Available

Please pick up a copy of the October Edition of Read One Bible Story a Week in the Cathedral Bookshop or the Welcome Center. This is a fun and easy way to keep up with some of the readings in the Bible Challenge. This month features readings from 1John, Revelation and Daniel. Read a little, ponder a little and give thanks to God for the gift of Holy Scriptures. Please contact Rev. Anne at [amckeeper@wavecable.com](mailto:amckeeper@wavecable.com) if you have questions of comments.

### Attention Writers and Everyone Else:

Ever longed to write, to put prayers to words, but not sure how to do it? Now is your chance! Trinity Cathedral has a practice of inviting individuals to compose the Intercessory Prayers (Prayers of the People) each week. If you have any interest in joining the team that practices this activity, please contact me today. The goal is to form a group of 10 - 12 people. This would mean that each individual would be responsible for the prayers once every two months. Please pray, consider and then let me know! Susan Van Dyke (916-296-8346, [dvan-dyke876@sbcglobal.net](mailto:dvan-dyke876@sbcglobal.net)) No previous experience needed.

## Ongoing

### Lunch Bunch

**Thursdays, noon to 1:30pm in the Assembly Area**

Bring your Bible for our discussion of the Bible Challenge readings. Newcomers are welcome. Contact is Rev. Anne—[amckeeper@wavecable.com](mailto:amckeeper@wavecable.com)

### Thursday Writing Group...

**The Writing Group meets on Thursdays from 4:30 to 6:00 p.m.** in the Conference Room. Newcomers are always welcome. We write to a prompt and then share what we choose to share with the other participants. Contact is Rev. Anne—[amckeeper@wavecable.com](mailto:amckeeper@wavecable.com)

### Centering Prayer

**Tuesdays, 6-7pm in the East Transept**

**Thursdays, 1:00-2:00pm in the East Transept**

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contact Nancy Earl [nancy.c.earl@gmail.com](mailto:nancy.c.earl@gmail.com), Sally Smith [sally1369@comcast.net](mailto:sally1369@comcast.net) or Shelley Mydans [smydans@gmail.com](mailto:smydans@gmail.com) for further information. All are welcome.

## Thursday Night at the Cathedral

**Thursday, October 17, 2013**

**Candlelight Compline—6:00pm**

**Dinner—6:15pm (\$7 donation)**

**Classes—7:00pm**

### **Classes—7 to 8:30 p.m.**

- Randy Knutson and Rhonda Canby present the **Bible Challenge**, through January 2, 2014. It's never too late to start reading the Bible—a little bit every day, with Sundays off – and then to discuss the readings with a group of cheery, open-minded folks. (Conference Room.)
- Vaughn Wolff presents **The Sermon on the Mount** by Emmet Fox, in the Cathedral Bookshop.
- Rev. Anne McKeever presents **THE BIBLE: An Eight Hour DVD Series** produced by the History Channel. We will read together short passages of Holy Scripture and then view and discuss how the History Channel makes scripture come to life. (Assembly Area).

**Dean Brian Baker presents the OLD TESTAMENT on December 5.** Dean Baker teaches about the Old Testament books of the Bible we're reading for the Bible Challenge. Most TNAC classes attend Dean Baker's classes.

## Floyd School

### The Back Snack Program

Needs donations of tuna, oatmeal in individual packets, small cans of fruit, top ramen, power bars, and macaroni and cheese. Place your donations in the barrel marked "Floyd School" in the **ELEVATOR ALCOVE** across from the office.

### Trinity Name Tags

If you need or would like a name tag, they can be ordered at the Welcome Center for \$2.00 each. Name tags help us all to get to know each other. It is helpful for Newcomers and visitors if we all wear our name tag.

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