



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 16

12Noon NA Meeting
5:45pm Holy Eucharist
7:00pm Stephen Ministry - ALL

TUESDAY 17

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

WEDNESDAY 18

12Noon NA Meeting
12:10pm Holy Eucharist
7:00pm Prayer Night at the Cathedral
7:00pm Cathedral Choir Rehearsal

THURSDAY 19

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 20

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 21

SUNDAY 22

7:30am Holy Eucharist
9:00am Holy Eucharist w/Baptism
10:15am Newcomers
10:15am America's Original Sin
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 22, 2017

Twentieth Sunday after Pentecost

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

TODAY @ TRINITY – OCTOBER 15, 2017

Activities at 10:15am

Newcomers' Group

Meets at 10:15 in the Bookshop

The group will discuss Worship and Stewardship. Contact is Randie Strike: randie.trinity@gmail.com;916-446-2513

America's Original Sin

Meets at 10:15 in the Assembly Area

Dean Baker is facilitating a six week series discussing Jim Wallis' book *America's Original Sin: Racism, White Privilege and the Bridge to a New America*.

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

Through October 26 at Beatnik Studios, 723 S Street
Gallery Hours: 11:30am-7:00pm,
Tuesday, Wednesday and Thursday.

Prayer Night at the Cathedral

Wednesday, October 18, 7pm, Conference Room

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

Next Sunday

Pumpkin Carving

Sunday, October 22 at 10:15am

Join us for pumpkin carving on Sunday morning during coffee hour. We'll supply small to medium pumpkins, carving equipment, and snacks – bring your large pumpkins if you'd like, and wear comfortable clothes – come and enjoy!

Art of Hosting Leadership Training

Sunday, October 22, 12:30-3:00pm in the Assembly Area.

In this training you will learn and practice deep listening and collaborative facilitation skills. You will also get the opportunity to dive deep into community formation. Ideal for ALL! These skills are great to practice for your self care, in one to one conversations, in work, and in ministry. To learn more, you can visit: artofhosting.org. Light Refreshments will be provided. Please RSVP to Rev. Megan at Megan@trinitycathedral.org



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

Coming Up

Service of Remembrance

Sunday, October 29, 4:00pm
St. John's Lutheran Church
1701 L Street, Sacramento

Let us honor the memories of those who died because they were (or were perceived to be) lesbian, gay, bisexual or transgender.

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.

Contacts: John Kraynak - jkkinlaca@gmail.com or Jay Elmquist - jayelm@gmail.com

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.

The Many Storeys and Last Days of Thomas Merton is the story of Merton in the last year of his life embarking on his greatest journey traveling across America in 1968 and finally to Asia for meetings with the Dalai Lama and other spiritual seekers.

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 - bush333@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 - East Transept

Tues., 6-7pm and Thurs., 12:10pm—1:00pm

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